

CARP MAKES CASE FOR NATIONAL PHARMACARE

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A SUCCESSFULLY
ILLUMINATING EVENT

» **PAGE 8**

Photo credit: C. Barros

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

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REMEMBER!

WE SOLD OUT LAST YEAR

CHAPTER 36 MEETING SCHEDULE

Steckley-Gooderham Funeral Home, 201 Minet's Point Road, Barrie
(opposite Giant Tiger) (doors open at 6:00pm)

Tuesday, March 21, 2017 - 6:30 p.m. • Jennifer Howard, *Local Wildlife Photographer, Advocate, Rescue Volunteer and Published Author*, will be sharing a spectacular presentation of some of her experiences and adventures.

Tuesday, April 18, 2017 - 6:30 p.m. • Gord Shewfelt, *is our guest speaker from the Canadian Cancer Society, Simcoe-Muskoka Community Office*. He will be speaking about Clinical Trials taking place in Barrie, general information of the services provided by the Barrie Canadian Cancer Society and more.

Tuesday, May 16, 2017 - 6:30 p.m. • To be announced on our website and facebook page as soon as we confirm.

• **Guests are welcome • Light refreshments are provided**

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

MOVING? MOVED?

NEED TO UPDATE YOUR MEMBERSHIP INFORMATION?

To manage your CARP membership: Go to www.carp.ca and click on MyCarp

OR write to: CARP, PO Box 940 Stn Main, Markham, ON L3P 9Z9

OR telephone Member Support: 1-800-363-9736 Toll Free: 1-888-363-2279

Local: 416-363-8748 **OR** e-mail to: support@carp.ca

CONNECTING WITH THE CHAIR

March, finally. It has been quite a winter and I am envious of our members who have been or are spending time in warmer climes. Still, we have been lucky here in Ontario compared to our fellow Canadians in the eastern provinces. They seemed to be having back-to-back blizzards and some extremely long power outages.

Speaking of power outages, your Chapter held its "Hydro Explained" event on the Saturday morning of Feb. 11th and it was exactly that. Non-political and four great speakers, giving the history and the future of Ontario Hydro. The news was not so great, as it would appear that the powers-that-be, signed some very long-term (looking back expensive) contracts, which will not be running out soon. Back a decade or so ago, they thought our power consumption would be increasing and signed many contracts with power generating companies, some of which were renewable, such as wind and solar. Instead, due to consumers taking advantage of "off hour" rates, buying energy efficient appliances, and LED lights, etc. our consumption has gone down, meaning less revenue to cover costs. Guess who gets to make up the difference. The event was just over three hours and can be viewed on our website www.barriecarp.org.

I am very proud of our board members and the volunteers who worked so hard to make this a worthwhile event.

We had a very busy quarter, with extra activities such as lectures, i-Pad training for seniors, and "cooking for one" classes. We have four more member meetings until summer break, but over and above

that, we have our annual Sunday Brunch and Theatre Trip on May 7th and another

large event on April 8th. The April event will be called "Spring Into Green" and will be held at the Holly Rec. Centre on Mapleton, from 10:00am to 4:00pm. No charge, but asking attendees to bring something for the food bank.

So what is 'Spring into Green'? Well it is gardening for wildlife, birds and bees, organic food, recycling, waste management and anything else that will fit the green category. We will have speakers and a number of electric vehicles for your perusal as well. We hope to make this interesting, fun and even educational. If you know someone who should have a booth at this event, please have them contact us at barrie@carp.ca.

We are working hard for you and I hope you will encourage others to become CARP members. By increasing our members, CARP will have more influence with various governments, as we continue our Advocacy efforts on behalf of Canadians.

Looking forward to seeing you at the March meeting on the 21st and wishing you all a wonderful Easter weekend in April.

Your Chair,

Gwen Kavanagh
CARP Chapter 36



CARP MAKES CASE FOR NATIONAL PHARMACARE AT FEDERAL COMMITTEE ON HEALTH

Natasha Mistry, CARP's Director of Stakeholder

Relations and Community Development, was in Ottawa on June 1st to present our case for a national pharmacare program to the federal Standing Committee on Health (HESA). HESA

engages members from all-parties to study issues important to health on a national scale. The ongoing pharmacare review will help Members of Parliament draft a set of recommendations that could help lead reform to expand affordable access to medicines and treatments for Canadians.

CARP stressed the need to improve access and affordability of medications for all Canadians. The status quo is no longer a sustainable option and reform is required to ensure that drugs are affordable and accessible to Canadians regardless of age, income and geography.

The science is clear: barriers to access, whether geographical or financial, lead to the improper use of prescriptions. That means that people will skip doses or simply not take medications that could greatly improve their health and long-term well-being. 10% of CARP members have admitted to skipping prescription medications because of costs. We know that either of these outcomes can result in an increased likelihood of someone ending up in the emergency room.



“Barriers to access, whether geographical or financial, lead to the improper use of prescriptions.”

Using medications properly helps manage patients' conditions, particularly for seniors. Drugs for MS patients slow down the progression of disease and ward off the advancement of physical disabilities. For people living with inflammatory bowel disease, specialty medications like biologics have increased remission rates, reduced hospitalizations and have postponed the need for surgery.

Better access to necessary medications at lower prices means greater quality of life for Canadians and reduces long-term costs on our public health care system.

To this end CARP made three key recommendations:

1. Canada needs to create national pharmacare standards: Prescription drugs in Canada are currently financed by a fragmented patchwork of public and private drug formularies that varies by province.

National Pharmacare continued on page 11

WANT A MARCH BREAK break? A CREATIVE RESPITE FOR GRANDPARENTS MAKE ART WITH YOUR GRANDKIDS

Get creative together

WEDNESDAY, MARCH 15, 2017 • 9:30am – 12:30pm

Suite Success, 411 Huronia Road, Unit #5, Barrie L4N 9B3

Come to CARP's creative multi-media workshop. Have fun creating your masterpiece with Linda Laforge, local contemporary artist.

Each person will leave with their own original piece of art, created using acrylic paint and/or drawing with pencils or markers and pasting images and textured items to create a one-of-a-kind collage. All supplies will be on-hand so you don't have to bring anything with you except your imagination and the grandkids!

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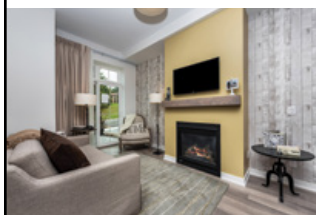
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SPRING INTO GREEN

SATURDAY, APRIL 8, 2017 • 10:00am – 4:00pm

Holly Rec Centre, Main Level
171 Mapleton Ave, Barrie, ON L4N 8T6

Food bank donation to enter, please

So what is 'Spring Into Green'? Well, it is gardening for wildlife, birds and bees, organic food, waste management, recycling, and anything else that fits into the green category. There will be speakers and a number of electric vehicles for your viewing pleasure. It should be interesting, fun and educational. If you know someone who would like to have a booth at this event, please have them contact us at **barrie@carp.ca**.

EXHIBITORS AND PRESENTATIONS GALORE!

(we're still working on this part but it's shaping up to be a great time).

BE THERE OR BE SQUARE.



BLOSSOM WHERE YOU ARE PLANTED

A conference for grandparents raising their grandchildren, kinship caregivers & community support professionals

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Provincial Program Helps Save Seniors Money & Stay Healthy

Ontario is reminding seniors who are turning 65 in 2017 that, starting January 1, they will be eligible to get the shingles vaccine free of charge, saving them approximately \$170 and helping them stay healthy.

Seniors aged 65 to 70 can get the vaccine from their doctor or nurse practitioner. The vaccine greatly reduces the risk of developing shingles.

Shingles, also known as herpes zoster, affects more than 42,000 people every year in Ontario. People with shingles often experience pain, tingling, or itching and then a painful rash. This rash can last for a

month or more and is often severe enough to interfere with daily activities. For some, complications from the virus can lead to serious health problems such as loss of vision and prolonged nerve pain.

Expanding Ontario's publicly funded immunization program to help seniors stay healthy is part of the government's plan to build a better Ontario through its Patients First: Action Plan for Health Care, which is providing patients with faster access to the right care, better home and community care, the information they need to stay healthy and a health care system that's sustainable for generations to come.

A SUCCESSFULLY ILLUMINATING EVENT

Over 100 people attended our Hydro Explained Forum on Saturday, Feb/11/2017. I would like to say that a good time was had by all but I have to be honest and say that from what I heard from the panel members, hydro rates are not going down, rather they are on the rise and will stay that way, so I got a little bummed out.

Barrie's Mayor Lehman, who was one of our panel members, is a founding director of Alectra, the second largest community-owned utility in North America, serving more than a million customers in southern Ontario. He was involved in consolidating a number of municipalities, Alliston, Aurora, Barrie, Beeton, Bradford West Gwillimbury, Markham, Penetanguishene, Richmond Hill, Thornton, Tottenham, into Alectra Utilities. This consolidation will *decrease* the annual cost to residents by about \$40.00. Not a lot in the grand scheme of things, but certainly better than a kick in the pants. Hopefully, it will help stabilize the cost as time goes by. Regretfully, I do not live in any of the places mentioned but I do live in a place with the highest hydro rates in the region. Perhaps I'll move.

All-in-all, I found the panel members to be well-spoken and the Moderator did a superb job of laying down the ground rules so fisticuffs (just kidding) did not break out. The four panel members respected the boundaries, knew their stuff and imparted it very well to the attendees.

I'm looking forward to our next great event, Spring into Green at the Holly Rec Centre on Saturday, April 8/2017, 10 am – 4 pm, main level. Food bank donation please, to enter!

Phyllis Mahon
CARP Director, Chapter #36



*Tom Adams, Independent Energy & Environmental Advisor/Researcher,
Gwen Kavanagh, Chair, CARP Chapter #36, Anthony Quinn, Director of Operations and Public Affairs for CARP*



*Shirley Richards,
Volunteer
Extraordinaire*



*Brian Hewson, VP Cons.
Protection & Industry
Performance, OEB*



Fred Hacker, Q.C., J.D., B.A. & Moderator



Mayor Jeff Lehman,
Barrie, ON



Moderator & Panel

All photos by Phyllis Mahon



Attentive Audience



Mike Arsalides, CTV
Barrie News, Recording
our Event for posterity!



Tom Oldershaw,
Volunteer &
Major Domo



Sylvia K., OEB, Public Affairs, Beverly McG.
& Rosemary Mowat, Volunteers



Sandy W., Happy
Volunteer



Thoughtful Panel



Historic Location - Southshore Centre

Senior Advisory Committee Update

A presentation was given to the Senior Advisory Committee by Sandra Eason-Bruno, North Simcoe Geriatrics service, about “frail seniors”, in order to develop an integrated regional Seniors Health Program, under the direction of Waypoint. Currently concentrating on those with behavioral issues, this is a priority project, and we hope to keep you in loop about it. The project includes North Simcoe and Muskoka and the future establishment of specialized Geriatric Services, in 5 areas including Barrie and surrounding areas.

A short presentation was given on the Guelph Wellington Senior’s centre, a unique program involving 2500 senior members and 450 volunteers, sponsored by the Senior’s Association, Rotary and the City of Guelph. This is a unique project which has potential for our areas, in the future.

A presentation was made to the City of Barrie on the recently completed “Age Friendly Project”. We hope to provide an update on this in February or March 2017 and outline what initiatives might be given

priority and what projects are already in the works at the city level.

In January, we had presentations on the Primary Care Collaborative Memory Clinics in Ontario and Seniors with Youth in the City of Barrie. In reference to the memory clinics, it is interesting to note, that there is nothing in the counties of Grey, Simcoe, or Bruce, yet most other areas of the province are involved in this initiative. The concept is based on a clinic per 10,000 family base and it is LHIN-and-community driven. It appears as though that there needs to be more community involvement, in a push to include this memory clinic in future plans and it will probably be part of the recommendations in the “Age Friendly Project”.

*Rob McEachern,
CARP Barrie #36 Representative
on the Senior Advisory Committee*



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Where Are Your Glasses??

Yesterday my daughter e-mailed me again, asking why I didn't do something useful with my time.

"Like sitting around the pool and drinking wine is not a good thing?" I asked.

Talking about my "doing-something-useful" seems to be her favorite topic of conversation.

She was "only thinking of me", she said and suggested that I go down to the Senior Center and hang out with the guys.

I did this and when I got home last night, I decided to play a prank on her.

I e-mailed her and told her that I had joined a Parachute Club.

She replied, "Are you nuts? You are 78 years old and now you're going to start jumping out of airplanes?"

I told her that I even got a Membership Card and e-mailed a copy to her.

She immediately telephoned me and yelled, "Good grief, Mom, where are your glasses?!"

This is a Membership to a *Prostitute Club*, not a Parachute Club."

"Oh man, I'm in trouble again," I said, "I really don't know what to do. I signed up for five jumps a week!!"

The line went quiet and her friend picked up the phone and said that my daughter had fainted.

Life as a Senior Citizen is not getting any easier, but sometimes it can be fun.

– Anonymous



National Pharmacare continued from page 4

Each province manages its own health and drug plans. This results in varying programs for drug coverage across the country.

2. Facilitate bulk buying to reduce costs: CARP supports the work of the pan-Canadian Pharmaceutical Alliance's (pCPA) to jointly negotiate and help lower the costs of treatments. Standardization and the creation of robust formularies are a way to achieve universal access no matter where Canadians live.
3. The federal government must be a leader in this process: The federal

government has a responsibility to play a strong role in the development of a national pharmacare plan. CARP members believe that the program should involve federal leadership setting national standards and the programs to be managed provincially.

Canada is the only country with a universal health care system that doesn't have universal coverage for prescription drugs.

At CARP we believe that we can and must to do better for Canadians, and that the time for leadership is now.

By April Lewis - Peace Arch News

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

"This Is A Film For Dreamers."

A line from Emma Stone, in her acceptance speech for Best Actress at the recent Golden Globes for her portrayal as an aspiring actress in the movie, *La La Land*. The film, which won seven awards, is a musical set in Los Angeles.

It tells us it is OK to dream.

This is encouraging news considering the year we have just left behind and the uncertainty of the year to come. Turbulent times where dreams give way to massacre, devastation and fentanyl overdoses. Fear-mongering, misogynist rhetoric and contempt. The deaths of our Hollywood heroines and contemporaries.

A little dreaming might go a long way.

Another new year is upon us and as usual, we are filled with hopeful expectations and resolutions. On a personal note, I don't make New Year's resolutions as that way, I can't break them. Or maybe I am just lazy.

But I can still dream.

But dream about what?

Here's my top-10 list of things I shall dream about in 2017.

Starting off the list at No. 10, it is kind of tough to top last year when I wrote and published my first book, but let's dream there is a sophomore book inside of me somewhere.

And on that note, I hope I can find a new goal as I like to set goals for myself, be it training for a marathon or getting another degree. I am dreaming of that elusive goal for 2017.

At #8, I dream of all the seniors' benefits I shall reap this spring when I turn 65.

I dream that occasionally I shall exchange a glass of wine for a glass of water or blueberry and pomegranate juice, as I hear these liquids are good for me.

continued on page 13



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continued from page 12

As for dream No. 6, I could dream of an acting career. I hear the Star Wars franchise is minus one princess. Or perhaps the X-Men movie director is looking for another mutant who can morph herself into anything she dreams of.

Halfway there now. "To sleep, ah perchance to dream." I could dream that I could dream more. If that were the case, it would mean I was sleeping more soundly. What is with this nocturnal sleep-disruption pattern? I long to be able to sleep throughout the night once again.

And coming in at No. 4, I dream of a self-cleaning house. They have self-cleaning ovens so why not a house?

Third on my dream list sees me dreaming of warmth. This bone-chilling winter to date has left me longing for the heat of the sun penetrating my old bones. By the time

you read this, I will be basking in the sunny glory that is Kauai.

As we approach the end of my list, let us dream of some semblance of world peace in the form of no more senseless attacks on innocent people in my favourite cities.

And, drum roll please. Finishing off my daunting dream list at Number 1... numero uno... is I want Naked Chef Jamie Oliver to inspire me to whip up more culinary delights using super foods as he calls them. Just like the fresh salmon marinated in mango puree, lime, chili and garlic my guy prepared this weekend and served on a bed of brown rice, broccoli with a dollop of plain yogurt, chopped mint and more lime and mango cucumber salsa. Pure heaven! Hey, I did the washing up!

Me cook?

Dream on.

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THANK YOU, MG!

I've been the newsletter editor for just over a year now and it sure has been a learning experience. Sometimes fun and funny, sometimes, grrrrrrrr ...

One of the people that makes it worthwhile, fun and funny, is our graphic designer, MG, (I'm not allowed to use her whole name 'cause she's in the witness protection program). Along with what I do, MG is the one who helps put 'the book' together. Her experience, knowledge, patience, sense of humour and sense of just everything us, helps to get our 'book' out the door when it needs to be!

THANK YOU, MG. Keep on, keep oning!

- Phyllis

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

Mary Louise Sukman *RPN, PSW*



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