



The Barrie CARP Connector

Issue 6 — January 2012

Barrie Chapter 36

CARP CONFERENCE & ZOOMER SHOW



Gwen Kavanagh, Chair and Kelly Patterson, Secretary-Treasurer represent CHAPTER 36 at the CARP National Conference and Zoomer Show in October 2011.

Chair Gwen Kavanagh and Secretary-Treasurer, Kelly Patterson were both delighted to represent Chapter 36 at the recent National Carp Conference held at the Park Hyatt, Toronto on October 27th and 28th, 2011.

The Zoomerlife Conference focused on health, wellness and longevity. The audience was treated to an informative line up of guest speakers on a range of subjects from Alzheimers, Kabalah yoga, effects of wireless radiation and how to be thrifty. Mozes Znaimer hosted the Conference which ended with popular comedian, Mary Walsh rounding off the day with a laugh.

The second day of the conference began with the Annual General Meeting hosted by our Advocacy Leader, Susan Eng.

The Federal Minister for Seniors, Alice Wong MP discussed how various government programs are helping seniors and how the needs of seniors are currently being addressed.

A new benefit (Health Wizard) was announced to members. See pg 7 for more details. The day ended with 2 presentations from other Chapter Chairs on marketing Carp and procedures to assist in running a chapter board.

The Zoomer Show, held at the Direct Energy Centre, Toronto, followed the Annual Conference with over 30 of our members from Chapter 36 in attendance. There was a variety of exhibitors encompassing health, wellness and lifestyle. There was live entertainment and talks from a variety of experts. Attendees could play a game of lawn bowls, watch Dame Edna or Neil Diamond or get your flu shot at the clinic. There was a lot to see and do and well worth the trip.

Overall, the Carp Conference and Zoomer Show gave everyone involved the opportunity to network with other chapter members and meet the Carp Executive including Moses Znaimer and Susan Eng. Gwen and Kelly came away feeling invigorated and inspired by the many wonderful ideas that will benefit our Chapter.

Thank you to our members who made the special trip to attend the Zoomer Show.

New Board Members Chris and Sue Lillie took the opportunity to pose for their own cover of the Zoomer Magazine at the Show!!



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.

Barrie CARP Board of Directors

Gwen Kavanagh, Chair
Chris Lillie, Vice Chair
Kelly Patterson, Secretary-Treasurer
John Rodgers
Ken Clissold
Sue Lillie
Gerry Levene

Newsletter Editor: Kelly Patterson
Web Administrator: Dave Cooper

Contact Us

Phone 705-252-4756
Email: barriecarp@gmail.com

Don't forget to keep up to date
with the latest information!

www.barriecarp.org

Our wonderful web administrator Dave Cooper makes sure you know what's happening in your chapter including information on upcoming events, guest speakers, meeting times and local advocacy issues (plus much more).



***This website is
updated regularly**

**Is it time to renew
your CARP
membership?**

*Please don't forget to write "**Barrie CARP Chapter 36**" on all new memberships and renewals for CARP. This allows us to receive \$5 or \$3 toward local expenditures.*

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Annual Carp Conference and Zoomer Show

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Our Sponsor:

In Your Home Pet Sitters

Connecting With Your Chair

I trust all of you enjoyed good fellowship with friends and family over the holiday season, along with turkey and 'no-calorie' goodies!

We are in to our third year as a Chapter and I want to say how much I appreciate the good people who have come on board and enabled the Chapter to broaden our reach and expand our Chapter activities. This year we plan to incorporate the many volunteers who have put themselves forth. Their services will be invaluable as we expand and grow. After the elections, we have seven board members and the advice of our 3 former board members to ensure a well rounded team to work on your behalf.

Kelly and I attended the National Conference at the end of October. We were surprised at how diverse the many Chapters were and yet we all share a common cause. It was great to hear all their ideas and hopefully we can incorporate some of them in our Chapter.



Gwen and Kelly dining with Chapters from BC and the Carp Executive

To highlight the end of the conference, Kelly and

I met the bus of Carp members from Barrie attending the Zoomer Show on the Saturday. Here is a picture of some of us holding our new Carp flag. *From left to right: Gwen, Sandy Wetherald, Marjory Scott, Chris Lillie, Sue Lillie, Anthony Quinn (Carp Head Office) and John Rodgers.* Head office loves the idea of our flag and may institute a flag for all Chapters. Hopefully Carp will designate a national day to fly all our Chapter flags across the country to create awareness of our organization. After all, we are on a *March to a Million* members, in order to have more political clout.



I was pleased to accompany Ross Mayot, VP-Community, on November 30th to Orillia where he presented a lecture to the Social Policy class at Lakehead University. It was eye-opening to see how little information this age group were exposed to regarding our age demographic, and several students approached us after class to comment on this and how much they appreciated the information Ross presented.

Wishing you all a **Happy New Year** and hope to see many of you out to our Chapter meetings

Gwen Kavanagh

Chair, Chapter 36

EDITOR: To access the 2011-12 CARP Advocacy Report presented at the annual conference, please go to :
www.carp.ca

CARP Introduces The CARP Health Wizard™ A New Powerful Online Navigation Tool Empowers Canadians To Take Charge of Their Own Health

The CARP Health Wizard quickly and conveniently delivers vital health care information so users can proactively manage their treatment and recovery, or that of a loved one. CARP is the first to offer such a powerful online healthcare navigation resource to the public. Until today, this type of service was only available to large employer groups or major corporations.

- *Get the essentials on medical conditions*
- *Find a local physician or other health care professional*
- *Check what your province provides – wait times, drug coverage, health care plan coverage*
- *Find local community support groups for diseases or health issues*
- *Find facilities – hospitals, clinics, labs, nursing homes, long-term care*
- *Manage medications*
- *Travel more safely*
- *Get caregiving advice*
- *Check natural products*
- *Make more informed decisions*

*The CARP Health Wizard is a system built and maintained by Novus Health.

The CARP Health Wizard is free to CARP members, who can begin using it immediately by going to **www.carphealth.ca**.

Non-members can join, and gain access to the Wizard – for as little as \$14.95 – by calling 1-800-363-9736.



CARP Chapter 36 meeting schedule

Tuesday, January 17th 2012—at 6.30pm in the Sir Robert Barrie Community Room at Steckley-Gooderham Funeral Home, 30 Worsley St (Cnr Clapperton)

Speakers: *Lida Austin, City of Barrie Recreation Programmer of Fitness -55+ Fitness Programs*
Dan Leonard, Seniors Home Instead - Cooking, Nutrition, Companionship

Tuesday, February 21st, 2012 - at 6.30pm in the Sir Robert Barrie Community Room at Steckley-Gooderham Funeral Home, 30 Worsley St (Cnr Clapperton)

Panel: *Lexi Dearborn, Dearborn Landscaping Design and company discuss what's new and hot for 2012, what to do in the Spring and will answer any questions you may have.*

Tuesday, March 20th, 2012—at 6.30pm in the Sir Robert Barrie Community Room at Steckley-Gooderham Funeral Home, 30 Worsley St (Cnr Clapperton)

Panel with *Gwen Kavanagh, Raymond James Ltd, Rob McEachern, Lifepath Transition Strategies & Jeff Nixon, CA Larder & CO discuss wealth management and tax issues. The floor will be open for questions.*

***Guests are welcome *Refreshments are provided *Bring a loonie/toonie for the 50/50**

RETIREMENT INTEREST DISCOVERED

Author: *Ken Clissold (Board Member)*

When retirement provided me more time to chase long delayed projects, the basic family information that had been collected over the years was pulled together to see if any information about my ROOTS could be formed. Dad had told me about growing up in a small rural town in Ontario & Mom had described a large and complicated family association. Had never met (or even seen a picture) of my grandfather on my mother's side! Being rather dark complexioned – I had always rationalized that as being due to my mother's French background. Dad's ancestors hailed from ENGLAND & Mom's from FRANCE through Quebec. A lady in Salt Lake City, Utah had written about some family history that she had drawn together & was able to share. What more could I find ?

WOW ! Starting from the basic information that I knew, was able to meet relatives that I had never even known about, get several old photos (including one of my Mother's father whom I had never met or seen), learned about a child beater ancestor & experienced that sudden realization of "oh - that is how that person fit into the puzzle"!

Discovered the migration history of my ENGLISH ancestors as fabric weavers along the Severn River in Stroud, Gloucestershire after traveling with the Huguenots from FRANCE.

Also discovered my background involves my being a descendent of an Indian squaw & even got data back to the year 910 on one ancestor. I now know my family coat of arms and am able to reference my own family tree which contains 3,140 people & 355 pictures.

Have been able to share this piece of family history with my family & seized on the chance to present this information in a binder for my grand children. Sure would have liked to have this kind of information given **me** by my family!

This collection of information involved new memberships to reference sources and much investigative work (like one sees on TV programs) **B U T** most of the effort can be farmed out to leave me plenty of time to enjoy this retirement. Darn Its simple and so enlightening !

VOLUNTEER CARP - CALL TO ARMS!!

Carp Chapter 36 needs volunteers...

Please let us know if you would like to help on any of the following committees:

- **Membership Committee**
- **Social/Education Committee**
 - **Meeting Committee**
 - **Newsletter Committee**

Call Gwen at 705-252-4756



Interactions between Senior Citizens and Pets

© 2011 Foster & Smith, Inc.
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On-line store at <http://www.DrsFosterSmith.com>
Free pet supply catalog: 1-800-323-4208

Pets can play a special role in the lives of senior citizens who live in care facilities and at home. For those elderly citizens living at home with pets, there are several issues that may be helpful to discuss:

HOUSING

Federal mandates allow persons living in federally-assisted housing units to have pets. Pets allowed include dogs, cats, birds, rodents, rabbits, fish, and turtles.

As may be expected, there are some caveats:

- An additional pet deposit may be required.
- A limit may be placed on the number of animals in a unit. project.
- 'Dangerous' animals are prohibited.

According to the law, pet owners will have to maintain their pets responsibly and in accordance with applicable state and local health, animal control, and anti-cruelty laws and regulations, and meet the standards on waste disposal.

CONTINGENCY PLANS

All pet owners, whether senior citizens, people living alone, or those in families should develop contingency plans for the care of their pets. You should have a card on your person, in your vehicle, and on the refrigerator that has the names of your pets, their descriptions, where they are (including favorite hiding spots), any medications they are taking, the name of your veterinarian, and who to contact regarding them. That contact person should know your vet, and know where you keep your pet's medications and medical records stored.

Many people have provisions in their will or attachments to their will that provide for the financial and care needs of their pets. A lawyer can help you write such a document. In doing so, think about the financial aspects of pet care; whom you would want to have your pet(s);

if you have multiple pets, is there someone who can take care of all of them; and if you have an older or ill pet, are there special provisions you want to make.

It is also helpful to have someone available who can come and do the more difficult tasks if you are unable to, such as walking the dog or cleaning the litter box. Neighbors, scouts, church members, and friends may be more than willing to help.

It is also important to continue the socialization of your pet. Your pet should be comfortable around other people, and allow other people into the house if the need arises.

TRANSPORTATION

Transportation can be a hurdle when owning a pet. You will need to make trips to the veterinarian, to the store to get pet food, and perhaps to a groomer. If you do not drive, someone from your neighborhood may be able to help. Some veterinarians make house calls, so that is another possibility.



GOOD COMMUNICATION WITH YOUR VET

Good communication between you and your veterinarian and other persons who may care for your pets is essential. Provide your veterinarian with information on who will take care of your pets if you become ill or incapacitated, who will make decisions regarding your pets, and also discuss any financial arrangements. If you become ill, not having to worry about these details will help you concentrate on your recovery.

Make sure you understand any medical condition your pet may have. Ask your veterinarian questions so you can understand what is going on. If you do not understand it the first time, ask again, do not just smile and nod politely as many of us do when also talking to our automobile mechanic. Sometimes as medical professionals we tend to use technical jargon or do not explain things fully.

Ask that any instructions on caring for your pet or directions for medications be written down in a way you can read and understand. **Continued pg. 7**

Remember to tune in to radio AM740 or Classical 96.3FM for senior friendly broadcasting

Chapter 36 welcomes their new Executive for 2012



Gwen Kavanagh

Chair

Gwen was born on a farm in Flos Township, Simcoe County and spent her first 14 years living on a farm. Up until 2001, Gwen worked in the banking system before moving over to Merrill Lynch. Currently she is a full service Financial Advisor with Raymond James Ltd. Between her career and her volunteer position with Carp, she has little time to enjoy her hobbies of gardening, reading and travel.



Chris Lillie

Vice Chair

Chris Lillie is a retired television cameraman/technician who has also lived in Barrie since relocating from Toronto with his wife in 1990.



Kelly Patterson

Secretary-Treasurer

Kelly was born and raised in Brisbane, Australia and moved with her family to Canada in 2007. Kelly achieved a Bachelor of Education at the Queensland University of Technology and went on to become an Executive Assistant for the Deputy Speaker of the Queensland Parliament. Kelly is currently a marketing and administrative assistant for 2 investment advisors. She enjoys spending time with her family, travelling and home decorating.



Kenneth Clissold

Ken was born, raised and educated in Toronto where he became a Designated Accountant (RIA). He has also resided in California from 1966-1994 until he moved back to Ontario. His career has afforded him the opportunity to gain experience in accountancy, office manager, VP Finance, COOs' assistant, VP marketing, general manager & Board Chairman. Ken enjoys shipboard cruising and travel. He is currently the archivist for the Barrie Concert Band. He also enjoys photography, genealogy & public issues (senior & city).



Gerald Levene

Co owner operator of LithArt Associates a graphic design studio, for 30 years. Mainly involved in consumer packaging and collateral materials. Heavily involved in the soft drink and alcohol beverage markets. Has been retired from business for about 10 years but still maintain a few accounts to keep me active.



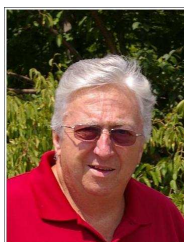
John Rodgers

Born in 1949, John was a Merchant Marine in the Navy Coastguard. He was also a long distance truck driver. John volunteers for Red Cross, Citizens on Patrol, Stroke Recovery (Past President & Chairman in Charge of Trips). He enjoys stock car racing in the Summer and reading up on war stories and ships in the Winter.



Sue Lillie

Sue Lillie is a retired teacher who has lived and taught in Barrie since re-locating from Toronto in 1990.



Dave Cooper

Web Administrator

Dave spent a career in Information Systems and Information Technology as a Senior Manager. He spent the last 25 years specializing in the hospital and healthcare field. He has successfully deployed IT/IS strategic directions and project leadership. Dave is retired with his wife in Sandycove Acres in Innisfil where he is involved in a number of activities as well as being an avid photographer and still enjoying his computer and exploring the internet. Dave manages a number of web sites in Sandycove as he continues to be challenged with each new project. Dave is also involved with the Innisfil Community Health Committee which is looking at ways to improve on the shortages of primary healthcare in his community. He has also been involved with the Barrie Chapter since its inception.



Unfortunately, the head of our Membership Committee, Janice Norman has resigned to allow her business to expand. Chapter 36 would like to sincerely thank Janice for all her hard work and wish her the best of luck in her new endeavours! - Editor

It may also be helpful to have a friend who will be responsible for your pet present during your pet's examination. Then both of you are sure of what is going on.

Medications

If your veterinarian says your pet needs to be given medications, tell your veterinarian whether you find pills or liquids easier to give.

If given pills, you can request that a regular cap be placed on the bottle instead of one of the so called 'child-resistant' caps, which many of us find to be 'human resistant.'

Keep your medication separate from your pet's. Use color-coded bottles – colored tape or stickers may work well. Color code the bottle, not the caps, since you could end up putting a cap on the wrong bottle.

It is important that medications be given to your pet as prescribed. Have the veterinarian or staff show you how to give the medication. Again, if you have difficulty, ask someone to help you. The staff at the veterinary clinic may be able to provide you with suggestions.

PET CARE

There are new pet supplies available which can help you care for your pet. If your dog tends to pull on the leash, halter-type collars can be very useful in breaking that habit.

If you have difficulty moving about and/or have poor eyesight, you may be concerned about falling or tripping over your pet. Bright collars with a bell on them could help you know where your pet is.

Elevated feeders and waterers are available so you do not need to bend down to the floor.

There is no rule that says litter boxes must be on the floor. If your cat can jump, place the litter box on a stable stand or table that your cat can easily get to. Clumpable litter can be easier to use than other kinds

Pets can play an extremely important role in the lives of senior citizens. By thinking ahead and making necessary accommodations, elderly people can make caring for their pets much easier.



Editor's note.. I was invited to a New Year's/ Going Away Party and asked to bring along donations to the OSPCA (*Ontario Society for the Prevention of Cruelty to Animals*). This is a wonderful cause providing food and shelter to many animals without homes. I think it's a great idea to ask for donations to worthy causes in place of gifts.

My family is blessed with a 3 year old Shitzu-Bichon Frise name Lucy and a black kitten who was rescued from the gutter. Her name is Mintie. Our pets give us so much love and joy. They greet us at the door after a long day at work and snuggle up to us at night whilst watching the television. Pets are wonderful companions to keep us company and make us smile. I whole heartedly support pets being incorporated into seniors homes to provide friendship, warmth, support and love to those who are sometimes isolated and receive few visitors.

Kelly (Editor)



Mintie and Lucy guarding our house from the front window. Do they look scary???



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Make sure to check your spam or junk mail folders in your email accounts to ensure you are getting your emails. Ask someone if you're not sure.

Don't miss out on important information!!

2012 Service Provider Directory for CARP Chapter 36

Auto Repair & Body	Financial	Pest Control
	www.retirementrescue.ca Retirement Planning, RSP, RIF, GIC, Annuities Robert McEachern, CH.F.C. 705-733-9385	
Butcher	Funeral Services	Real Estate
The Butcher Shop 221 Cundles Road East, Barrie ON (705) 737 2140	Steckley-Gooderham Funeral Homes Helping Family & Friends Honour Their Loved One (705) 721-9921 or (705) 721-1211 http://www.steckleygooderham.com	
Chiropractor	Home Health Care	Roof
YOUR AD HERE CALL 705-252-4756 or email barriecarp@gmail.com for rates	YOUR AD HERE CALL 705-252-4756 or email barriecarp@gmail.com for rates	
		YOUR AD HERE CALL 705-252-4756 or email barriecarp@gmail.com for rates
Emergency	Natural Therapies	
	Uniq by Nature For the healthy life nature intended. Call Janice to relieve your stress with relaxation (705) 728-8493	
	CAROL MARTIN Registered Massage Therapist - 25 yrs exp. 705-734-0107 carolmartin@sympatico.ca . www.EnlightenedLiving.me	

GET YOUR BUSINESS NOTICED!

Chapter 36 would like to provide its members with a comprehensive list of local, professional services. For a very reasonable fee, your ad will be placed here for each issue of the Barrie Carp Connector—1 year in total. Our newsletter reaches over 2200 members in Barrie and the surrounding area. For more information, please call 705-252-4756 or email barriecarp@gmail.com

*Please note, the names and number of categories will change over time as we have more businesses taking up this opportunity. Only 2 businesses per category will be accepted.

**Disclaimer: Carp Chapter 36 does not endorse these services or products, these are paid advertisements*