



Issue 2 – January 1, 2011

Barrie Chapter 36

Barrie CARP Board of Directors

- Gwen Kavanagh, Chair
- Marjory Scott, Vice Chair
- William Church, Q.C.
- Rob McEachern
- Kelly Patterson, Secretary-Treasurer
- John Rodgers

Barrie CARP Phone # is 705-252-4756
 Barrie CARP Email is barriecarp@gmail.com

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Happy New Year!

The Barrie CARP Chapter is grateful for the generous support of Jeff and Valerie Scott, owners of the Steckley-Gooderham Funeral Home. They have provided meeting space and assistance with the production of this newsletter.

Connecting With Your Chair

It was exceedingly important to pull together a newsletter for all chapter members in order to connect with all of you, especially those without email. I was so pleased to have our inaugural newsletter out in September, which would not have happened without the excellent work of our editor, Susan Bracken, and also the contribution of paper and the cost of printing donated by Jeff and Valerie Scott, owners of Steckley-Gooderham Funeral Home.

We are announcing the subjects of our first three meetings of 2011 and hope you take advantage of our endeavor to present a wide range of interests and social events.

CARP National Conference

I was pleased to represent the chapter at the CARP National Conference from 28-30 October in Toronto. It was a great opportunity to meet and chat with other chairs and to gather information on how and what they were doing in their chapters. I also had the pleasure of speaking directly to Susan



Eng and bringing to her attention our motion from the floor on assisted dying. She graciously responded to the motion with a letter and report to the chapter which was read at the AGM (annual general meeting).

We hope to focus on Senior housing as our local advocacy issue and welcome any information you have in this regard such as useful contacts, statistics and personal experience.

AGM (Our first anniversary)

I am pleased to announce the following Board Members and Executive from the Annual General Meeting which was held on November 16, 2010. Gwen Kavanagh (Chair), Marjory Scott (Vice Chair). Bill Church and Rob McEachern continue in their two year terms as board members. Kelly Pat-



terson (Secretary/Treasurer) and John Rodgers were newly elected to the Board. The meeting was well attended. The Chapter 36 By-Laws were amended, passed and a copy will be forwarded to National Office. Also passed was the Financial Report as read and we are pleased to announce a surplus balance.

After the meeting, we enjoyed cake and punch while being entertained by Shelaugh Hart and her wonderful pianist, Chris. We enjoyed renditions of songs by Billie Holiday, Diana Krall and Liza Minelli as well as Christmas Carols. It was a wonderful way to celebrate our first anniversary and the upcoming Christmas Season.

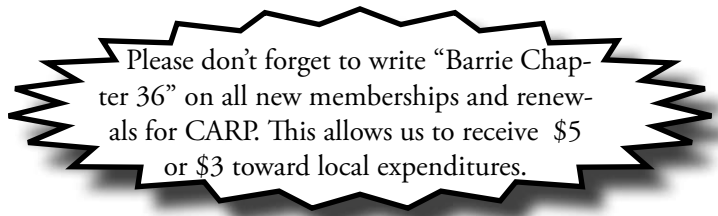
I know I share with my fellow board members a feeling of accomplishment and pride for the many activities we were able to provide our members in our first year.

Going forward, we intend to make our meetings worthwhile and hope they will become part of your monthly agenda. We look forward to our second year and we'd like to hear from any members willing to volunteer their time and efforts to enable growth and improvement of our chapter. Many hands make small work. Come out and be involved with other caring and interesting individuals.

On behalf of the board and myself, I extend New Year's Wishes to you and your family for a prosperous and healthy 2011.

Gwen Kavanagh

CARP Chair, Chapter 36, Barrie & Surrounding Areas



CARP Chapter 36 meeting schedule

Tuesday, January 18th at 6:30 PM at the Sir Robert Barrie Community Boardroom in the Steckley-Gooderham Funeral Home, 30 Worsley Street, next to the library. ...

Exercise for seniors - low impact yoga, pilates, and tai chi.

Tuesday, February 15th at 6:30 PM at the Sir Robert Barrie Community Boardroom in the Steckley-Gooderham Funeral Home, 30 Worsley Street, next to the library. ...

After the business portion of the meeting, this is a

SOCIAL EVENT, featuring a Barbershop Quartet or the Sweet Adelines.

Tuesday, March 15th at the Bradford Greenhouses [venue subject to change].

Gardening for Seniors

For more information call 705-252-4756 or email barriecarp@gmail.com

Jeff Lehman – Seniors' choice for mayor

A very large crowd gathered for the CARP mayoral candidates question and answer evening on September 21. Audience response seemed to be most enthusiastic for Jeff Lehman, and this choice was borne out when Lehman later became mayor.

Some of the proposals put forward by Lehman included abandoning the hub busing system in favour of an arterial road system with transfers, and the creation of a Seniors' Advisory Group and or a Seniors' Summit to work with Council and staff on issues of concern.

Questions from the audience included concerns about parking costs, especially at City Hall and the Library, and downtown. Lehman suggested that if parking were free downtown then workers would take all the spots and there would be none left for shoppers but thought a trial period might be tenable. Snowploughing was another concern from the

audience – especially re sidewalks. Lehman said the City budgets a million dollars a year already and that it takes a full week to clear the whole City. He said melters were helping and that he hoped the City would buy another one or two and rent them out to shopping malls to help defray the costs. Mike Ramsay pointed out that municipal administration is a delicate balancing act: for every taxpayer demanding better snow removal from sidewalks, there is another taxpayer saying that this is an unnecessary expense and that people should have to plough their own areas. Many in the audience expressed dismay with the general state of the downtown but no panelist came up with a solution for that.

After the formal meeting, the candidates mingled with the guests and enjoyed the fine refreshments so generously provided by Jeff and Valerie Scott.

Mayor Lehman assures us that he will move forward with a Seniors' Advisory Group of some sort early in 2011. If YOU have knowledge or skills to contribute to this body and would like to serve, call 726-4242 and ask for the mayor's office or email jlehman@barrie.ca

Board of Directors

Gwen Kavanagh, Chair

Gwen has worked in the banking and financial industry for over 30 years. Due to many of her clients being seniors, it was a natural fit to become involved in CARP advocacy. As senior housing was tied for first place under member concerns in the original survey at the first local CARP meeting, Gwen would like to focus locally on senior housing a.) as she feels most seniors would like to be able to stay in their own homes for as long as possible and b.) there is a need for affordable and for subsidized senior housing of which there is a dearth in Barrie, currently with long wait times of up to eight years. She hopes to bring to the attention of the Barrie City Planning Board the need for affordable senior housing and alternatives and welcomes input from chapter members. Previous to CARP, Gwen volunteered with Quota International and the Canadian Cancer Society for many years. Gwen enjoys entertaining and reading for pleasure when she can find time in her busy schedule.



Marjory Scott, Vice Chair

Marjory enjoys working full time as a sales rep for a multinational consumer goods company. Many years ago, she was the first woman sales rep in the soft drink industry in Canada. Marjory enjoys traveling, especially cruising. She has recently completed an Alaska inside passage cruise in August and says the Alaska scenery is spectacular! Two of her favorite events each year are the Big Sister Home Tour in Barrie and the May Court Christmas Tour. They are two great days out with friends and Marjory thinks of it as 'authorized snooping'. In the future, Marjory would like to see the chapter adopt a more active role in trying to solve the problem of the lack of affordable rental housing for seniors.

Kelly Patterson, Secretary/Treasurer

Kelly works full time in administration and marketing for a large investment firm. Kelly and her family moved from Australia to Canada three years ago and when her husband was transferred to work at RVH, they fell in love with Barrie and made it their permanent home. Kelly enjoys interior decorating and traveling with her family. She is a young member of CARP at 33 years of age but sees first hand her own mother caring for her grandmother and the impact this can have on a family. Kelly is a strong advocate for the rights of caregivers and hopes that the chapter will bring this issue to the forefront of decision makers in Canada.

Rob McEachern

Rob has been active as a financial advisor for the past 30+ years. A resident of Angus operating his business out of Barrie, he has been a CARP member for the past eight years. A former soccer and basketball coach, current interests include cross country skiing, snow shoeing and a regular exercise schedule. He was President of the local chapter of the Financial Advisors Association of Canada on four occasions and looks to carry forward some of the skills utilized there to the local chapter of CARP. He feels the Barrie Chapter can and will be one of the most vibrant in the country as we bring on more volunteers going forward. He sees the advocacy efforts at all government levels, affordable housing, health care, education and financial literacy of members and potential members being important in the future. As well, there is the social aspect of the local chapter which has been exhibited by attendance on the wine tour, the all-candidates meeting and the recent AGM.



William Church Q.C

Bill practised law in Orangeville for about 48 years before moving to Barrie to be closer to his daughter and two of his grandchildren. He and his wife, Ann have been married for 52 years, have four children and eight grandchildren. Ann is a former high school teacher and real estate agent and hails from Newfoundland. At the present time Bill is the Chair of the Ontario Hockey Federation Appeals Committee and has been a member of CARP for many years. He believes that CARP is an active voice for Canadians over 45 and that a strong chapter in the Barrie area will ensure that CARP members in Barrie have a strong voice in matters that affect older Canadians.



John Rodgers

John joined CARP in 2008, and is also involved with the Stroke Recovery Association, the Mapleview Community Church, the Canadian Diabetic Association, and Citizens on Patrol. He has also been a driver for Meals on Wheels, and has organized Remembrance Day events.



Bone Bruising

“Part of the Arthritic Picture”

We have all experienced joint pain at one time or another and for some, the pain is almost a constant companion and interferes with their quality of life. Like any other structure of the body, our joints require nutrition, exercise and rest to maintain their function over the course of our lives.

Changes to the health of a joint that are most common is termed arthritis. The most common of these is Osteoarthritis and Rheumatoid Arthritis. The first is more of a wear and tear or aging of a joint, while the second category implies an auto immune form of arthritis where the body attacks itself. We also stress bones when we injure them in falls, surgeries, poor nutrition etc. Our bones provide the frame, protect the heart and lungs and they produce red and white blood cells.

Our bones require a good blood supply to remain healthy. Stresses to bones as mentioned above can impair the flow of blood to bones and delay the healing process. A common injury presentation to a bone that is being challenged is a ‘bone bruise’ which is a micro fracture inside the bone. The inside of bone looks like a lattice and it is here where the arteries and veins that feed the bone live. When a bone bruise occurs from an injury, surgery or wear and tear, the swelling that builds up in the bone compromises the healing process and can be very painful. Some very effective therapies that can address the bone bruising and stresses being placed on the ligaments within a joint, are **Low Intensity Laser Therapy**, Strain Counterstrain and Cranial therapy.

If you would like to learn more about this approach to bone bruises and arthritic pain please contact:



Sandra McCarthy, H.B.P.E., R.M.T., I.M.T. is a Registered Massage Therapist offering Medical/Therapeutic Massage, Integrative Manual Therapy and owner of “TouchMatters”

Sandra also offers Low Intensity Laser Therapy. Her practice is located at 11 Collier St., Suite 302 in downtown Barrie, Ontario 705 728 6021

We've got it!

KOZLOV
SHOPPING CENTRE
400 Bayfield Street Barrie
Phone: 705.728.3100
www.kozlovcentre.on.ca

Kozlov Centre Seniors' Day

First Monday of every month

Free concert from 11:30 AM to 1:30 PM
in Food Court - **Free Draw and Prizes!**

Zellers give seniors 10% off cash purchases
and 15% off HBC or Mastercard purchases

“You can simultaneously reduce inequality and increase productivity in the society by investing in early childhood programs” — James Heckman, Nobel Memorial Prize winner in Economics

The Grand-family Experience: When Life Takes You Out of Your Comfort Zone

Becoming a grandparent often brings a sense of joy and excited anticipation at having children share extended family life. But, for some grandparents, situations of conflict and abuse facing their grandchildren bring a sense of urgency and the need to protect, comfort and become the sole support of their grandchildren. When this happens, the joys and challenges woven into the grandparent/grandchild family can be complicated and conflicted. The retirement dream suddenly transforms into parenting a second family – on a seniors fixed budget. A support group for these families has created friendships and social situations that help to bring “normal” back into their lives.

The Barrie/Bradford Grandparents, Parenting Again Support Group (“Grands”), has been supporting grand-families in our community for over 10 years. Through Simcoe Community Services Preschool Department, grandparents are able to meet others who have the sole responsibility for raising their grandchildren. The responsibility may be the result of legal custody or in some cases may be without formal legal arrangements.

The group meets once a week (in Barrie) or twice a month (in Bradford) to share support, resources and information. Parent education, healthy living for the active senior and other relevant topics are covered in workshop opportunities provided by qualified staff and community partners. The group support often eases the burden facing families as they enter the legal arena, mediation with their children, or journey through the ever-changing social supports available to families. Taken from the publication *CARP Feb 28, 2010*, grandparents who step in to raise their grandchildren when the parents cannot are often called the “unsung heroes” of family life. What is less known is that they are also unsung heroes of the social system. When a child is cared for by a foster parent, the government will pay the caregiver

up to \$900 a month as well as cover some additional costs such as dentist bills, tutoring, clothes, sports and travelling expenses. When grandparents step in they generally do not receive such generous help. Grand-families also may experience difficulties in being able to afford the natural social connections that other families make within their own community. Grand-families often discover that the financial realities of raising a family on a senior’s fixed income prevents them from participating in community activities. Social experiences provide the very young, pre-teen, teenager and grandparent alike connections with meaningful experiences that enhance an active and healthy lifestyle through the relationships between peers, age groups and the community. Community connections enrich the lives of families and also provide a social and intergenerational component that enables grand-families to be active participants which further nurtures the feelings of normal. The “**Grands**” provides a social experience for the whole grand-family with much needed connections to each other and the community in which they live through the Supper Club.

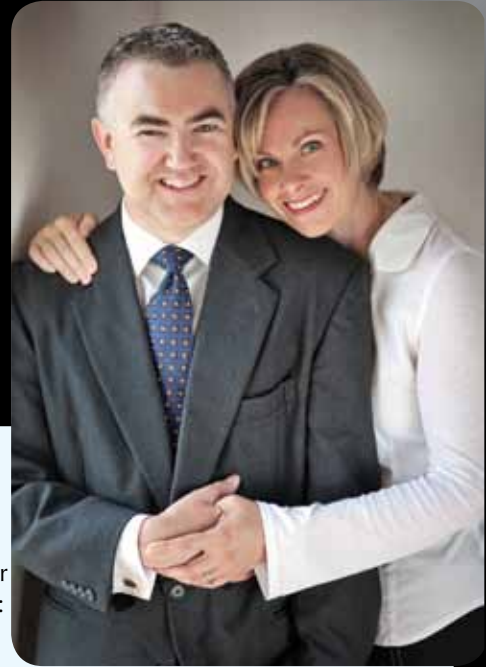


To learn more about the **Barrie/Bradford Grandparents, Parenting Again Support Group** or to discover opportunities that support grand-families in our community, please call Leanne Ross at the Ontario Early Years Centre, 705-792-7878.

[Leanne Ross is a Program Facilitator with the Ontario Early Years Centre, Preschool Department of Simcoe Community Services.]



MAKING GOOD THINGS HAPPEN IN BARRIE REAL ESTATE



Ian & Caroline Hocking are well known throughout the Barrie area for their results-oriented style of real estate. With the help of the Hocking Homes team, they make great things happen for their clients. So when it comes to your most important investment—your home—count on the Hockings to expertly guide you through every facet of the buying or selling process. Just take a look at what some of their clients are saying:

"Selling a home is a very emotional time and the Hockings made the process easy. When the time comes, Ian and Caroline will be our next REALTORS®"
—Laurie Logan-deCaux

"I have met with literally hundreds of real estate professionals during my career as an insurance agent. In all my years, I have never met one that was like Ian Hocking. His recommendations and knowledge of the local markets were invaluable to our decision making process. I have since had many clients experience that 'Hocking Difference' and they would not hesitate to recommend his team to their friends and family, as well."
—Christine Eibisberger-Hobden

"I would highly recommend Ian, Caroline and their team to anyone interested in dealing with real estate professionals who are detail-oriented, communicative and focused on the best interests of their customers."
—Katherine Thompson



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Membership Committee Report

Since I started the membership committee, I have been very busy updating the membership list so that we have an accurate list of members to send newsletters to, follow up with renewals and keep correct email addresses on file.

It is very important to keep members informed about what's happening with the chapter by making sure that we have the most up to date list. **I encourage members to contact me if any of their contact details change.** I will update our list and notify head office as well. If you are renewing, please make sure that Chapter 36 is clearly marked on any form that you use. If you are renewing online, you can choose Chapter 36 from the drop down tab on the side. Our Chapter gets royalty payments from marked renewals and we need these funds to keep operating.

Janice Norman, 705-728-8493 or jdnorman@rogers.com

Editor's note

The next few years will be exciting ones for seniors in Barrie. Our brand new CARP Chapter is off to a great start and your Board has pinpointed “seniors’ housing” as an issue of focus in our municipality. And we have a brand new mayor, Jeff Lehman, who has asked for volunteers from the community in the past for projects to do with education and city “neighbourhoods”, and who has recently proclaimed that he is prepared to work with seniors on a volunteer board or at a seniors’ summit. It is through volunteer effort and community interaction that things actually get done – as witnessed in this newsletter in the article about grandparents raising grandchildren.

With our new CARP Chapter (backed by dynamic national leadership at CARP head office), and our new mayor “for change” there is no better time than now to step up and join the effort to improve seniors’ lives in this City and area. So do something small, or commit to something big – just do *something* to help. Contact your CARP Board, or call the mayor’s office if you have time or talent to offer, or if you want to help but don’t know what to do.

It has been proven that volunteering pays back huge dividends to society and also back to the volunteer. Here is a quote from a thriving, active 92-year-old (Bea Levis): “I believe strongly in participating in the community. The more you participate in the world around you, the more you interact with people, the better your quality of life and the more impetus you have to be alive.” [*Toronto Star*, Nov. 21, 2010]

Susan Bracken

Heather Stocks
RN, NWS

Personal Fitness
Training for the
Mature Adult



Individual
Programs

Jeff Stocks
Can-Fit-Pro Certified
Older Adult Specialist
722-0053

Urgent reminder to all CARP members!

There are no membership fees for local CARP chapters. Chapters must find sponsors or hold special fund-raising events, or **here’s where you come in** – receive a portion of your national CARP membership fee. ***It’s so easy!*** AND SO IMPORTANT!

Every time you renew your membership you must write “Barrie Chapter 36” (or click on Barrie Chapter 36 if renewing electronically) on your renewal. This allocates \$3 of your fee to our Chapter. We need this money to establish and maintain a vibrant local Barrie Chapter. And if ***new*** members do the same, we get \$5 back.

Here’s another way to support CARP locally. At our monthly meetings, we hold a 50-50 draw, so bring your change and support your local chapter while having a chance to win some cash.

ADVERTISING AND SPONSORSHIP

To keep in touch with our members, it is important to produce quarterly newsletters.

To support this effort, if you or anyone you know would be interested in sponsoring or placing an advertisement in our newsletter, please contact the Chair, Gwen Kavanagh at 705-252-4756 or email barriecarp@gmail.com for rates and cut-off dates.

Contact **Barrie CARP Connector** editor, Susan Bracken, at bracken0300@gmail.com

Google Barrie CARP for www.carp.ca/barrie listings; and tune in to radio AM 740 or Classical 96.3 FM