



Issue 5—October 2011

Barrie Chapter 36

Travel Wise: Tips for Seniors



As the leaves begin to change colour and the temperatures begin to fall, we are swiftly reminded that winter is just around the corner! Many of you have already begun to plan your travels to a much warmer destination. Whether you've set your sites on a tropical getaway to an all inclusive resort or you intend sipping margaritas and soaking up the sun on a Florida beach for 6 months, there are some important considerations for senior travellers no matter how far you travel or how long you intend to stay there. All travellers should plan any travel carefully to ensure their health and safety while away, however older travellers have a few extra concerns.

Pre-Trip Planning

You can never be too organized before you leave. Pre-trip planning is essential in making sure you have everything covered from special accommodation needs, medical facilities, making arrangements for wheelchairs or preferred seating. Make sure you arrange travel insurance with pre-existing illness coverage if needed and be sure to research important factors such as climate, language and culture. Buy a guide book and read it before you go. If you are concerned about your health, don't let it restrict you, arrange to go on a package tour.

It's wise to also consult with your doctor for a check-up before you travel, especially if you have a chronic health condition e.g coronary heart

disease, hypertension or if you've recently undergone surgery. Ask your doctor how to minimize the risk of Deep Vein Thrombosis (DVT) when sitting for long periods of time and discuss any vaccinations or shots you might need before you travel, particularly if you are travelling to areas where infectious diseases are present.

The Public Health Agency of Canada Website has lots of useful information for travellers, <http://www.phac-aspc.gc.ca/tmp-pmv/info/care-soin-eng.php>

Service Canada also provide useful travel information for seniors on passports, Diplomatic and Consular services and the NEXUS program. <http://www.servicecanada.gc.ca/eng/audiences/seniors/travel.shtml>

If you are taking large amounts of medication with you, it's wise to take a letter of explanation from your doctor.

Your Luggage

Make sure you take a small bag that contains everything you will need for the duration of your travels whether it be in a plane, train, car or boat. Include a medical kit with your regular medications, painkillers, antacids and band-aids. It might be a good idea to take along a pillbox with compartments for different days of the week. Being away from home (and your usual routine) could make you more likely to forget to take your medication. You might also pack a spare pair of glasses, and try to use a suitcase with wheels to make travel easier.

...continued pg 5



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

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Doug Norman (resignation received)

Kelly Patterson, Secretary-Treasurer

John Rodgers

Barrie CARP Phone 705-252-4756

Barrie CARP Email: barriecarp@gmail.com

Newsletter Editor, Kelly Patterson at
kellypatt77@gmail.com



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.

On the cover.....
Travel Wise: Tips for Seniors

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**

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Our Sponsors:

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Kitchen Boosters
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Connecting With Your Chair

I hope all of you have had a good summer and successfully managed the heat and humidity. Soon we will be wishing for it to be back again. Time seems to slip away and here we are at Thanksgiving already and with Christmas in the offing.

The September meeting and political forum successfully started off our fall season with a great turnout and it was good to see so many members out. We look forward to seeing those of you who are able to attend, at the October 18th meeting, which will feature Carlson Wagonlit Travel and Hanover Holidays as our feature guests. We will also be given a short talk by Amy Hickey from the Big Brothers and Big Sisters Society of Barrie to encourage interaction by CARP members with school aged children.

I especially wanted to say thank you to Marjory Scott, Meg Hill and the social committee for arranging the bus tour to Niagara on the lake on Sept. 22nd and for the upcoming bus trip to the Zoomer Show on October 29th. I hear they may also be arranging a shopping trip to Buffalo on December 3rd for interested parties. Stay tuned.

CARP head office has asked me to represent our fellow Ontarians on Oct 19th by attending the Ontario Senior Housing Secretariat meeting in Toronto as their representative. I am honoured and also eager to attend as this is an opportunity to expand my knowledge in this regard and fits in nicely with my role as part of the Chapter #36 Senior Housing Committee.

I will be able to update you at the November meeting and will certainly bring to your attention anything that our members need to be aware of.

In your October Zoomer magazine there was a very informative article on upcoming changes to CPP and if you are currently 65 or under it may affect you. Barrie was also mentioned in the Chapter Connection section with regard to our Antique Road Show and Fair, along with our Bus Trip to Niagara-On-The-Lake.

Please remember we will be holding elections at the Annual General Meeting in November and we hope some of you will consider positions on the board or volunteering on committees. If interested and need information please contact us at (705) 252-4756 or at barriecarp@gmail.com.

This is also our final meeting for the year and we will be celebrating afterwards with punch, and as a special fun treat, come and participate in "The Price is Right" with Santa as our host. Sooooo, **Come On Down!!**

Gwen Kavanagh
Chair, Chapter 36



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CARP Chapter 36 meeting schedule

Tuesday, October 18th - at 6:30 PM in the Sir Robert Barrie Community Room in the Steckley-Gooderham Funeral Home, 30 Worsley Street (Cnr Clapperton)

Hanover Holidays & Carlson Wagonlit - Travel

Tuesday, November 15th – at 6:30 PM in the Sir Robert Barrie Community Room in the Steckley-Gooderham Funeral Home, 30 Worsley Street (Cnr Clapperton)

Annual General Meeting & participate in the gameshow “The Price is Right” (This will also be our Christmas Celebration)

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

To be advised

***Guests are always welcome *Refreshments are provided *Bring a loonie/toonie - 50/50**

Successful All Candidates Debate

Chapter 36 hosted an All Candidates Debate on Tuesday, 20th September at the Steckley-Gooderham Funeral Home, 30 Worsley St.

Over 100 people attended the forum. Five candidates attended including Andrew Miller, Rod Jackson, Myrna Clark, Matthew MacKenzie and Karl Walsh.

Carp members and guests were given the opportunity to listen to each candidate's platform and positions on issues such as dementia and health care, reducing the cost of living, affordable access to long term care and paying down the provincial debt.

Many thanks to Ron Stevens who moderated the forum.

We would also like to thank Jeff and Valerie Scott and the staff of Steckley-Gooderham Funeral Home who provided superior service on the night.



Wishes to invite you to a Presentation on your 2011 Fall Lineup...
Door Prizes
Festival of Lights - Niagara Falls
Christmas in the Renfro Valley
Frankenmuth, MI
Branson for New Year's Eve
New Year's Eve in New England
Florida Longstays - Panama City Beach
Best of Arizona
Please ~ RSVP your attendance to...
Kelly Patterson
barrlecarp@gmail.com
705-252-4756
Come & Join us at the...
Steckley-Gooderham Funeral Home
30 Worsley St.,
Barrie, ON (Cnr Clapperton)
Tuesday, October 18th, 2011
TIME: 6:30pm to 8:30pm
Bring your spouse and another Member!!
705-734-1101
15 Cedar Pointe Dr., Barrie, ON L4N 5R7

Take care of yourself

Don't risk becoming ill when you're on holidays. Taking a few simple precautions will allow you to relax and enjoy yourself. For example, if you are unsure of the water supply, drink bottled water. To reduce the risk of food poisoning, avoid food buffets, seafood, undercooked meats, peeled and raw fruits and vegetables, and unpasteurised dairy products. If you do become ill with travellers' diarrhoea, it may reduce the effectiveness of your medications. Consult with a doctor if you have diarrhoea for more than one day.

Make sure to arrange for plenty of rest breaks, particularly in hot weather. Wear flip flops in communal showers to reduce the risk of infectious diseases (like warts and tinea).

And even though Seniors cards are only supposed to offer benefits within your home province, flashing the card at museums and other attractions may get you a cheaper entry ticket.



Safety Suggestions

Thieves and pickpockets may consider older people as easy targets. Reduce your risk and don't travel around at night. Don't wear expensive jewellery on obvious display. Wear valuables (such as traveller's cheques and credit cards) on a belt worn under the clothes and next to the skin.

Consider carrying a 'dummy' wallet holding a small amount of cash. If you are directly confronted by a mugger, you can hand over the dummy wallet and avoid further distress. Make sure you carry with you at all times the contact details of the Canadian embassy. If your city doesn't have a Canadian embassy, find out which other country's embassy is available to help you, such as the British embassy.

Finally, make sure your passport is current. Some countries will not permit you to enter or give you a visa if your passport's remaining validity is less than 6 months.



Have your affairs at home in order

Leave an up-to-date will, insurance documents, and a power of attorney with your family, so you can feel secure about traveling and are prepared for any emergency that may occur while you are away. Before departing, provide your family or friends with a copy of your proposed itinerary and keep them informed of your travel plans should they change or in case they need to contact you in an emergency. Carry with you appropriate photo identification and the name of a family member or friend to contact in case of an emergency.

As a senior, you have a great opportunity to travel and visit foreign countries you might not have had the time to visit before.

As travelling may prove to be stressful, it is important to plan ahead carefully, so that you spend a healthy, relaxing and enjoyable trip.



An advertisement for "Kitchen Boosters" with a brown background. At the top, the text reads "Kitchen Boosters" in a large, serif font, with "We install convenience" in a smaller font below it. The ad lists three services: "Stooping for pots and pans? We install a pot drawer.", "Looking for lids? We install sliding baskets.", and "Corner cupboard useless? We install corner roll/swing out drawers." Below the text is a photograph of a kitchen cabinet with a pull-out pot drawer containing several pots. At the bottom, a star icon is followed by the text "Call by Oct 31 for 10% off" and "Call (705) 627-4030 for a free in-home consultation."

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

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wallarmstrong.wordpress.com

Estate Planning: Vacation Properties

By Cesia Green

Wall-Armstrong & Green



You've worked hard all your life, and have gotten to the point of retirement. Now that you don't have to suffer through snow-covered winters, you've decided to purchase that winter home you've always dreamed of in the American Sunbelt, and plan to spend half the year there. The question is, in 20 or 30 years, how will you manage to pass your vacation home to your children when it's in another country?

Passing on a recreational property of any type can be difficult. You have to consider whether any of your children will want it, or could afford to maintain it; sometimes these do not overlap, and you must be careful not to create a rift between the child who wants to sell, and the child who can't afford to buy. You will need to figure out some fairly complex tax issues, both in Ontario and cross-border, so that your estate doesn't have a major tax liability on your death that would require selling the vacation home. You also should have a clearly worded paragraph in your Will to authorize your executor to manage and either transfer or sell the property, and to hire someone to take care of this.



CARP will be presenting the **ZOOMER SHOW** again this coming fall (Oct. 29 & 30 from 9 AM-5PM).

Last year's show attracted 26,000 visitors.

The lifestyle show features entertainment, information and exhibitor booths of interest to people over the age of 45. The show is at the Exhibition Centre in downtown Toronto.

Barrie CARP will arrange a bus service to the Saturday show leaving from behind Canadian Tire on Bayfield Street at 8.30am and will return to Barrie by 5pm.

Estimated cost per person for the Greyhound bus is **\$25 round trip** and **admission to the show is free for CARP members and their spouse.**

If you are interested please **contact Marjory Scott** right away. **Phone 705- 718-2611** to leave your name and phone number and the message: "Interested in the Zoomer bus" or email barriecarp@gmail.com with the tag line Zoomer Show Bus, and the same message.



CHECK YOUR SPAM/JUNK MAIL

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!!

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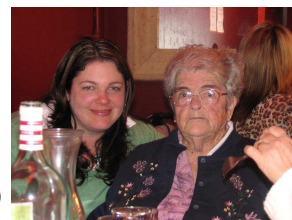
Editor's note.. CARP has taught me many things about aging including the promotion and protection of the interests, rights and quality of life of people as they age. This week, I was confronted with the end of an age as I learned of my Grandmother's passing at 95 years of age. I was very fortunate to have travelled back to my home town in Brisbane, Australia over the Summer and spent precious time with her before she left us. The exceptional care and support provided by the staff of the nursing home meant that my Grandma died with dignity, with her loving family present and I know that my Mother and Father were so appreciative of the high quality of care that they received.

I am reminded now more than ever that end of life care services will ensure that families continue to receive the social, respite and bereavement support they need during this extremely difficult time in their lives. I know that through CARP, I can advocate for increased funding for personal support services including nursing, increased funding for residential hospices and strengthening the role of hospice volunteers who provide the emotional, social and spiritual support to individuals and their families.

My families very positive experience, even in the face of losing a loved one has given us much comfort and afforded us the ability to focus positively and treasure the memories of a Mother, Grandmother and Great Grandmother who was a skillful seamstress, an avid sports fan and an amazing cook.

Kelly Patterson

Me with my Grandma,
Doreen Robertson (1916-2011)



Wine Tour Report - Janice Norman

As far as the organization, everything went perfectly. We were able to keep to the schedule, other than being 15 minutes late for lunch. At the first winery, we were given a mini tour of the grape field and the processing inside the building. While some members weren't impressed with the wine samples, lunch at Queen's Landing was fantastic and I heard many comments to that affect. We had a beautiful waterfront view from the restaurant, the food was terrific and the service was excellent. I did not hear a single complaint. All went well for the free time in Niagara-on-the-Lake and all members were back to the bus on time.

The afternoon visit at Joseph's Winery was a completely different experience. Everyone was very involved in the tour. Sampling was done very professionally with water to rinse between samplings. They even had "breadsticks" to sample that were made from the left over grape seeds and skins ground into a flour. These could be purchased in the store and were only one of many purchases from this winery.

Kurt's Orchards was a bit disappointing. Many on the bus thought they would see fresh fruits and vegetables to purchase, however there were apples and peaches available by the basket. Inside the store, there were many jarred selections of jams, jellies and fruit butters and some deli choices. As time was short at this location, we encouraged everyone to be back on the bus by 5pm so we could leave on time. The drive home became extended when we ran into slow traffic at Mississauga and again at the 401 in Toronto. Comments were very positive - everyone said they thoroughly enjoyed their day and were still raving about the lunch.

Annual General Meeting—Nominations

Interested CARP members wishing to become members of the [Board of Barrie & Surrounding Area Chapter #36](#), are encouraged to put their names forward at the October meeting.

**Become a
board
member**

The ANNUAL GENERAL Meeting and Election is on November 15th and we need a full slate of officers. If you are interested or have questions please contact us at 705-252-4756 or e-mail us at barriecarp@gmail.com. Anyone wishing a copy of our By-laws, please contact us. They can also be found on our website www.barriecarp.org

HANOVER HOLIDAYS

BRANSON MISSOURI & THE OZARKS
7 DAYS

Depart: Oct. 18* & Nov 17, 25, 29, 2011

Start off with a Tour of the Branson Strip to orient you to the area. Breakfast daily, along with a terrific Lunch & Show aboard the Branson Belle. Visit the Shoji Tabuchi Show, the Haygoods Show, the Clay Cooper Show and the Presley's Show. Free time is allotted so you can visit some of those locations that you have always wanted to see or go to additional shows of your choice! This has been a "long-time" favourite of many a people, so come and join us for some great 'ole country fun! Oct 18* - The Haygoods Show will be replaced with the Tim Conway Show

TWIN per person: \$1,199.00 NO HST

Festival of Lights ~ Niagara Falls
3 DAYS

Depart: November 27th to 29th, 2011

Come with us to Niagara Falls and take in an incredible evening with two of the "Best" loved performers in the Entertainment business... Daniel O'Donnell and Mary Duff. Sit back and enjoy, as they bring the "Spirit of Christmas" to life! The following day Ronnie Prophet and Glory Anne, along with Ray Stevens and Lori Morgan will be sure to fill your day with superb entertainment, what a great way to get into the Christmas mood! Tour the city and check out the Christmas Lights. Join us at the top of the Minolta Tower to check out the panoramic view of this amazing city, before returning back to our joining points after three wonderful days!

TWIN per person: \$ 569.00 + 73.97 HST (Doubletree Fallsview)
TWIN per person: \$539.00 + 70.07 HST (Comfort Inn Fallsview)
(Country Inn & Suites)

See 2011 Hanover Holidays Brochure for Terms & Conditions

New Year's Eve in New England
5 DAYS

Depart: December 29, 2011

Looking for an exciting way to bring in the New Year? Come along with us and visit the Old Sturbridge Village, indulge yourself with festive meals and relax amidst the comfort of Yankee hospitality. But wait... the best is yet to come... a New Year's Celebration at the Sturbridge Hotel, complete with a delicious meal, party favors, dancing and a champagne toast at midnight! Visit the Yankee Candle Flagship Store and the Oakwood Christmas Barn, along with an amazing fireplace feast at the Historic Salem Cross Inn and a "Lights on the Lake" Tour.

TWIN per person: \$899.00 NO HST

Branson for New Year's Eve
7 DAYS

Depart: Dec 28, 2011

New Year's Eve in Branson is a perfect way to bring in the New Year! Come and join us and enjoy the reserved seats at the Acrobats of China Show, the Peirce Arrow Show, the Kirby Show, and the Haygoods, along with a dinner and show aboard the Branson Belle. Visit the Factory Merchant Outlet Mall. Top this off with a driving tour of incredible "Trail of Lights", Christmas Light display. Breakfast daily.

TWIN per person: \$ 1,149.00 NO HST

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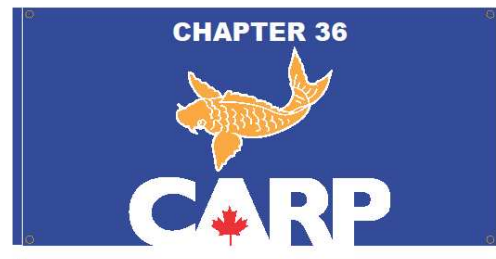
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www.carlsonwagonlit.net

CARP APPROVED

Our New Chapter Flag

We are very excited to have designed and purchased our very own Chapter 36 Flag.

We look forward to displaying it proudly in and around Barrie and hope to fly it from City Hall. Keep an eye out for it at our meetings.



Senior Housing Committee

The committee met on September 28th. The discussion centered around bringing in partners to assist with funding of co-housing homes (4 live-in owners) to be built in our area.

As reported before, we have a green light from the city with regard to approval of this concept. We hope to have good news for you in the next quarterly newsletter.

Stay tuned...



Chapter 36 Membership Report....Janice Norman

Our current membership stands at 2079. New memberships for June were 49 and in July were 25. We are able to email 976 members and the balance will receive newsletters by regular mail. Our Second Quarter Royalty /Commission fees for Chapter 36 totalled \$232.50.

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 Marni Heather at 705-812-1719 or email barriecarp@gmail.com for rates and cut-off dates.