



CONNECTOR CHAPTER 36

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BIG CHUTE, ONTARIO

Fall Edition 2016

CARP ACTION AGAINST ELDER ABUSE

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LONG-TERM HEALTH STUDY LOOKING FOR PARTICIPANTS

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PHOTO CREDIT: PHYLLIS MAHON

Chapter 36 acknowledges Jeff Scott from Steckley-Gooderham Funeral Homes for his generous support in the production of this newsletter.

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SAVE THE DATE COOKING FOR ONE

Tuesday, November 8, 2016

6:30pm - 8:30pm

Presented by Valerie Scott

Host of the Orillia Rogers
Sunshine City Chefs Show

Location to be advised - check our
website www.barriecarp.org,
our Facebook page & your e-mail

**Registration is limited -
call Gwen at
705.252.4756**

CHAPTER 36 MEETING SCHEDULE

(doors open at 6:00pm)

All meetings below (except the Annual General Meeting) held at
Steckley-Gooderham Funeral Home, 201 Minet's Point Road, Barrie
(opposite Giant Tiger)

Tuesday, September 20, 2016 - 6:30pm • Guest speaker Cheryl Dillion

*Presenting the final report from the Committee on Barrie's quest to become an
Age Friendly Community, project summary and goals.*

Tuesday, October 18, 2016 - 6:30pm • Guest speaker Jeff Scott

*In honour of Remembrance Day, he will be speaking about "The Borden Legacy
Project of Vimy Ridge".*

Tuesday, November 15, 2015 - 6:30 pm ~ NEW LOCATION ~

ANNUAL GENERAL MEETING

Suite Success at ESS Direct Inc. (Big Bay Point Road & Huronia Rd.)
411 Huronia Road, Unit 5, Barrie, L4N 9B3 (West of the Zehr's Plaza, less than 1 mile
(1.5 km), on the south side of Big Bay Point Road, in the Tim Horton's Plaza.
If you're going west and you've gone past Huronia Road, you've gone too far.)
For directions, go to yellowpages.ca/bus/Ontario/Barrie/Suite-Success/100183325.html

• Guests are welcome • Light refreshments are provided

• Bring a loonie or toonie for the 50/50 draw • Meetings are free of charge

CONNECTING WITH THE CHAIR

Well, here we are in the dog days of summer. Who would have believed it could disappear so fast? You know when the Exhibition starts we really are approaching the end. Mind you, September really is my favourite month. The temperatures are moderate and won't that be a nice change? Plus, the highways are less busy (at least some of them), if you want to take a trip and the bugs mostly disappear.

With September, our Chapter ramps up again and we have a calendar of events coming your way. As a matter of fact we already had the first of four lectures on August 20th on 'The Landscape of the World's Religions' and the next three, one each month, will categorize religions and hopefully attendees will learn more about today's world. While the turnout for the first lecture was less than we had hoped, it received rave reviews and you should consider joining us for the succeeding ones. The next one in line is September 24th at 9:30 am at the Huronia Room, Barrie City Hall at 70 Collier Street. RSVP to me at 705.828.2743 or email barrie@carp.ca.

There will be fun art classes, iPad training classes, a Cooking for One class, a seminar in the spring on wildlife gardening, likely a Health and Home Fair this winter and, of course, our regular meetings. We will also hold our AGM (Annual General Meeting) in November and we are trying to line up some great entertainment and refreshments to celebrate the end of the year. Needless to say there is a lot to do, so don't be shy if you would like to volunteer.

I have not had a chance to speak with our Social Committee about future trips yet, but I am sure Margot Scott will come up

with something special for us.

I want to thank member George Allen for his input about iPad training. George is already doing this in Elmvale, so we thought he was the best person to advise us. I also want to thank our Vice-Chair, namely Beverly McGrath for taking on this project. We have approached Georgian College to ask if students would be willing to help teach these sessions and will hear back once their next semester starts. Won't it be great to have some intergenerational mingling and events?

Our next regular meeting is Tuesday, September 20th and Cheryl Dillon from the City of Barrie will be sharing the results of the Consultants study on how to make Barrie and Area a more age friendly city (all ages). So, do put that on your calendar.

Your board has some great gals and guys working for you and I just want to say how much I appreciate them.

See you soon!
Gwen Kavanagh
Chair, CARP Chapter 36



PHOTO CREDIT: PHYLLIS MAHON

CARP ACTION AGAINST ELDER ABUSE

Ending Elder Abuse

Elder abuse is “a single or repeated act, or lack of appropriate action, occurring within a relationship where there is an expectation of trust, which causes harm or distress to an older person” according to the World Health Organization (i). It is an imbalance of power and breach of trust, where the older person is dependent on the abuser, usually family member, caregiver, or friend.

Today, half a million seniors in Canada potentially experience some form of elder abuse, representing up to 10% of the population aged 65 and over (ii). If nothing is done, the number could increase to 800,000 when the senior population reaches the projected 8 million in 10 years.(iii)

CARP is calling for a comprehensive strategy to end elder abuse. While the recent change to the Criminal Code to increase sentencing for elder abuse convictions was welcomed, more is needed. Action must take place to punish the most egregious manifestations of elder abuse but also to prevent the abuse from occurring in the first place.

CARP Recommendations

CARP calls on governments for a comprehensive strategy to eradicate elder abuse with adequate financial and legal resources, training and support for law enforcement, caregivers support, and policies and laws that protect older Canadians from abuse – everyone has a role in ensuring a safe society. CARP recommends the following:



- 1.** Elder Abuse Hot Line – A single point of first contact like a 911 or 1-800 line – widely known across the country, with the capacity to re-direct to local service agencies, and sensitive to cultural and linguistic needs.
- 2.** Duty to Report reflects social responsibility. There must be clear guidelines for action and intervention, protection and the professional investigative capacity to respond to such reporting.
- 3.** Added Caregiver Support – Greater support for the 3.8 million Canadians now caring for loved ones at home by providing targeted financial support along with training and clinical support.(iv)
- 4.** Specialized Investigative Support for existing criminal offenses.
- 5.** Expedite passage of provision for Exacerbated Sentencing for hate crimes and breach of trust already in the Criminal Code, promised during the recent federal election.
- 6.** New Criminal Offence of Elder Abuse – if warranted following a review.

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Fun Art Workshops

PRE-REGISTRATION REQUIRED FOR BOTH SESSIONS

Let your creative juices flow at our free art session

"The Fun of Drawing" which is available to

CARP Barrie Chapter #36 members and their guests.

Space is limited, so please RSVP to Beverly McGrath at

705-828-6125 as soon as possible to register.

Payment for art supplies is due upon registering and non-refundable.

Saturday, September 17, 2016 from 9:30 • 11:30 a.m.

Location: Suite Success at ESS Direct,

411 Huronia Road (at Big Bay Point), Suite 5, Barrie L4N 9B3

— OR —

Saturday, November 5, 2016 from 9:30 a.m. • 11:30 a.m.

Location: Chartwell Whispering Pines Retirement Residence

140 Letitia Street, Barrie, Ontario L4N 1P5

Make cheque payable to: CARP Barrie Chapter #36 and mail to:

B. McGrath, c/o 140 Letitia St, Barrie, ON L4N 1P5

CARP Chapter #36 is covering the cost of the instructor and attendees will be asked to cover the cost of their art supplies

(approx. \$25). You can take your masterpiece

(and art supplies) home with you!

FREE IPAD/TABLET TRAINING

for CARP Members and their guests

Saturday, October 15, 2016

Location TBA (call Beverly for details)

A limited number of iPads and/or tablets will be available (call to reserve)

for those who do not have one. Otherwise bring your own. There is no

charge for the workshop or for the use of the iPads/tablets.

Light refreshments will be served - quench your thirst in more ways than one!

Call Beverly McGrath to reserve your space - 705-828-6125.



Prevalence of Elder Abuse

CARP member polling shows that approximately 10% of older Canadians experience some form of abuse, which is consistent with academic and Statistics Canada research.(v) Based on the current population of 5.2 million Canadians aged 65 and over, there are potentially 520,000 people confronting elder abuse in Canada. vi In 10 years, it is estimated that the 65-plus population will grow to 8 million and if nothing is done to reduce the incidence of abuse, 800,000 seniors may become victims elder abuse.

While 10% of all Canadians over 65 experience one or more type of abuse, evidence from the UK suggests that vulnerable seniors, defined as those who are dependent on others for care or those who suffer from some type of disability, suffer much higher rates of abuse. Twenty-five percent of such vulnerable seniors suffer abuse.(vii)

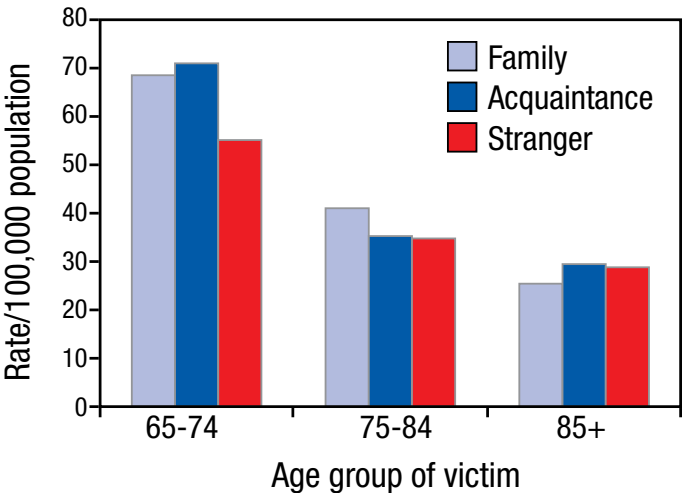
Largely an Underreported Crime

Elder abuse is a seriously underreported crime with more unknown victims than known. Those in unreported cases are locked in the abuse and suffer the effects in silence. According to Statistics Canada, approximately 7 in 10 crimes against older Canadians are never reported to police because the victims did not believe the incident was important enough to seek help or because they dealt with the issue personally. viii Studies of elder abuse in the US showed that as many as 90% of all cases of older abuse go unreported.(ix)

Even 30% of CARP members indicated that they know of someone who is or has been abused, contrary to the statistic that 10% of seniors experience elder abuse (x). Underreporting is taking place and it is often attributed to shame, fear, and not knowing where to turn.

continued on page 7

Senior victims of violence, by age group and accused to victim relationship, 2009



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Barriers to Reporting Elder Abuse

Under reporting happens for a number of reasons. Among older seniors, communicating abuse or neglect can be difficult. Victims may be mentally or cognitively impaired, may have physical disabilities, or literacy and language problems that severely limit ability to understand or report the nature of the crime. Even in cases where obvious disability is not an issue, dependence on the abuser as a caregiver, friend, or family member can cause fear of retaliation from the abuser.(xi)

Social and cultural issues also account for underreporting and underestimation of the problem. Most victims and abusers are closely related, where the victim may be dependent on the abuser for care, finances,

and/or safety. As a result, abused individuals may have limited options to seek help, especially when dependence is coupled with isolation and lack of social contact. Culturally, some people do not interfere with other people's families. And family, friends, and authorities often err on the side of privacy rather than action or investigation in suspected cases of elder abuse.

Such barriers should no longer allow elder abuse to go underreported. It is important that elder abuse be recognized as a public crime and not just a personal matter.

CARP Members Want Proactive Investigation and Prosecution

Research and awareness campaigns can certainly play a role in bringing elder abuse into public attention, but CARP members

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LONG-TERM HEALTH STUDY LOOKING FOR PARTICIPANTS

Contribute to a healthier future

Join the fight against cancer, diabetes and other diseases by participating in one of Canada's largest long-term health studies. The Ontario Health Study (OHS) is following the health of more than 230,000 Ontarians to build a platform that researchers can use now and decades into the future to better understand the causes of cancer and chronic disease.

But we still need your help. We are asking Ontarians between the ages of 30 and 74 to participate in the Study by filling out a questionnaire and providing a blood sample to support research that will result in better treatment and prevention.

The questionnaire focuses on gathering information things such as family history, emotional health and habits related to sleeping, alcohol consumption and smoking. Collecting this data will give us a better understanding of how these lifestyle-factors may impact you as you age. Providing a blood sample allows researchers to connect the dots between genetics and environment and investigate how they interact to affect your health over time.

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Free Lecture Series: World Religions

CARP Barrie Chapter 36 is excited to be able to deliver a free lecture series on World Religions for CARP members and their guests.

The series (2-4 sessions) will be delivered by Brian Carwana and will celebrate religious diversity. Brian's emphasis is to blend academic and experiential learning that brings people into contact with people, places, practices and philosophies.

The first two lectures are confirmed for Saturday mornings from 9:30am-11:30am in the Huronia Room at Barrie City Hall.

The schedule is as follows:

LECTURE 1: AUGUST 20TH

To See, To Be, To Do: The Landscape of the World's Religions

LECTURE 2: SEPTEMBER 24TH

Hinduism: Thou Art That

SAVE THE DATE – Additional details

TBA – check our website

www.barriecarp.org

LECTURE 3: OCTOBER 22ND

Judaism: A People Set Apart

LECTURE 4: NOVEMBER 19TH

Daoism: The Way and its Power



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Past studies like the Ontario Health Study were critical to establishing the link between cigarettes and lung cancer, and obesity and heart disease. The discoveries that will come from this study will bring us closer to preventing major diseases in future generations.

How can you help?

YOU CAN JOIN THE STUDY BY:

- Going to www.ontariohealthstudy.ca, creating a secure account and filling out the baseline questionnaire.
- Once that's complete, you will receive an invitation to provide a blood sample. Blood samples can be provided at participating LifeLabs locations.

If you have any questions or need further information, email info@ontariohealthstudy.ca or call us at 1-866-606-0686.

Ready to take part?
Click here to register for the Study!

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By April Lewis - Peace Arch News

April is the communications director for CARP, B.C.

Peninsula Zoomers: A Piece of a Friend's Heart

The autumnal deluge has begun with torrential rains pouring down with relentless might, threatening to drown out any memories we had of an endless summer.

A little dreary this monsoon of ours... but there is a bright side.

A few weeks ago, as the sun glittered through a colourful display of fall foliage, my friend, Denice, encountered a different kind of autumnal experience.

In her own words:

I saw a heart wearing a tuxedo a few days ago... it was a beautiful sight to behold.

The heart was mine and the one wearing the tuxedo was my son, waiting for his bride to come down the aisle.

How did this day sneak up on me? It seems sudden, even though he's 35 and the marriage wasn't a surprise.

But today, my feelings are.

Now that the anticipation and excitement of the wedding are over, my mood fits the season—autumn, the end of the brightness, warmth and joy of summer, with short, chilly, dull days ahead.

He's my only child. A friend of mine once said to me, "You only did it once, but you put your whole heart into it." It's true and, 35 years later, my heart left me for another woman. How could I blame him.

My parenting skills were non-existent. At 32, I still wasn't sure that I wanted to be a mother. I was terrified, impatient, frustrated and tired.

Then, I began to suspect my child was a bit different. Other kids dragged around a blanket or plush toy. Not my boy – he spent his days with my parents, and my father gave him a five-foot extension cord that became his "blankie". God help us if we left home without it, the constant cries of "My cord, my cord" wouldn't stop until we turned back to retrieve it.

I was so glad when he learned to talk, because I didn't speak 'baby'. But that proved to be a double-edged sword.

His constant phrase was "But Mom..." and the battle would begin. Except I was the only one fighting – he would just wait me out.

This went on for 12 years until one day I looked at him and realized he would never be perfect. How could he be? He didn't have perfect parents.

So I surrendered and started to enjoy him.

He was the son who was just right for me, just right for the type of mother I was. We grew up together.

With him, I learned tolerance, I learned to enjoy other kids, I learned to laugh at

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myself and find humour in the small, petty annoyances of everyday life (after he outgrew that bloody extension cord, of course!).

And when death suddenly pounded on the door and shamelessly invaded our home, I learned I could lean on him for support, I learned he was a young man who took up the challenges that now faced us.

He turned out good. He is smart, funny, wise, generous, kind, supportive and curious. He's a fantastic travel companion who has made videos of all our trips together. He is a gentleman and also a gentle man.

Would Frank Sinatra say that I am now in the autumn of my years? Probably. But if Frank's very good year was when he was 17, I feel sorry for him.

For me, 67 and the future is looking pretty good. I say that because my heart in the tuxedo has brought me a new heart to love and she is a beautiful woman in a beautiful wedding gown.

Thank you, Denice, for sharing your 'heartfelt' story.

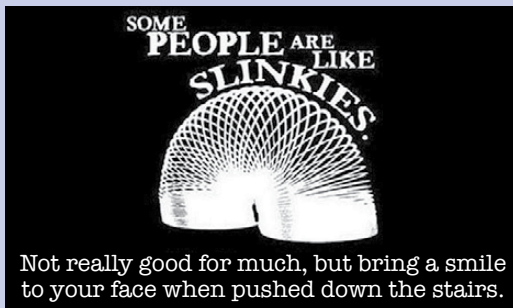


SHIRLEY & KEITH RICHARDS

who take care of bringing the snacks to our CARP monthly meeting! Your efforts are much appreciated, along with your cheery presence.

AMAZING, SIMPLE HOME REMEDIES:

1. Avoid cutting yourself when slicing vegetables by getting someone else to hold the vegetables while you chop.
2. Avoid arguments with females about returning the toilet seat down by using the sink.
3. For high blood pressure sufferers, simply cut yourself and bleed for a few minutes, thus reducing the pressure. Remember to set a timer.
4. A mouse trap placed on top of your alarm clock will prevent you from rolling over and going back to sleep after you hit the snooze button.
5. If you have a bad cough, take a large dose of laxatives. You will be afraid to cough.
6. You only need two tools in life: WD-40 and duct tape. If it doesn't move and it should, use the WD-40. If it shouldn't move and does, use the duct tape.
7. If you can't fix it with a hammer, you have an electrical problem.



CARP OUTING – SUNDAY, MAY 29, 2016

Margot Scott arranged another fantastic trip to have brunch at the Brooklea Golf and Country Club and then on to the Midland Cultural Centre to see the play “GOODBYE PICCADILLY”.

Forty Eight Chapter members (including their friends) took part in this excursion. It was a wonderful day – good food, and an excellent performance. The bus driver was friendly and we arrived at both stops safely.



*Looking forward
to doing this again
next year.*

Submitted by
Sandy Wetherald,
Secretary



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Elder Abuse continued from page 7

favour proactive investigation and prosecution as means to ending elder abuse. Almost 25% of members polled think that specialized investigation and prosecution teams working with police is the best solution while another 25% of CARP members want to see Elder Protection Agencies in every province, as there currently is in each US State.(xii)

Even when elder abuse cases are discovered, they are notoriously difficult to prosecute and often result in what many see as insufficient deterrence. The federal government's promise to amend the criminal code to add increased sentencing for convicted perpetrators of elder abuse is a substantial step in the right direction of deterrence and justice. The vast majority of CARP members (95%) believe that exacerbated sentencing is crucial to combating elder abuse. Forty-two percent of members think that increasing sentencing measures will raise awareness of elder abuse while 20% think that it will reduce incidence of abuse.(xiii)

Elder Abuse Criminal Code Provision is a Great First Step... Now What's Next?

Early 2012, Justice Minister Rob Nicholson hoisted the issue of elder abuse into the media spotlight with his bill to increase sentencing for elder abuse convictions, which passed in December 2012. Having a senior minister of the Crown telling Canadians that a largely hidden crime is a public offence puts the issue on the front burner of public policy and starts the conversation around the country about what needs to be done to eradicate this scourge. More importantly,

it highlighted what individuals can and should do if they or people close to them are facing abuse.

The tragedy is that victim services and prevention programs are not readily or uniformly available. So the demand must now be directed at getting the resources for them. With the heightened attention paid to the issue with this announcement, advocacy for a comprehensive strategy and resources should fall on more receptive ears.

A Criminal Code provision increasing the sentence will not solve the problem on its own. There needs first to be a national hotline to report abuse, such as a 1-800 number or 911, some obligation on front line service providers to report any abuse they see and specialized training and resources for investigators and prosecutors to actually get the conviction before the increased sentencing provision can be put to use. Then, its deterrent effect can be felt when the case is publicized.

Preventing the abuse in the first place is certainly preferable and important initiatives are scattered across the country but suffer from perennial under funding and lack of public awareness. This would be the time for them to pursue funding and resources on a comprehensive basis.

Ultimately, people need to know they have the right to be treated properly whether they're dealing with strangers or their own family. If and when they reach out for help, it is incumbent on the rest of us to ensure that it is there for them.

Perspective matters. That's why "World Elder Abuse Awareness Day" should be renamed "The Day to End Elder Abuse".

BOARD MEMBERS AND COMMITTEES

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Beverly McGrath *Vice Chair*

Sandy Wetherald *Secretary*

Garry Lovelace *Treasurer*

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Sandy Wetherald

Web and Facebook

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Ryan Tomlinson

*NOTE: Rob McEachern represents
CARP on the Sr. Advisory Committee
to the City and Sandy Wetherald is
acting secretary for the Senior
Housing Committee.*

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