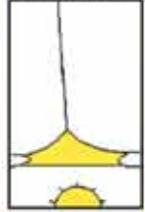


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50Q

ISSUE NO. 1, 2014



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050Q Magazine is available at no cost as an integral part of TTARP membership.

MEMBERS ARE INVITED TO ATTEND MEETINGS AT A ZONAL GROUP CONVENIENT TO YOU.

ZONAL GROUPS MEETING SCHEDULE

ARIMA “Angels”

Meeting Place - Arima Tennis Club — Robinson Circular Road, Arima

Meeting Date and Time

- 1st Friday of each month - 4:00 p.m. (official meeting)

- Every Friday from 12 noon (casual/fun evening)

Chairman - Norma CLARKE, 643-4118 / 687-4929

Vice Chairman- Lynette MAULE, 306-5050 / 709-0777

Email - nccla911@gmail.com Colour T-shirt - LIME GREEN

BELMONT “Bees”

Meeting Place - TTARP Bldg., 167-169 Belmont Circular Rd., Belmont

Meeting Date and Time- 4th Tuesday of each month - 5:00 p.m.

Chairman - Gloria JONES, 620-1596

Vice Chairperson - Paulina Lawrence, 629-2442 / 753-1860

PRO - Patricia CROSSLEY, 751-0977 / 625-0592

Email - patcrossley95@yahoo.com or franlaw@hotmail.com

Colour T-shirt - GOLD

CENTRAL

Meeting Place - Chaguanas Seniors Activity Centre

#41 Jasmine Ave., Edinburgh Gdns., Phase II, Chaguanas

Meeting Date and Time - Every other month @ 2:00pm

Vice Chairman - Janet RAWLINS, 665-5112

Secretary - Yvonne KNIGHTS, 665-7315 / 687-1062

Email - y.knights59@yahoo.com

Colour T-shirt- ORANGE

CHAGUANAS SENIORS ACTIVITY CENTRE

#41 Jasmine Ave., Edinburgh Gdns., Phase II, Chaguanas

Telephone #: 672-1478

Email: csac_central@yahoo.com

Coordinator: Mrs. Ann L. Brown

DIEGO MARTIN “Pearls”

Meeting Place - Central Diego Martin Community Centre, Diamond Vale

Meeting Date and Time - 2nd Saturday of each month @ 3-5 p.m.

Chairman- Derek PATY, 678-4139

Email - derekpaty@yahoo.com

Colour T-shirt - BURGUNDY

FYZABAD “Evergreen”

Meeting Place- Fyzabad Regional Community Complex

Meeting Date and Time - 3rd Thursday of each month @ 10:00 a.m.

Chairman - Bernice JEFFERS Vice Chairman - Neville NAVARRO, 387-9217

Email - nevillea.navarro@yahoo.com Colour T-shirt - GREEN

LA BREA “Nightingales”

Meeting Place - La Brea Community Centre

Meeting Date and Time- 3rd Thursday of each month @ 5-7 p.m.

Chairman - Ezra VAUGHN - 389-8346 / 648-8270

Email - ezra54@hotmail.com Colour T-shirt - LILAC

PRINCES TOWN/RIO CLARO

Meeting Place - Princes Town Presbyterian School

Meeting Date and Time - 3rd Saturday of each month @ 2:00 p.m.

Chairman- Margaret RAMPERSAD, 731-0236 / 656-2831

Email - shammi.rampersad@gmail.com Colour T-shirt- WHITE

SANTA CRUZ “Cruizzers”

Meeting Place - Bourg Mulatres Parish Hall, Santa Cruz

Meeting Date and Time - 4th Friday of each month - 5:30 p.m.

Chairman- Naomi MC LEAN, 359-1688

Secretary - Brigid TELFER, 676-7353

Email - boysie_3@yahoo.com Colour T-shirt- TURQUOISE

SAN FERNANDO

Meeting Place - Masonic Lodge — Ruth Avenue, San Fernando

Meeting Date and Time- 1st Tuesday of each month @ 10:00 a.m.

Chairman - Brenda MILLET-BUFFONG, 763-6300

Contact Person #2 - Irmine MC KENZIE, 770-1188

Email- brendabuffong@yahoo.com or irmine_g@yahoo.com

Colour T-shirt - WHITE/PURPLE

TOBAGO (Happy Haven)

Meeting Place- Happy Haven School - Signal Hill, Tobago

Meeting Date and Time - 2nd Saturday of each month @ 3:00 p.m.

Chairman - Miriam EDWARDS, 635-0924 / 750-9351

Secretary - Shirley MAYNARD, 315-2745

Email- maredwards@hotmail.com / smaynard585@gmail.com

Colour T-shirt- BLUE/YELLOW

TOBAGO (Pembroke)

Meeting Place - Pembroke Community Centre, Todd Street

Meeting Date and Time - 2nd Monday of each month @ 3:30 p.m.

Chairman - Merle ROMEO, 660-4960

Email - feisty_fiona@hotmail.com Colour T-shirt- ORANGE

Comments from the Board



Francis Raymond
Treasurer

We have just completed the first quarter of 2014, but has anything really changed? The safety of senior citizens continues to be a major concern of our organization. We cannot over emphasize the importance of being our brother's keeper.

TTARP continues to work for the benefit of its' members and you can expect to see the fruits of our efforts in the ensuing months.



Just Yesterday

The forties!

*Seeming to flow smoothly along
Through busy days,
Until they meet the sobering fifties
Appearing out of nowhere.*

Fifties.

*Times of quiet introspection,
And gratitude.
Moving forward, glancing
backward.
Times of hope, new promises.*

And the sixties!

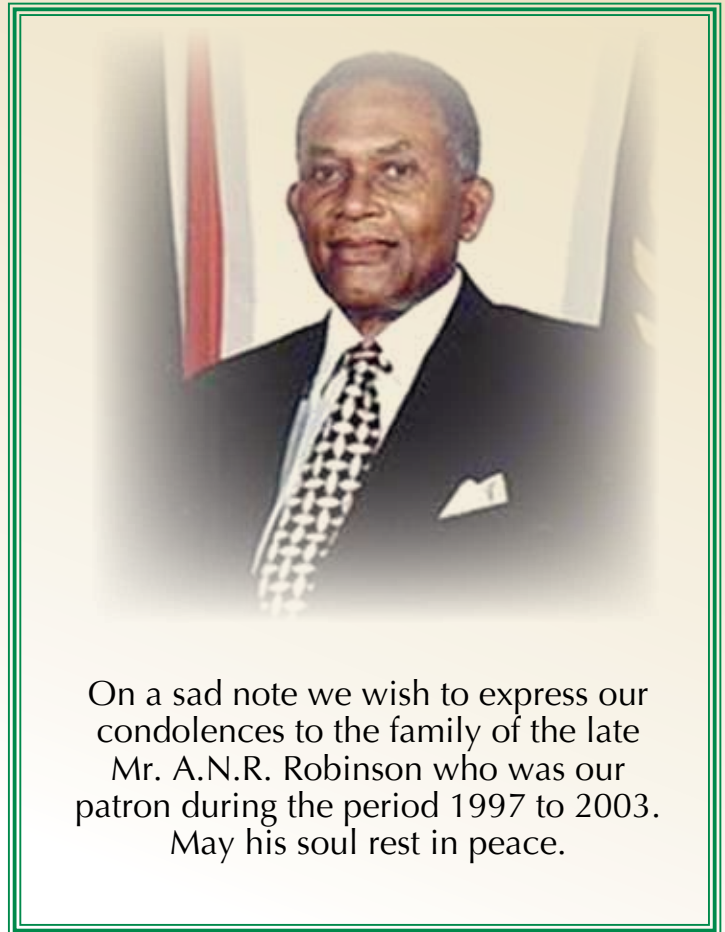
*Sharpening of the senses,
Hearts softening,
Early memories slipping into now,
Bringing smiles, new vision.*

The seventies!

*When did we get here?
Such mystery!
But follow me, ponder the beauty!
The best is yet to be.*

*Music calls, the very air is sweet,
And sixteen seems but yesterday
As life winds on
To new awareness.
The best is yet to be!*

Marie Taylor – TTARP Member



On a sad note we wish to express our condolences to the family of the late Mr. A.N.R. Robinson who was our patron during the period 1997 to 2003. May his soul rest in peace.




TTARP members can now pay their CarSearch Annual Fees at TTARP's Head Office

Services Offered

- * Stolen Vehicle Recovery
- * GLU - GPS Location Unit
- * Business Camera Surveillance
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- * CompuSearch - Stolen Computer Recovery

Vehicle Recovery Report

POLICE REQUEST ASSISTANCE FROM CARSEARCH TO RECOVER STOLEN VEHICLE

On 11th March 2013, one of our patrol officers was contacted by the police to request assistance to locate a stolen Suzuki Grand Vitara. This vehicle was not equipped with the CarSearch system, but the vehicle was stolen with the owner's blackberry phone which had GPS.

Our Control Centre contacted the owner, who stated the last co-ordinates she received from her blackberry showed that the vehicle was in the vicinity of the Holiday Inn Express at around 8PM. Our patrol officers were immediately dispatched to that area to try and locate the vehicle. We contacted the owner again to get more co-ordinates 20 mins later, however she stated the blackberry phone was switched off and she could not receive any further GPS co-ordinates.

Our patrol officers remained in the area and continued patrolling. At approximately 9:16PM one of our CarSearch officers spotted the vehicle abandoned at Oropune Gardens. They proceeded to inform the Police. Our Control Centre contacted the owner who was relieved and grateful to CarSearch for recovering the vehicle. She was so impressed with the service that they installed a CarSearch system.



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Email: carsearchtt@gmail.com Website: www.carsearchtt.com



Mayling and Brigo

All inclusive fete
Yeah tonight will have real vibes
The crowd there go be real nice
Ah wanna go big people party

TTARP's annual Carnival all inclusive fete held at the Mas Camp on Ariapita Avenue was exciting and entertaining for the three hundred plus members who attended. The DJ played all the latest soca songs as well as some old time classics which were much appreciated by members who danced the afternoon into the night away.

Brigo, Bradapp, Myron B, Chris Garcia, Soca Elvis and Jenny provided the entertainment and members were treated to sumptuous food and unlimited drinks.

Bradapp, one of the crowd's favourites

Every year, this event continues to be a hit with members and tickets are sold out way in advance. So, if you plan on going next year, remember to get your tickets as early as possible.



Members having a blast

Annual Christmas Luncheon

About six hundred members enjoyed the yuletide season at the Cascadia Hotel in December last year.

Music, entertainment, dancing, eating, drinking, greeting old friends and making new friends were all part of the day's activities.

Another sold out event !!



PANAMA Trip

Forty-one TTARP members left for Panama on the 27th March, uniformed in their TTARP waist coat. All members must be commended for arriving on time and checking in stress-free at Piarco Airport, thereafter, like true Trininis, who enjoy their food, the pelau and bake and salt fish immediately came out.

The outstanding waist coats have really proved to be a priceless form of advertising, attracting locals and foreigners to enquire about the organization. Local customs and immigration easily identify the group as the travelling retirees and Copa Airlines treated us as a special group allowing us to board the aircraft immediately after their first class passengers. As a special thank you to one Copa Staff member, our group sang Happy Birthday to her as she celebrated her birthday that day. I think we outshined the Lydian Singers, as the entire waiting gallery was transformed into Queens' Hall.

The flight and the arrival into Panama was smooth, at immigration we were each given a brochure which stated that the Government of Panama would provide free emergency medical insurance to each visitor for up to 30 days stay in the country. This was quite impressive.

We had a short wait for the Coach to take us to the Radisson Hotel, where we were unexpectedly requested to deposit USD\$50 each for incidentals. After some negotiation, we deposited US\$50 per room, and about 11am were allowed to check into our rooms. Bearing in mind that the international check in time is 3pm, I take my hat off to A'S Travel for organising the early check in for me. I say "me", as I would have been the designated person to sit and police the entire precious empty luggage until check in time.



One of the main attractions is the awesome Panama Canal. The men showed avid interest in the technical aspect, with one member returning the next day on his own to satisfy his need for knowledge. The canal tour certainly lived up to its expectations. The canal was built using labour from Trinidad, Jamaica, Barbados, and Guyana etc with a great many of them dying there from malaria. Many others made Panama their home.

Panama has been reported as the second most competitive economy in Latin America. It is also widely recognized as the home for an abundance of tropical plants, animals and birds some of which cannot be found anywhere else in the world.

TTARP leaves for CUBA on 14th May 2014 with 81 members. Stay tuned for the August Issue of the O50Q Magazine for more of our adventures.



*Submitted by
Mayling Younglao,
Honorary Secretary*



Trinidad and Tobago National Over 50 Cricket Team

The Tenth International Senior Cricket Festival will be held in St. Lucia from March 22nd to April 2nd 2014. The Trinidad and Tobago Nationals Over 50 Cricket Team has participated in the previous nine (9) festivals with distinctions both on and off the field, and this year we anticipate further success.

This event attracts teams from England, Wales, Ireland, Canada, Australia and the West Indies.

Players should be over 50 years – although three members may be aged 45-49 but only two will be permitted to play on each match day. The players use this opportunity to renew old friendships and generate new ones, as well as to promote the island of Trinidad and Tobago.

Eighteen (18) seniors will be travelling to St. Lucia, and TTARP has generously donated \$5,000 to assist in offsetting travel expenses. Half of the costs are offset by the seniors themselves, and the balance is offset through corporate sponsors.

Good luck to the T&T Nationals Over 50 Cricket Team!!!

You have the support of all 30,000 TTARP Members.



TTARP's Office Manager, Kern Williams presenting a \$5,000 cheque to Edward Marcelle, Secretary of the T&T Nationals Over 50 Cricket Team.



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TOBAGO... Happy Haven

HAPPY HAVEN'S CHRISTMAS LUNCHEON

Happy Haven members and guests enjoying their Christmas Luncheon, held at Café Coco in Tobago in mid-December 2013.



Happy Haven's AGM

Happy Haven held its Annual General Meeting in January, 2014. TTARP's Secretary Mayling Younglao and Zonal Director, Joyce Wong Sang, made the trip from Trinidad for the event.



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“Happy 100th Birthday Mary”

The dignity and vocation of a woman from Matelot

Mary Alice Pemberton (née Assam) was born in the village of Matelot on Sunday 25th January 1914. She attended the Matelot RC school. She began teaching there in January 1931 and left in December 1932 for the bright lights of the city. She was employed as a clerk in a Charlotte Street store but the late hours were difficult, at age 19. She spent long days at home often going to the Sacred Heart Church. She knew nothing about doctors, far less hospitals but she applied to be a nurse. On 1st September 1933 she entered the Port-of-Spain General Hospital as a Trainee. That was a hard life. On graduating she chose to work in the Grande Riviere/Matelot area as the District Nurse, happy to serve the people in the area where she grew up. On August 16th 1943 at St Ann's RC Church she married Kenneth Pemberton the son of an Anglican Canon, rector at La Brea and finally, at St Margaret's in Belmont. They had four boys. Kenneth was a wonderful, involved father who had a strong influence on the work ethic of the boys, for which all four are well-known. Their marriage lasted for 43 years until he died.

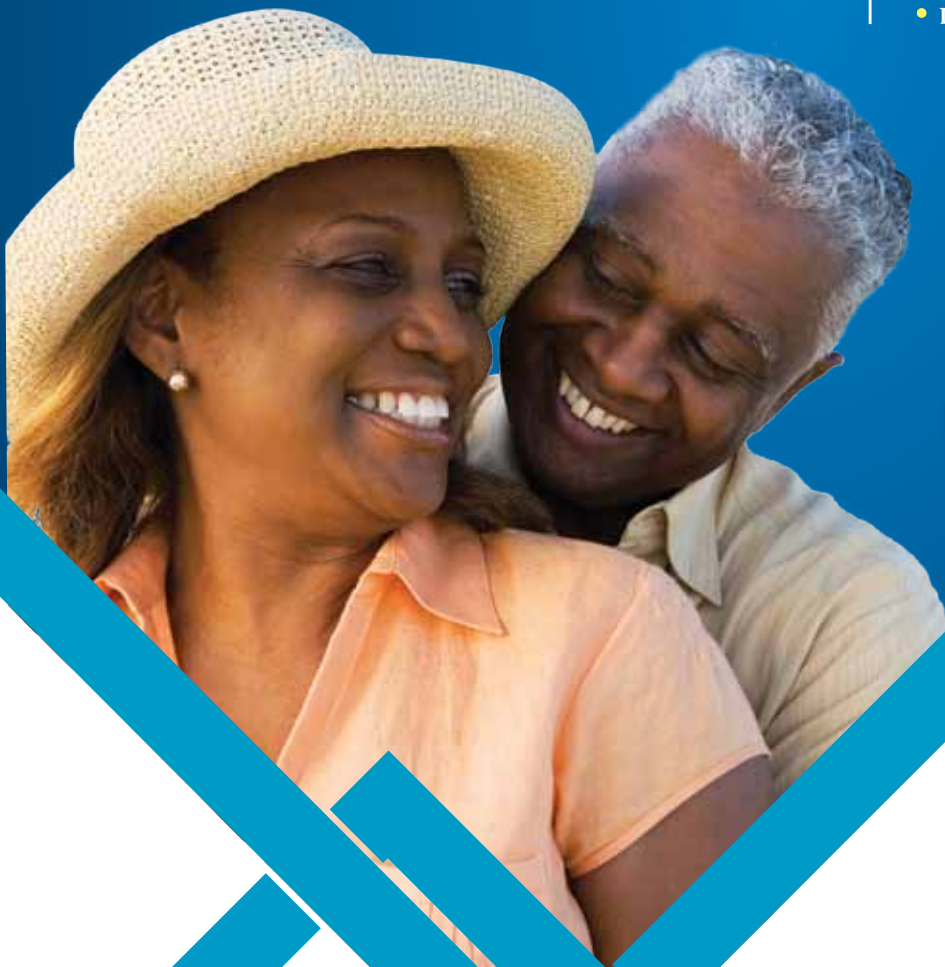
Following her husband's career postings in the Public Service, she lived in Sangre Grande, Indian Walk, Lengua and Chaguanas. They finally settled in Longdenville where she became known as “Nuss” though she never served there in an official capacity. Mary Alice endured all the joys and the tribulations. Many times she pondered how they were going to get through the rest of the month, and she contributed by running a business from home as a Licensed Midwife. Yet many times, she willingly answered calls at all hours from people in the village of Longdenville who could not afford even the taxi fare to get to the clinic. Several times strangers called at the gate, usually in the night, and she left hurriedly with the black

“doctor's bag”. The grateful families often rewarded her with the fruits of their labour from the fields. Her table was hardly ever in want. That was truly community life in which service and gratitude were the pillars of the village society.

She encountered different religions, different social levels, post-colonial times and the independence era. Through it all she ruled like a queen accepting and taking control over all her circumstances. Mary Alice's life is truly a story of the “dignity and vocation” of women. She was a liberated woman. She was independent of spirit, submissive to the Lord's callings and to her marital vows. She was a partner to her husband and he always recognized it, to the very end. She helped many young women in their careers, in their marriages and in their suffering. Now they visit her regularly bringing joy and comfort in her old age. Her sense of humour is matched only by her oratory marked by an eighteen minute speech at her birthday party, without any notes. She is a woman who enjoyed life.

At 100 years old Mrs Mary Pemberton seems to be more of an accomplished modern woman than a traditional old lady. Her life presents us with much to think about concerning love, gratitude, devotion, independence, service and partnership in marriage. We thank her for always answering the call through all her fears, doubts, trials and tribulations. She consoled many with the consolation which she received for herself. Today, she is a happy, contented woman who remembers her years only with joy and humour. She wakes up every morning thanking God, leaving Him to direct the next day in her life, as He has done for 100 years.

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Where there is a Will...

What is a Will?

A Will is a legal document that is created during an individual's lifetime. It simply declares how that individual intends for his estate (all of his possessions) to be distributed when he passes from this life. The Law governing Wills in Trinidad and Tobago is set out in the Wills and Probate Act Chapter 9:03.

Requirements for a valid Will

(i) The maker of a Will (the testator) must be 21 years old and over; (ii) The Will must be in writing and has to be signed by or on behalf of the testator, in the presence of two witnesses that are both present when he signs; (iii) The witnesses must also sign the Will in the presence of the testator and each other (iv) The signature of the testator must be placed at the foot or end of the Will; (v) The witnesses of a Will cannot be beneficiaries under that Will; (vi) A Will ought to have a residuary clause to take into account any assets that are not specifically covered by the Will which the testator may acquire between the date of the Will and his death; (vii) The testator must have the mental capacity to make a Will. He or she must be fully aware of the contents of the Will and any gifts granted under same. The testator must not be forced into making a Will.

In the absence of a Will

Many people believe that in the event anything happens to them their spouse will receive all of their belongings. This is a terrible myth. If an individual dies without leaving a Will that person is said to have died intestate. In such a case, the Laws of Intestacy will dictate the distribution of that person's possessions. This distribution however is highly unlikely to be in accordance with the wishes of the deceased. The Laws of Intestacy can be located in the Administration of Estates Ordinance Chapter 8:01, Part VIII of the Succession Act and the Distribution of Estates Act 2000.

The Laws of Intestacy

In reality according to the said Laws of Intestacy, when a person dies without a valid Will one half of their possessions shall be given to their spouse and the

other half shall be divided amongst their children.

When a person dies leaving a spouse and no children, the entire estate shall go to the spouse. If he dies leaving children and no spouse the children shall receive everything.

If a person dies without leaving behind a spouse, but leaves a cohabitant, the cohabitant shall benefit from the estate and shall be treated as the intestate's spouse for the purpose of distribution of his assets. (A cohabitant as used here refers to a person who was not married to the intestate but who lived together with him/her as his/her spouse for five years or more immediately preceding his/her death.)

If the deceased leaves behind a spouse and a cohabitant, and at the time of death was living apart from the spouse, the cohabitant shall only be entitled to that part of the estate that was acquired during the time of cohabitation. This is of course subject to the rights of the surviving spouse and children.

Where an intestate leaves no spouse, no cohabitant and no children then his assets will go to his surviving parents. Where he leaves no parents his estate will go to his next of kin. If he dies leaving no next of kin then his estate will go to the State.

One of the disadvantages of not having a Will therefore is the possibility of having your assets distributed in a way that is absolutely contrary to your desires and perhaps in a manner that is seen as unfair by your loved ones that survive you.

Everyone should have a Will

Everyone therefore ought to make a Will. A Will preserves your power to direct how your assets will be divided on your passing. Additionally, it allows you to make financial provision for your family and loved ones in a manner that you prescribe.

Another advantage of making a Will is being able to select an executor. An executor is responsible for carrying out the instructions of a deceased with respect to the distribution of his assets, in accordance with the deceased's

Will. Up to four (4) executors can be named in a Will.

When you name an executor in your Will you again preserve that precious power of choice. You can select a person that you believe to be dependable and conscientious to be in charge of the distribution of your assets.

Wills should be reviewed when there are significant changes in the family, like births, deaths, marriages, divorce and so on. Kindly note that a Will is automatically revoked by subsequent marriage or destruction.

Probate

Generally, before a Will can begin to legally operate, a court must find the Will valid or probate the Will as we say. When a person dies therefore, no one can access his/her assets until probate of the Will. An application for Probate of a Will must be made by the named executor.

If a person dies without a Will, an application for Letters of Administration must be made instead of a Probate application. Where an individual made a valid Will and has failed to name an executor in such Will or the named executor dies or does not apply for Probate for whatever reason, the beneficiaries named in the Will can apply for a grant of Letters of Administration with Will Annexed. If the deceased has more than one Will, the Will with the latest date is normally seen as the valid one.

A Will is normally prepared by an Attorney at Law. Probate applications are also typically made by an Attorney at Law. Where however the value of the deceased's assets does not exceed \$4,800 an over the counter application for probate at the Probate Registry of the Supreme Court can be made without an Attorney.

The information contained in this article is provided for general informational purposes only and is not intended to constitute legal or other professional advice. You should not take any actions based on the information in this article without first seeking professional advice with respect to your particular circumstances.



Submitted by Arlene R. George
Attorney-at-Law LLB (Hons), LEC, LLM
George, Bassant & Associates
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The Importance of Social Interaction

As you get older and retire or move to a new community, you may not have quite as many opportunities to socialize as you did when you were younger.

If you're not heading to an office or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy, and maybe even ward off dementia. Research has shown that social interaction offers older adults many benefits. Staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function.

People who continue to maintain close friendships and find other ways to interact socially live longer than those who become isolated. Relationships and social interactions even help protect against illness by boosting your immune system.

The benefits of being social
Specific health benefits of social interaction, especially in older adults include:-

- Potentially reduced risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis
- Potentially reduced risk for Alzheimer's disease
- Lower blood pressure
- Reduced risk for mental health issues such as depression

Conversely, social isolation carries real risks. Some of these risks are:

- Feeling lonely and depressed
- Being less physically active
- Having a greater risk of death
- Having high blood pressure

Social interaction helps keep your brain from getting rusty, but it's most effective when coupled with an overall healthy lifestyle, including a nutritious diet and physical activity.

Keeping your connections strong

Start by staying in touch with friends and family, and try to visit with them regularly. Here are other ways you can maintain a high level of social interaction:

- Volunteer in your community.
- Visit a senior centre and participate in offered activities with other seniors—this is a great way to make new friends.
- Join a group focused on activities you enjoy, such as playing cards or a book club.
- Try taking a class—learn a new language or a new style of cooking or experiment with a new hobby.
- Join a gym or fitness centre to stay physically fit and engage with others.

"Potentially reduced risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis"

Find ways to stay young at heart, stimulated, busy—and out of the house. Schedule regular visits with grandkids or volunteer at a school or children's organization to enjoy time with little ones and absorb some of their youthful energy. Although staying in touch in person is important, phone calls, snail mail, and e-mail can keep you connected, too—if you're not yet comfortable with computers, ask a young relative to help you.

Staying socially active and maintaining your relationships are an important part of healthy aging. Reach out to your loved ones—neighbours, friends, family members—and stay as vibrant, active, and social as you've always been.

Excerpted from the Health Encyclopaedia, University of Rochester Medical Centre

Submitted by: **Irmine G. McKenzie**
Secretary, South Zonal Group





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The "Fountain of Youth" ... an illusion!



By Basdeo Ganpat

The age-old quest for the "fountain of youth" makes it clear that we, the "not so young" go to excessive lengths to look good. Frumpy clothes will not find a home in our wardrobes, nor orthopedic shoes or a stockpile of prunes bought with a senior discount. There will be no complaining over a box of Kentucky Fried Chicken, and you are not going to find us flapping our dentures at the local market. We want to be forever good-looking in trendy clothes, cosmetics and heels... and if the words "auntie" or "uncle" are ever hurled at us, watch out!

The truth is: we grieve over the years lost to cigarettes, sex, booze and depression, along with all our bad decisions and wasted time. And since we have made amends and changed our lifestyles, we feel like we deserve those years gone by to return, as if aging is a choice.

However, some of us have no intentions of recoiling at the words "retirement" or "can't". We know the healthiest body becomes frail in old age. Although a

healthy lifestyle can sometimes keep us ambulatory for years, the physical deterioration would eventually touch us all. So, as we grow older, we may inherit one of the many modern diseases: diabetes, heart disease, stroke, and dreaded cancer. But we don't dream of the luxury of dying in our sleep since modern medicine has made great strides in treating the ailments of the aged.

Our perception and attitude towards old age is the key to our youthfulness. Gray hairs are like the soft light of the moon, silvering over the evening of life, and with the snow of time on our head, we are reminded that those points of earth are whitest which are nearest Heaven. Smile wrinkles are quite a delightful achievement. Everyone is attractive when they smile, and it has nothing to do with face lifts. Then there is the romance of growing old. We love old cathedrals, old furniture, old silver, old dictionaries, old prints, but never forgotten is the beauty of aging. Yes! We can be attractive and dignified, just as old trees, and old homes.

Growing old is still inevitable, yet there are many people who respect the wisdom we have gained through so many years of living. After all, we have lived the history that our grandchildren and great-grandchildren only hear about, and we have survived to tell the stories. We are the living past; we are the ones who can say "these old eyes have seen it all". Even when we are very old, there are those who will surround us with love, listening to our stories, patiently helping with things we can no longer do alone, and acknowledging the vital role that we still play in the world.

Aging is really a matter of mind: If you don't mind, then it doesn't matter. None of us will retain the fresh physical beauty of youth. The "Fountain of Youth" remains an illusion.

But our perception and attitude, whatever our age, is real.

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Emergency Primary Angioplasty

The Gold Standard for treating Heart Attacks



The heart's role is to pump oxygen-rich blood to every cell in the body for the cells to survive. The heart muscle also requires oxygen to survive. A heart attack occurs when the blood flow bringing oxygen-rich blood to the heart muscle becomes severely reduced or cut off. This happens because coronary arteries that supply the heart muscle with oxygen-rich blood flow can slowly become narrow from a buildup of fat, cholesterol and other substances that together are called plaque. This process is known as atherosclerosis. When a plaque in a coronary artery breaks, a blood clot forms around the plaque. This blood clot can block the blood flow through the heart muscle causing the heart muscle to become starved of oxygen and nutrients, this is called ischemia. When damage or death of part of the heart muscle occurs as a result of ischemia, it is called a heart attack or myocardial infarction (MI). According to the American Heart Association, about every 34 seconds someone in the United States has a heart attack.

The gold standard treatment for patients presenting with heart attacks at accident and emergency departments in the USA and Europe is through emergency primary angioplasty. It is critical for this non-surgical procedure to be administered as soon as possible after the heart attack in order to minimise the risk of death, or permanent damage to the heart muscle. When treating a heart attack every second counts as each moment following the heart attack results in the death of heart muscle. Emergency primary angioplasty immediately

restores the flow of blood through the blocked artery. The Heart Attack Centre at Advanced Cardiovascular Institute (ACI) provides 24/7 EMERGENCY ACCESS to life-saving emergency primary angioplasty. ACI is the only cardiovascular treatment centre in the Caribbean providing this life saving treatment consistently and reliably on a 24/7 basis. ACI is conveniently located at West Shore Medical Private Hospital at 239 Western Main Road, Cocorite, Trinidad.

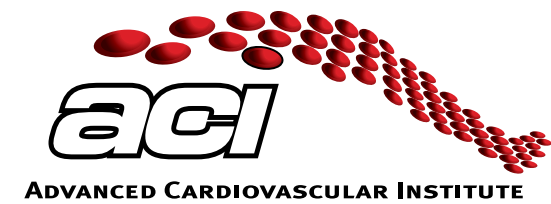
Dr. Ronald Henry, President – Caribbean Cardiac Society made the following statement about the importance of this life-saving procedure to Trinidad & Tobago - "Primary angioplasty is the most important, underserved treatment for heart attacks in Trinidad & Tobago. At the present time, worldwide, it's the most important thing we could do for heart attack treatment in the country, and it's my fervent hope that it will become standard of care not just for the private sector but for the public sector in the near future. The good news is that there's already enough manpower in Trinidad & Tobago to provide this service for the country, the challenge is that Cath Labs need to be organised strategically to allow the service to occur, and I am happy that the ACI Cath Lab has been able to achieve this landmark."

With each passing moment after the heart attack, areas of heart muscle not receiving the oxygen-rich blood flow will die; this damage to the heart muscle is permanent and irreversible. Emergency primary angioplasty is

performed in a Catheterisation Lab - a highly specialised medical facility. During this procedure, a specially trained interventionalist doctor will thread a highly specialised deflated balloon using micro guide wires through either the femoral artery (located in the groin area) or radial artery (located in the arm) through blood vessels until they reach the site of blockage in the heart. Special X-ray imaging is used to guide the catheter threading. At the blockage site, this balloon is inflated to open the artery, allowing blood to flow immediately through the previously blocked artery to the heart muscle. A stent (mesh tube) is often placed at the site of the blockage to permanently open the artery. Whilst emergency primary angioplasty is very effective in reducing the symptoms of coronary heart disease, it is not a cure for the risk factors that led to it.

Emergency primary angioplasty procedures are presently covered by most insurance providers in the Caribbean. This life-saving procedure has been utilised for a number of years by international cardiovascular centres of excellence and plays an integral role in the global fight against cardiovascular disease. For inquiries about life-saving emergency primary angioplasty, please contact ACI at 628-4740 or visit us at www.acicare.com.





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Michael Salloum
aka

Soca Elvis

Michael Salloum was born on May 24 1963 in Woodbrook, Trinidad to Lebanese parents. He is the last of 4 boys, and attended Barbara Roberts private School on De Verteuil Street, Woodbrook then St. Mary's College in Port of Spain.

As a child growing up, he never realized he had a talent for singing and playing guitar, although his Mother was a gifted piano player and eldest brother played both piano and guitar from a young age.

Michael was a chubby and playful kid, and was never really good at sports even though he pitched marbles and played football in the Augustus Williams Park in Woodbrook. As the youngest child, he travelled a lot with his parents and in 1972, they visited Lebanon for an extended summer vacation, where he met his cousins, uncles and aunts and had a great time riding the village donkey and camels.

When Michael returned he then sat the common entrance exams the following year and passed for St. Marys College Port of Spain where he only attended until form 3 before migrating to a Military Air Force Academy in Florida, United States

During his years at St. Mary's College, Michael fell in love with

skateboarding after seeing a couple of his friends doing it at school. Skateboarding immediately became the sport that was missing from his life and Michael skated through the streets of Woodbrook and in school whenever he could. He started losing weight and became more self confident as his eyes turned to the girls at the Convent opposite to his College.

He used to spend time with his cousin Roger Salloum, who had

a drum kit at his home and taught Michael the basics of drumming. Soon after, Michael realized that he had a good sense of rhythm and timing for playing the drums. With this new found skill, he was invited to play drums with the St. Josephs Convent girls panside for a couple of their concerts as the school was lacking drummers at the time.

At St. Mary's college, there was a French teacher who pronounced his surname very fast, so it sounded like "Zoom", from that point Michael's nickname was born, and no one ever called him Michael again.

In 1978, Michael left Trinidad to attend a Military Air Force Academy in the States and graduated in 1981, it was there that he discovered surfing and fell in love with the guitar after attending a few rock concerts.

He also attended the Palm Beach College for a short time while studying business then returned home in 1983 to join the family business.

Upon returning home, Michael teamed up with his long time pal Joey Ng Wai and joined the pop rock band Frantic and went on to become the frontline singer and also played rhythm guitar at times.

After many years as a pop singer, he decided to jump into the Soca



World and performed with many top bands such as Second Imij, Atlantik and his own band Zoom and the Riddim Division. He toured the USA, Canada, the Caribbean and even Japan, all under his stage name “Zoom”.

In 1996, Michael decided to settle down and got married, he laid off music for a while but then got restless and returned with a new image and sound. Hence the birth of “Soca Elvis”. He became a big hit at Calypso Spektakula with his new style and image, and went on to make it and place in the top ten at two finals of the Soca Monarch competition.

He then decided to experiment in the Chutney Soca World, and became very successful, making it to the finals seven times consecutively and even placed 3rd in 2008. Winning the people’s choice award that same year.

Even though he has a solo career as “Soca Elvis” he is also the frontline singer for a crossover chutney and soca band that goes by the name SIS Fusion Band.

Over the years Michael has become very close to such artists as Ravi B, Rikki Jai, Hunter, SW Storm, Rick Ramoutar, KI and Terry Seales just to name a few.

Having turned fifty in May of 2013, Michael has no intention of quitting music anytime soon. He lives a balanced life of work at his day job and tries to spend as much time with his four kids while doing his shows and tours on weekends.

He wants to continue recording good music with his bandmates, and to tour as much as possible to new markets.

His aim for the next decade is to be the first ever non Indo Trinidadian to win the Chutney Soca Monarch and also make it to the Soca Monarch finals at least one more time. He plans on singing songs with deeper messages while also singing the fun songs as well. He would also like to record more parang type songs and music videos, as the Christmas season offers a lot of jobs even though many of them are for charity.



Events Programme 2014 - May - August

May

Fri 2nd	Arima "Angels" Meeting – Arima Tennis Court @ 4:00 pm - for more info - 687-4929 (Arima)
Sun 4th	Mothers Day Celebration - for info call - 221-7771 (Head Office)
Tue 6th	Monthly Meeting – Masonic Lodge, Ruth Ave., San Fernando @ 10:00 pm - for info call - 763-6300 (San F'do)
Sat 10th	Celebration of Mothers Day @ Central Diego Martin Community Centre - for info - 678-4139 (Diego Martin)
Sat 10th	Happy Haven Meeting @ Happy Haven, Signal Hill @ 3pm - for more info - 315-2745 (Happy Haven)
Mon 12th	Pembroke Meeting – Pembroke Community Centre, Tobago @ 3:30pm – 660-4960 (Pembroke)
Tue 13th	Beach Lime to Salybia/Salybay/Vessigny – for more info – 672-1478 (Central)
Thur 15th	"Evergreen" Meeting @ Fyzabad Regional Community Complex @ 10:00 am. for info - 387-9217 (Fyzabad)
Thur 15th	"Nightingales" Meeting @ La Brea Community Centre @ 5:00 pm. - for info - 389-8346 (La Brea)
Sat 17th	Princes Town/Rio Claro Meeting @ Princes Town Presbyterian Sch. - for info - 731-0236 (Princes Town)
Fri 23rd	"Cruizers" Monthly Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 676-7353 (Santa Cruz)
Tue 27th	B's Meeting - TTARP Bldg., 167 Belmont Cir. Road, POS @ 5:00 pm - for more info - 625-0592 (Belmont)
Fri 30th	Family and Sports Day - for info - 678-4139 (Diego Martin)

Dates to be announced (TBA)

TBA	Holiday visit to Grenada – for more info - 387-9217 (Fyzabad)
TBA	"Men Who Can Cook" – for more info – 672-1478 (Central)
TBA	Interactive Meeting/Lecture – for more info – 672-1478 (Central)

June

Tue 3rd	Monthly Meeting – Masonic Lodge, Ruth Ave., San Fernando @ 10:00 pm - for info call - 763-6300 (San F'do)
Fri 6th	Arima "Angels" Meeting – Arima Tennis Court @ 4:00 pm - for more info - 687-4929 (Arima)
Mon 9th	Pembroke Meeting – Pembroke Community Centre, Tobago @ 3:30pm – 660-4960 (Pembroke)
Wed 11th	Visit to San Salvador Estate – for more info – 672-1478 (Central)
Thur 12th	Mothers/Fathers Day event – for more info - 387-9217 (Fyzabad)
Sat 14th	Celebration of Fathers Day @ Central Diego Martin Community Centre - for info - 678-4139 (Diego Martin)
Sat 14th	Happy Haven Meeting @ Happy Haven, Signal Hill @ 3pm - for more info - 315-2745 (Happy Haven)
Thur 19th	Labour Day Event @ Fyzabad Regional Community Complex – for more info - 387-9217 (Fyzabad)
Sat 21st	Princes Town/Rio Claro Meeting @ Princes Town Presbyterian Sch. – for info - 731-0236 (Princes Town)

Tue 24th	B's Meeting - TTARP Bldg., 167 Belmont Cir. Road, POS @ 5:00 pm - for more info - 625-0592 (Belmont)
Wed 25th	Monthly Lime @ Central Diego Martin Community Centre - for info - 678-4139 (Diego Martin)
Fri 27th	"Cruizers" Monthly Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 676-7353 (Santa Cruz)

Dates to be announced (TBA)

TBA	Fathers Day Celebration - for info call - 221-7771 (Head Office)
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July

Tue 1st	Monthly Meeting – Masonic Lodge, Ruth Ave., San Fernando @ 10:00 pm - for info call - 763-6300 (San F'do)
Fri 4th	Arima "Angels" Meeting – Arima Tennis Court @ 4:00 pm - for more info - 687-4929 (Arima)
Sat 12th	"Western Pearls" Meeting @ Central Diego Martin Community Centre - for info - 678-4139 (Diego Martin)
Sat 12th	Happy Haven Meeting @ Happy Haven, Signal Hill @ 3pm - for more info - 315-2745 (Happy Haven)
Mon 14th	Pembroke Meeting – Pembroke Community Centre, Tobago @ 3:30pm – 660-4960 (Pembroke)
Thur 17th	Interactive Meeting and Lecture on Child Abuse – for more info - 387-9217 (Fyzabad)
Thur 17th	"Nightingales" Meeting @ La Brea Community Centre @ 5:00 pm. - for info - 389-8346 (La Brea)
Sat 19th	B-B-Q Fundraiser - for more info - 672-1478 (Central)
Sat 19th	Princes Town/Rio Claro Meeting @ Princes Town Presbyterian Sch. – for info - 731-0236 (Princes Town)
Tue 22nd	B's Meeting - TTARP Bldg., 167 Belmont Cir. Road, POS @ 5:00 pm - for more info - 625-0592 (Belmont)
Fri 25th	"Cruizers" Monthly Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 676-7353 (Santa Cruz)
Sat 26th	Cake Sale @ West Bees Supermarket - for info - 678-4139 (Diego Martin)

Dates to be announced (TBA)

TBA	Interactive Meeting/ Lecture – for more info – 672-1478 (Central)
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August

4th -15th	Central Activity Centre will be Closed – for more info – 672-1478 (Central)
Tue 5th	Monthly Meeting – Masonic Lodge, Ruth Ave., San Fernando @ 10:00 pm - for info call - 763-6300 (San F'do)
Fri 8th	Arima "Angels" Meeting – Arima Tennis Court @ 4:00 pm - for more info - 687-4929 (Arima)
Sat 9th	"Western Pearls" Meeting @ Central Diego Martin Community Centre - for info - 678-4139 (Diego Martin)
Sat 9th	Happy Haven Meeting @ Happy Haven, Signal Hill @ 3pm - for more info - 315-2745 (Happy Haven)
Mon 11th	Pembroke Meeting – Pembroke Community Centre, Tobago @ 3:30pm – 660-4960 (Pembroke)
Sat 16th	Princes Town/Rio Claro Meeting @ Princes Town Presbyterian Sch. – for info - 731-0236 (Princes Town)
Thur 21st	"Evergreen" Meeting @ Fyzabad Regional Community Complex @ 10:00 am. for info - 387-9217 (Fyzabad)

continued on pg25

A phone to give “sight” to the blind



Fitzgerald Scott, MBA

It won't literally make the blind see but a newly revealed phone may, among other exciting possibilities, have the potential to one day allow blind or visually impaired people to navigate unaided. It's all part of an initiative, by Google and 16 other partners, to produce a handheld device with the ability to make 3D maps of the immediate environment. The gadget is the product of Google's Advanced Technology and Projects group, ATAP.

What is a 3D map? It's close to what your brain creates using both of your eyes, in order to tell how far away different things are. If you close one eye, you lose your depth perception, that sense for how distant things are from you and each other. Because of its depth sensor and processor, the phone, or Project Tango as the prototype is referred to, is able to estimate distances and determine how tall or short things are.

In a similar roll out to Google Glass, Project Tango is initially only going out to 200 programmers and developers. They will write software to leverage its capabilities.

Some potential uses, beyond a visual aid include: Scanning a room to find a lost item, or catalog inventory, scanning of perpetrators as they commit crimes to aid identification and, recording the details of crime scenes and vehicular accidents. The phone could also be a tool for interior designers, architects and ordinary people planning to remodel, buy new furniture or appliances or decide how much paint they need to purchase for a room. You could even scan objects like a statue or tool or a special part

that you can't find a replacement for and reproduce it with a 3D printer.

One interesting use that someone proposed was that the phone could be used by people in a smoky, burning building to find their way to an exit. For that matter it should prove extremely useful in rescue missions where people are trapped and to “see” in tight enclosed spaces around your home.

Of course the use of the phone as a visual aid is one of the most exciting possibilities. By scanning for physical obstacles or dangers such as people, chairs, holes and steps, the phone, if worn around a user's neck, may be able to give the visually impaired new mobility. For example it could tell a blind person that they are halfway up a staircase or about to step off the curb or that the doorway is 2 steps forward and 3 steps left, mind the table on the left.

The phone scans its surroundings at a rate of 250,000 3D measurements per second using an infrared depth sensor. It comes with one main 4 mega pixel camera to sense color and another lower detail camera to sense motion. It's a simple process to include better cameras in the phone

but right now the focus is on building amazing new ways to leverage this first step. The technology incorporated into the phone comes from the video gaming and robotics industry.

Project Tango is not scheduled for release at the moment but it's exciting to envisage the kind of capabilities it might bring. Once we have it in hand as always, we'll probably wonder how we ever managed without it.



Are Prices of Prescription drugs killing you?

The current high prices for prescription drugs are the indirect cause of many deaths in Trinidad because of patients not being able to afford them. The pharmacists at Numed Center have recently completed an extensive survey into the prices of prescription drugs in Trinidad and Tobago. They have found that the majority of prescription drugs can be purchased at a fraction of the current cost if patients request generic equivalents from their Pharmacist.

The differences in the cost of brand name and generic drugs vary from 50% to as much as 1200%. In all cases the generic drugs are the medical and chemical of the brand name drug. To substantiate this fact, the following is a reprint from the United States Food and Drug Administration website confirming the bioequivalence of generic and brand name drugs:

Generic Drugs, Are They as Good as Brand Names?(source:USFDA)

Generic drugs are copies of brand-name drugs that have exactly the same dosage, intended use, effects, side effects, route of administration, risks, safety, and strength as the original drug. In other words, their pharmacological effects are exactly the same as those of their brand-name counterparts.

An example of a generic drug, one used for diabetes, is metformin. A brand name for metformin is Glucophage. (Brand names are usually capitalized while generic names are not.) A generic drug, one used for hypertension, is metoprolol, whereas a brand name for the same drug is Lopressor.

Many people become concerned because generic drugs are often substantially cheaper than the brand-name versions. They wonder if the quality and effectiveness have been compromised to make the less expensive products. The FDA (U.S. Food and Drug Administration) requires that generic drugs be as safe and

effective as brand-name drugs.

Actually, generic drugs are only cheaper because the manufacturers have not had the expenses of developing and marketing a new drug. When a company brings a new drug onto the market, the firm has already spent substantial money on research, development, marketing and promotion of the drug. A patent is granted that gives the company that developed the drug an exclusive right to sell the drug as long as the patent is in effect.

As the patent nears expiration, manufacturers can apply to the FDA for permission to make and sell generic versions of the drug; and without the startup costs for development of the drug, other companies can afford to make and sell it more cheaply. When multiple companies begin producing and selling a drug, the competition among them can also drive the price down even further.

So there's no truth in the myths that generic drugs are manufactured in poorer-quality facilities or are inferior in quality to brand-name drugs. The FDA applies the same standards for all drug manufacturing facilities, and many companies manufacture both brand-name and generic drugs. In fact, the FDA estimates that 50% of generic drug production is by brand-name companies.

Another common misbelief is that generic drugs take longer to work. The FDA requires that generic drugs work as fast and as effectively as the original brand-name products.

Sometimes, generic versions of a drug have different colors, flavors, or combinations of inactive ingredients than the original medications. Trademark laws in the United States do not allow the generic drugs to look exactly like the brand-name preparation, but the active ingredients must be the same in both preparations, ensuring that both have the same medicinal effects.

The following is a sample list of some common prescription drugs and the differences between the Brand and Generic equivalent:

Brand Name	Current Cost (\$TT)	Generic Equivalent	Current cost (\$TT)
Plavix	\$22.00	Clopidogrel	\$4.60
Glucophage	\$ 1.50	Glyburide	\$0.25
Lasix	\$ 3.00	Furosemide	\$0.25
Norvasc	\$14.60	Amlodipine	\$1.60
Vasotec	\$ 5.25	Enalapril	\$0.35
Zestril	\$ 4.40	Liso	\$1.25
Voltaren	\$ 10.25	Divon	\$0.60

CDAP Pharmaceuticals

All of the drugs available free on the CDAP list are generic drugs and have been in use in Trinidad and Tobago for the last 10 years with excellent results. The drugs listed on the CDAP list are all free for citizens of Trinidad and Tobago.

Numed has compiled a list of over two hundred commonly used drugs, their generic equivalent and the current prices and have found that millions of dollars are currently being spent on over priced brand name drugs. However maintaining and disseminating this information is costly and requires financial assistance to keep this information continuously up to date. It is our intention to make this information available to the public at a cost through our website in the near future.

Numed Center Ltd
8 Rookery Nook Ave.,
Maraval
Phone: 622 6200

continued from pg22

- Thur 21st "Nightingales" Meeting @ La Brea Community Centre @ 5:00 pm. - for info - 389-8346 (La Brea)
- Fri 22nd "Cruizers" Monthly Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 676-7353 (Santa Cruz)
- Tue 26th B's Meeting - TTARP Bldg., 167 Belmont Cir. Road, POS @ 5:00 pm - for more info - 625-0592 (Belmont)
- Wed 27th Monthly Lime – for more info – 672-1478 (Central)

Dates to be announced (TBA)

- TBA Emancipation Tea Party
– for more info – 672-1478 (Central)
- TBA BINGO - for info call - 221-7771 (Head Office)

SOUTH Activities...



December 30th 2013

Old Years Get Together

TTARP Honorary Secretary – Mayling Younglao,
Cameraman and Member Angela Farray



January 2014

Visit to a Farmers Market in Santa Cruz - Group Shot



November 30th 2013

Christmas Mall Hopping - On the extreme right – Joyceln Farrel.
Extreme left – Brenda Buffong.



November 21st 2013

Celebrating Senior Citizens Day at the Mayors Office, San Fernando. Seated: Judy Constance, Joyce Blenman, Marjorie Leiba. Standing: Brenda Buffong Millet and Friend, Molly Shah, Carol Cudjoe, Angela Farray

A close-up photograph of a person's eyes, showing the irises and eyelids. The eyes are looking slightly to the right. The skin around the eyes is visible, and the overall tone is warm and natural.

Ageing and the Eyes

As the body changes during the ageing process, the eye is one of the vital organs that is not exempt to these changes. The ageing process means that our eyes become less efficient in performing their visual function and more susceptible to sight-damaging diseases.

A few of the more common disorders that become more prevalent as we get older are discussed here:

Presbyopia is the loss of the eye's ability to change its focus to see objects that are near is called presbyopia. This is due to changes which occur to the lens inside the eye. Presbyopia is not a disease but rather a natural ageing process and can be easily corrected with spectacles or contact lenses. Presbyopia generally starts to appear around the age of 40.

Dry eyes can occur in anyone at any age but increases in the elderly most likely due to age-related changes to the eyelids and their associated glands. Dry eyes occurs when tear glands cannot make enough tears or produce tears of poor quality. Dry eyes can cause: irritation, burning, redness and

even disruption in vision. Some treatments can treat the root cause of dry eyes while other treatments act primarily to alleviate its symptoms. Surgery may be needed in the most serious cases of dry eyes.

Cataract is a clouding of the lens inside the eye which obstructs incoming light from being focused on to the retina at the back of the eye. This can cause symptoms of blurred vision, sensitivity to glare, poor night vision and possible double vision. Cataract is a progressive disease and the most common cause of blindness; it is conventionally treated with a relatively simple surgical procedure. The most common cause of cataract is due to biological aging of the lens and thus cataracts are very common in the older population. Exposure to UV radiation can accelerate the process of cataract formation thus it is important to protect your eyes from the sun's UV radiation when outdoors. Polarized, UV protected sunglasses can offer 100% UV protection while greatly reducing the effects of glare.

Glaucoma is a group of eye conditions in which the optic

nerve is damaged at the point where it leaves the eye. The optic nerve transmits images from the retina at the back of the eye to the brain. This damage to the nerve is often but not always associated with a build-up of pressure inside the eye. If damage to the optic nerve from high eye pressure continues, glaucoma will cause permanent loss of vision. Without treatment, glaucoma can cause total permanent blindness within a few years. Glaucoma tends to be inherited and may not show up till later in life. Apart from genetics and age, other significant risk factors include: race, diabetes and some medications. Research has suggested that the Afro-Caribbean community may be at the greatest risk in developing glaucoma. Most people with glaucoma have no early symptoms or pain from increased pressure. Glaucoma can be diagnosed by measuring an individual's eye pressure, an examination of the back of the eye (fundus examination) and the results of a visual field exam. Treatment may include prescription eye drops, oral medications, laser treatment or surgery.

Retinal disorders – The retina is the thin, light-sensitive layer at the

back of the eye; it collects visual images and passes them on to the brain. Retinal disorders interrupt this transfer of information. Some of the more significant retinal disorders affecting the elderly include: age-related macular degeneration, diabetic retinopathy and retinal detachment.

- **Age-related macular degeneration (ARMD)** – The macula is a small spot near the centre of the retina and is needed for sharp, central, detailed vision; it is very important in tasks such as reading, recognizing colours and facial recognition. ARMD is characterized by loss of cells in this area causing blurred central vision. The progression of the disease is variable; advancing very slowly in some to relatively rapid in others. Exposure to UV radiation can also accelerate this process which is why it is important to protect your eyes when outdoors or in direct sunlight. There is no cure for ARMD but some people have been shown to benefit from nutritional supplements. People with more severe types of ARMD may benefit from laser or injection of medication.

- **Diabetic Retinopathy** – This disorder is a complication of diabetes. It is caused by damage to the network of blood vessels lying within the retina. In the early stages the blood vessels may leak fluid, causing blurred vision or no symptoms at all. As the disease progresses new blood vessels may grow and bleed into the centre of the eye causing serious vision loss or blindness. In most cases, timely intervention using laser treatment can prevent blindness. Control of both blood sugar and blood pressure is crucial in reducing the likelihood of diabetic retinopathy. It is very important that people with diabetes have annual eye exams

to rule out or monitor diabetic changes occurring within the eye.

- **Retinal Detachment** can occur when the inner and outer layers of the retina become separated. If this occurs the communication between the eye and the brain is greatly affected making clear vision impossible. Symptoms of retinal detachment include: a sudden appearance of dark spots or flashes of light; vision that appears wavy and a dark shadow anywhere in your field of vision. Depending on how early a diagnosis is made, surgery or laser treatment can be used to reattach the retina and bring back all or part of the vision lost.

While eye problems and eye diseases become more prevalent with age there are simple things you can do to help improve your vision and maintain good eye health. Special precautions should be taken if you are diabetic, if you have a family history of eye disease or if you already have an existing eye condition. The most important thing to always remember as with any health issue is that early diagnosis means a better prognosis. If you are visiting your optometrist every two (2) years, or if necessary, every year, the chance of a problem being detected and thus treated in the very early stages is much higher.

Good eye health and proper screening for eye-related diseases is imperative as one traverses the journey of ageing.

With this in mind we at LOOK Opticians are pleased to be announcing the start of TTARP Tuesdays. Every Tuesday at LOOK Opticians all TTARP members can benefit from 20% off complete ophthalmic frames and lenses. See you soon!



Walking home - to Belmont

Walking home - to Belmont
At the break of day,
Face to the hills with the rising
valley mists,
Shadows yet asleep while
eastern skies glimmer,
And the garbage truck goes by.

Walking home to Belmont,
Shadow at my feet,
Sun pouring down with a health-
giving warmth,
Dancing waves of heat,
Soft asphalt on the street
And a motorbike roars past.

Walking home to Belmont,
Sun is at my back,
Steady gentle wind, like a
pushing playful friend
Whispering in my ear as I gaze
from side to side,
And a cat goes slinking by.

Walking home to Belmont,
A glorious moon rising
Tip-toe over the hill, seeming
fixed and constant here,
Backdrop for a tree, black and
lacy, standing free,
And a pan-player sounds his
notes.

Moods of many moons past
Mingle in the air.
Church bells ringing early, rough
football in the lanes
Pulsating their own rhythm as the
hours slide by,
And Belmont holds her children
to her heart.

Marie Taylor – TTARP Member

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- ✓ Builds and protects cartilage



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Recipes...

Caribbean Health Drink

Ingredients

- 1 cup carrot (chopped)
- 1 banana
- 1 kiwi (peeled)
- 1 apple (- peeled cored and sliced)
- 1 cup pineapple (chopped)
- 1 cup ice (cubes)

Directions

Blend the carrot, banana, kiwi, apple, pineapple, and ice cubes in a blender until smooth.

Caribbean Tea Punch

Ingredients

- 1/3 cup Lipton® Lemon Sweetened Iced Tea Mix
- 1 can (8 oz.) crushed pineapple in natural juice, undrained
- 3/4 cup orange juice
- 3/4 cup pineapple juice
- 1-1/2 cups ice cubes (about 9 to 11)

Preparation

Process all ingredients except ice cubes in blender until smooth. Add ice cubes, a few at a time, and process until smooth. Serve immediately.

Pineapple Orange Smoothie Caribbean Style

Ingredients

- 16 ozs pineapple chunks (canned)
- 4 ozs orange juice (frozen concentrate)
- 8 ozs vanilla yogurt
- 4 ozs water
- 4 ice (cubes)

Directions:

Combine all ingredients in a blender.

Caribbean Fruit Shake

Ingredients

- 1 banana (ripe)
- 1/2 cup pineapple juice
- 1/2 cup orange juice
- 1 tbsp grenadine (optional)
- 1 cup ice (cube)

Directions

1. Grenadine Syrup (available in the soft drink section of supermarkets) turns the shake a wonderful pink.
2. Peel banana and break into pieces.
3. Place in blender or food processor.
4. Pour in pineapple juice, orange juice and grenadine syrup (if using); blend until smooth, about 30 seconds.
5. Add ice cubes; blend for 1 minute or until creamy and frothy.





Getting the Fruits & Vegetables You Need

Many older adults don't eat enough fruits and vegetables. Use this guide for incorporating these healthy foods into your everyday diet.

By Krisha McCoy, MS

Only 30 percent of people 65 and older eat five or more daily servings of fruits and vegetables – the minimum amount recommended for good nutrition. While more seniors than younger people meet this suggested allotment, the numbers still fall short.

But eating plenty of fruits and vegetables is especially important as you get older, because the nutrients and fiber in these foods can help reduce high blood pressure, lower your risk of heart disease, stroke, and certain cancers, stave off eye and digestive problems — and simply satisfy your hunger.

How Big Is a Fruit or Vegetable Serving?

Nutrition experts used to recommend five servings of fruits and vegetables per day. But that's probably no longer enough, according to the U.S. Centers for Disease Control and Prevention (CDC). Individual needs are different, and depending on age, gender, and level of physical activity, you'll require between 5 and 13 servings of fruits and vegetables each day. Before you try to eat an entire bunch of bananas or a bushel of apples, remember that one serving equals $\frac{1}{2}$ cup, or about the amount you could hold in a cupped hand.

To help determine your specific needs, visit the CDC's fruit and vegetable calculator.

Why We Eat Less as We Age

As you get older, certain age-related changes can make it more difficult to get the fruits and vegetables you need, including:

- Difficulty chewing. Some people have dental problems that make it harder to chew.
- Changes in taste. Certain people find that food doesn't taste the same as they get older.

- Mobility problems. For older people who are no longer able to drive, it may be difficult to get out and shop for fruits and vegetables.
- Lack of motivation to cook. If you live alone, you may not feel like cooking just for one.
- Changes in appetite. For many people, getting older means that you just aren't as hungry as you used to be.

Meeting Your Healthy Eating Goal for Fruits and Vegetables

Follow these tips for increasing the amount of fruit and vegetables you eat each day:

- Display your produce. Put your fruits and vegetables out on the counter or in a prominent position in the refrigerator, so that you'll be more likely to eat them.
- Add fruit and vegetables to every meal. Make it a point to fill half your plate at breakfast, lunch, and dinner with fruits or vegetables.
- Try new produce. Each time you go to the grocery store, pick out a new fruit or vegetable to try.
- Cook vegetarian. At least once every week, skip the meat and try a new vegetarian recipe for dinner.
- Snack on produce. Try snacking on fresh or dried fruit, carrot and bell pepper strips with a low-fat dip, or baked chips with salsa.
- Add fruits and vegetables to dishes. Find ways to incorporate fruits and vegetables into foods you already eat. For instance, stir fruit into your cereal or yogurt, add strawberries or blueberries to your pancakes, pack your sandwich with extra veggies, add vegetable toppings to your pizza, stir greens into your favorite casserole or pasta dish, or stuff your omelet with extra vegetables.

To get the most out of the fruits and vegetables you eat, aim for variety. Eat many different types of fruits and vegetables in a rainbow of colors. This will help ensure that you get the variety of nutrients your body needs for healthy aging.
<http://www.everydayhealth.com/>

Interactive Seminar for Executives



Table 4 Participants receiving their Team Prize (morning session)

ONE DAY INTERACTIVE SEMINAR FOR EXECUTIVE AND SENIOR ZONAL REPRESENTATIVES OF TTARP Saturday, March 15, 2014

The Executive Board of TTARP decided to host a much needed workshop for the heads of TTARP zonal groups. This Seminar was facilitated by Mr. Nigel Scott who informed the zonal leaders that it was an interactive seminar for exchanging ideas and information to strengthen the organization and make decisions on the way forward.

He stated that the numerical strength of TTARP represented a mere 10% of the total potential population of Nationals, and it is the objective of TTARP to increase the membership to 50,000 by the year 2018.

Five (5) Values were established for TTARP, using the acronym ISEED (meaning each member must plant a seed). The principle being -“what I need, others also need, but I have to put on my oxygen tank first before I am able to help others”. ISEED stands for:-

- (i) Integrity (the quality of having strong, moral principles)
- (ii) Stability (being stable – not likely to fail)
- (iii) Ethics (the quality of being morally correct)
- (iv) Equality (the state of being equal, balanced)
- (v) Dignity (the state of being worthy of honour and respect)

The group of forty persons were divided into six teams, ideas and activities included presentations on topics ranging from rewriting a Mission Statement for TTARP, designing a five point questionnaire that captures the needs of the primary customers – members and demonstrating TTARP’s ISEED Values within the Zones/Committees.

In summary, the Missions created by two groups were “Empowering seniors, enhancing their image in a dignified

Independent manner” and “To ensure that the lifestyle of the elderly continues to be active in their golden years”.

One of the questionnaires designed asked pertinent questions such as:-

- (i) What do you expect to achieve by joining TTARP?
- (ii) Are you willing to abide by all the rules and regulations?
- (iii) What values are important to you?
- (iv) What skills can you contribute to TTARP?
- (v) How can you help to foster good relationships in the community

The important of goal setting, and evaluating results were discussed by Kern Williams, and the group dissected this topic. Mr. Cecil Paul spoke on planning and doing Strength, Weakness, Opportunities, Threats (SWOT) Analysis. In continuing with how to develop plans and goals and ground rules, Mr. Scott referred to Smart Goal Setting Ground Rules. A SMART goal being one that is “Specific, Measurable, Achievable, Realistic and Timely”.

The zonal group leaders identified some of their immediate goals as:-

- To double male membership in TTARP.
- To become more visible and encourage members to attend zonal meetings within their community.
- To establish a senior citizens TTARP centre where we will be able to promote a cooperative for pooling and purchasing from ourselves.



*MVP of Workshop - Brigid Telfer
(Santa Cruz Zone)*



Workshop Facilitator - Nigel Scott



Table 5 Participants receiving their Team Prize (evening session)

TTARP Building Fund

TTARP needs a home, and we would like to commence construction of our building at 167-169 Belmont Circular Road, Belmont.

Our vision is to have office space sufficient to cater for our growing membership and to own our own facilities where we can host meetings, functions and other activities with adequate, safe and secure parking.

We encourage members to submit ideas for raising funds and would like to invite each member to contribute by BUYING A BRICK at \$100. All donations will be acknowledged in the magazine by name and location.

We look forward to your support !!! Please forward your contribution to TTARP via cheque, cash (at the office) or money order.



continued from pg32

The judges awarded points under the categories – Content, Creativity, Presentation, Reasoning, Team work and prizes were awarded. A prize for the Most Valuable Participant (MVP) was awarded to Ms. Brigid Telfer.

Mr. Nigel Scott reminded the leaders that time is limited for all, so they should approach life with a new vigor of “today is the first day of the rest of my life”. To do so – one must

- (i) Take ownership of your role,
- (ii) Set SMART goals
- (iii) Never, never give up
- (iv) Have a “can do” attitude.

The seminar was successful and the participants felt enriched and motivated in their roles as Zonal Leaders representing the association.



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LAUGHTER

WHERE IS JESUS

A teacher asked a little boy in her class, "Where is Jesus?"
The little boy said, "Jesus is in Heaven."
The teacher asked a little girl in her class, "Where is Jesus?"
The little girl said, "Jesus is in my heart."
The teacher asked another little boy, "Where is Jesus?"
The little boy said, "Jesus is in the bathroom".
The teacher asked him how he knows that.
The little boy said, "This morning, my dad was late for work, someone was in the bathroom, he knocked and said, "Jesus Christ, you still in there."

Submitted by S. Harrypersad, Tunapuna

ROSE

A few old couples used to get together to talk about life and to have a good time.
One of the men, Harry, started talking about this fantastic restaurant he recently went to with his wife.
"Really?", one of the men said, "what's it called?"
After thinking for a few seconds the Harry said, "What are those good smelling flowers called again?"
"Do you mean a rose?" the first man questioned.
"Yes that's it," he exclaimed.
Looking over at his wife he said, "Rose, what's that restaurant we went to the other night?"



WHAT'S FOR DINNER?

An old man went to the Doctor complaining that his wife could barely hear.
The Doctor suggested a test to find out the extent of the problem.
"Stand far behind her and ask her a question, and then slowly move up and see how far away you are when she first responds."
The old man excited to finally be working on a solution for the problem, runs home and sees his wife preparing supper. Standing about 20 feet away, the man asked, "Honey, what's for dinner?"
After receiving no response he tried it again 15 feet away, and again no response.
Then, again at 10 feet away, no response.
Finally, when he was 5 feet away, he asked "Honey, what's for dinner?"
She replies "For the fourth time it's lasagna!"



WEDDING

Attending a wedding for the first time, a little girl whispered to her mother, 'Why is the bride dressed in white?'" The mother replied, 'Because white is the color of happiness, and today is the happiest day of her life.' The child thought about this for a moment then said, 'So why is the groom wearing black?'

HELP!!!

A police recruit was asked during the exam, 'What would you do if you had to arrest your own mother?'
He answered, 'Call for backup.'

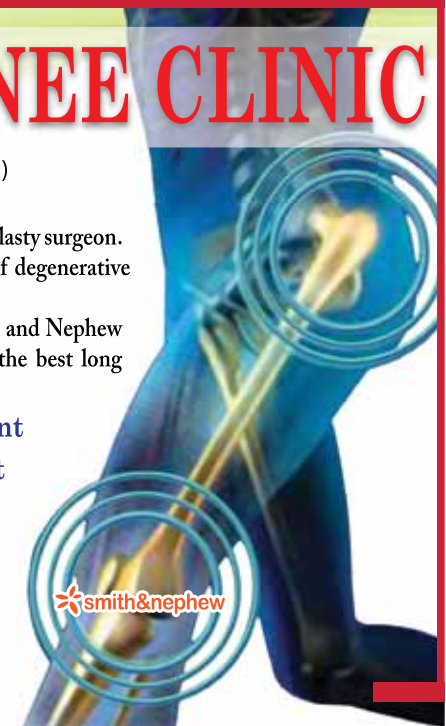
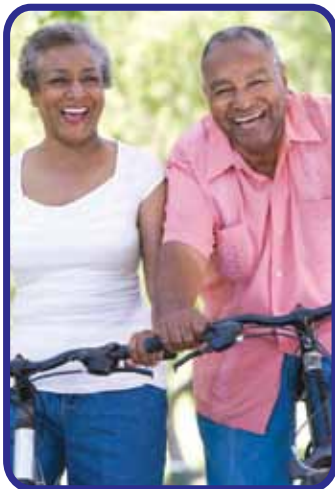


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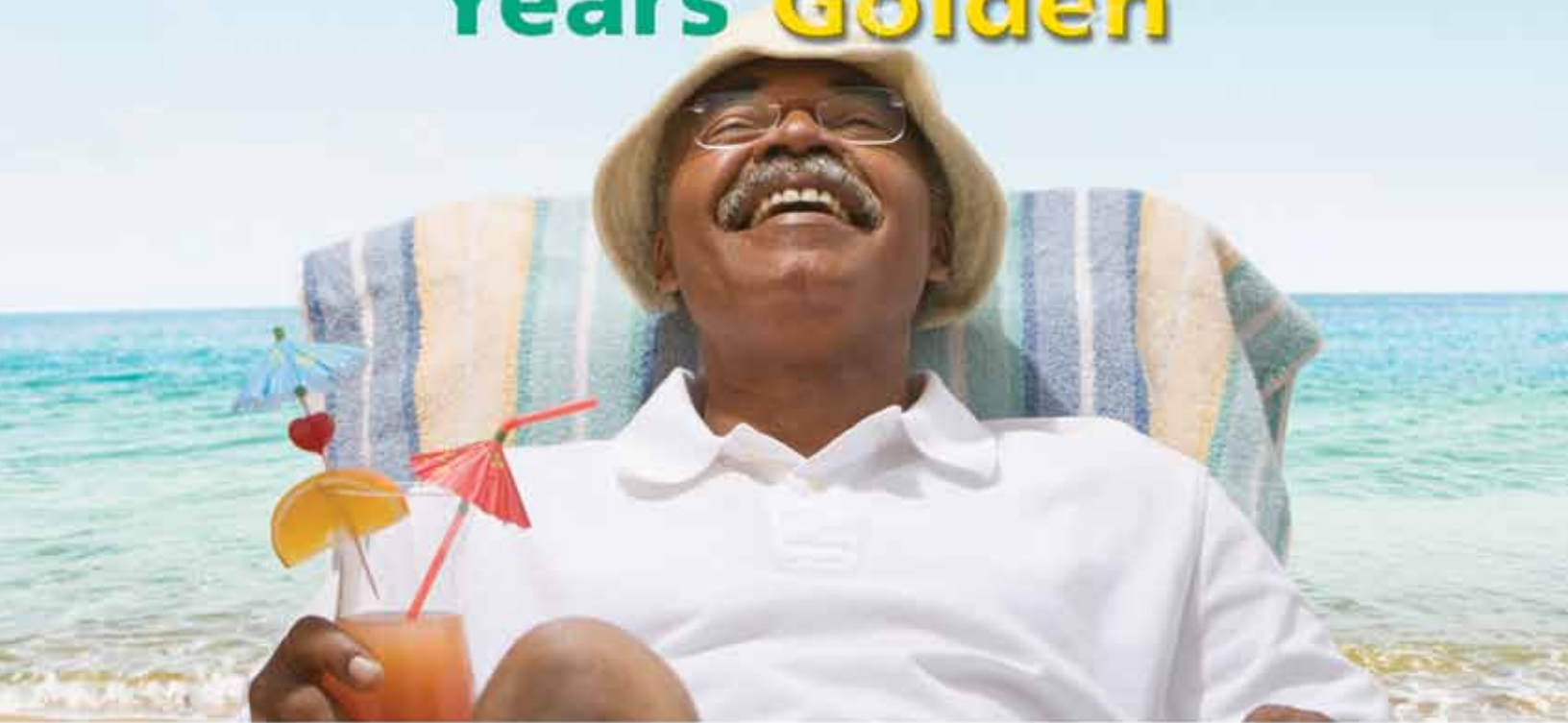
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