

Wellness Event

February 1st, 2019

By: Trevor D'Sylva

On February 01, 2019, members of TEGSA gathered at Commander Park Community Centre for the first Wellness event of the year. As usual, people seemed happy to meet and greet their friends, while they all enjoyed a plate of delicious snacks, tea and cookies.

The seminar was presented by Loretta D'Sylva and the topic was about a subject that affects a lot of seniors and their families in society today. Loretta talked about the "3 Ds"—Depression, Dementia and Delirium. She identified the various signs, symptoms and possible triggers of each ailment and also touched on their differences. Loretta stressed the importance of members, including their family and friends, needing to know what to look for in case someone they know starts to exhibit any of the signs of depression, dementia or delirium. She said this will enable them to access medical help/advice as soon as possible, which would be very beneficial to their loved one.

The seminar was followed by a wonderful Sing-along session, with guitar accompaniment by Hubert Nazareth. Hubert's wife, Cheryl, worked tirelessly behind the scenes to ensure there were enough printed sheets with the lyrics for members to join in the singing. Everyone seemed to be having a great time, singing the old songs of yesteryears, with a few members jumping up and dancing to the fun tunes.

A BIG thank you to Loretta D'Sylva, Hubert and Cheryl Nazareth for giving so freely of their time and energy. They worked hard to make this Wellness event very informative and a fun-filled evening for our TEGSA members!!!