



CONNECTOR CHAPTER 36

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Fall Edition 2019

POLITICAL FORUMS » PAGE 5

AGE-FRIENDLY COMMUNITY PLANNING » PAGE 6

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

next page >

WHAT'S INSIDE

Connecting With The Chair.....	3
Advocate Away: Some Dos And Don'ts For Zoomers	4
Political Forum Dates	5
Age-Friendly Community Planning	6
Can We Talk? It's Important.....	7
Shielding Children From Conflict, A Lawyer's Perspective	8
The Detritus of Life by April Lewis	12
CARP 705.252.4756	



The Allandale 55+ Centre is collecting pop tabs to help raise money for wheelchairs and other adaptive equipment for children. The funds that comes from the tabs, goes to the Robert Hampson Tabs for Kids Fund at Easter Seals Ontario.

Please save your pop tabs and bring them into the 55+ center, and we will ensure they get delivered to where they can make a difference.

Thank You for helping us make this valuable contribution to our community!

CHAPTER 36 MEETING SCHEDULE

Member meetings now being held at Sheba Shrine Hall
142 John Street, just off Anne St.
(doors open at 6:00pm)

Tuesday, September 17, 2019 - 6:30 p.m. • BEVERLY MCGRATH
Let's Talk About It: Elder Abuse, Mistreatment and Neglect

Tuesday, October 15, 2019 - 6:30 p.m. • JOANNA M SHAW Hons., BA, LLB, LLM (ADR), MES and FORMER JUSTICE JAMES C. CRAWFORD
(Grand) children in the Youth Criminal and Family Court Systems,
Two Legal Perspectives

Tuesday, November 19, 2019 - 6:30 p.m. • AGM with Election, Presenters and Entertainment (TBA) as we celebrate our Year End and the Christmas Season. HELP US CELEBRATE! REFRESHMENTS AND ENTERTAINMENT GALORE!

- **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

always know when the Exhibition starts in Toronto that Fall is just around the corner and with it will come the kids back in school, the turning of the leaves, pumpkins and Halloween, etc.

It also means we have to get back to work here at the Chapter with member meetings, presentations, political forums and of course the Zoomer show in Toronto at the end of October. We are also looking into the possibility of doing some seminars or presentations on Elder Abuse at various locations, as it is one of our main advocacy issues.

As you likely know by now, we are holding our meetings at the Sheba Shrine Hall on John Street. The location is working well for us. The ladies from Traditions (running the hall) are looking after us very well.

I would also like to mention Simcoe County Catering and thank them for donating goodies at our Member Meetings.

We will be holding two political forums, one for each Barrie Riding, on Oct 2nd and Oct 9th ahead of the Oct 21st election and I know all of you are going out to vote. As CARP members we pay attention. The information for the forums is on page 5.

We always send out five questions ahead of time to the Candidates on various subjects we are advocating for. When these have been addressed, you will have the chance to direct your own questions

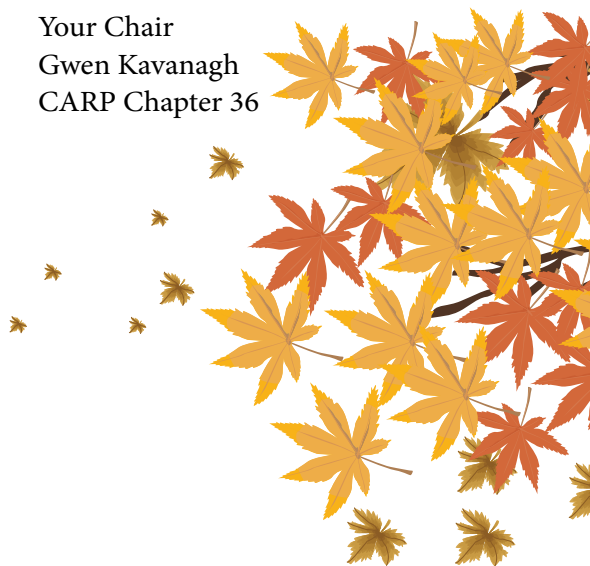


to the Candidates. It will certainly be an interesting election this year and I am sticking my head out and predicting a minority government.

Don't forget that we will be holding our AGM in November with elections for our Board (if interested contact me at barrie@carp.ca) and we will also be celebrating our year end and the upcoming Christmas season. Our meetings are the third Tuesday evening of the month at 6:30pm and hope to see you there.

Until next time,

Your Chair
Gwen Kavanagh
CARP Chapter 36



Advocate Away: Some Dos And Don'ts For Zoomers

Not fake news: the 2019 Federal Election is almost upon us. Amid scandal, poorly behaved parliamentarians, multiple resignations, investigations and general disgruntledness, we have been easily distracted by events in Ottawa lately. It's time to keep our eye on the prize.

CARP gave the Federal Budget, announced in March, a grade of A minus. Measures to improve conditions for older adults included reducing the GIS claw-back, supporting deferred annuities for seniors, a new EI caregiving benefit, housing supports for low income seniors, some funding for a National Dementia Strategy, increases to the New Horizons for Seniors Program and automatic enrolment in CPP for adults over 70.

We were pleased that the government listened to the voices of our 320,000 members by implementing some of our key recommendations. However, many of CARP's advocacy efforts were unaddressed.

The government's failure to protect defined benefit pensioners in the event of corporate insolvency was extremely disappointing, and will remain high on CARP's advocacy agenda in the coming months. This is a priority shared by organizations across the country, including the Canadian Federation of Pensioners (CFP). "The federal government has a responsibility to protect pensioners. As we move into the election, each federal party must clearly articulate

their plan to protect pensioners. We can't afford another Sears," said Michael Powell, CFP President.

CARP had hoped that the 2019 Federal Budget would include other senior-friendly policy changes, such as eliminating mandatory RRIF withdrawals, creating a national elder abuse awareness campaign, and implementing a national pharmacare program (which has been recommended and will likely be implemented). Were these measures, along with pension protection left out of the budget only to become popular campaign promises?

By Lisa Hartford, National Communications Lead at CARP

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POLITICAL FORUMS FOR ALL CANDIDATES IN THE UPCOMING FEDERAL ELECTIONS

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At 6:30pm on Oct. 2nd for the Barrie Innisfil Riding
at the Shriner's Hall on John Street
AND

At 6:30pm on Oct. 9th for the Barrie Springwater Oro-Medonte
Riding at the Worsley Street Chapel, Steckley-Gooderham
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Age-Friendly Community Planning

Communities throughout Canada, and indeed the world, have been experiencing rapid aging in their population base with the leading edge of the post-war baby boomers, people born between 1946 and 1965, now approaching 70 years of age. Based on 2016 census data, there are approximately 86,220 senior's ages 65 years and older living in Simcoe County, making up 18% of the total population. As expected, the highest numbers of seniors live in the cities within our region, with the greatest overall population of seniors in Simcoe County residing in Barrie (19,675). By 2036, the population of seniors 65 years and older in Simcoe County is projected to more than double the number of seniors reported in the 2016 census. We want to make sure that we are ready to engage, house and support all older adults choosing to live in our community.

Many large and small communities in Canada are responding to similar demographic shifts by taking steps to becoming more Age-Friendly, and the City of Barrie, like many other communities embarked on the work to become more Age-Friendly in 2015 after being awarded a grant from the Ontario Seniors Secretariat (now the Ontario Ministry for Seniors and Accessibility). With the help of this grant, City staff and members of the City's Seniors Advisory



Committee were able to work directly with an Age-Friendly Community Planning consultant to conduct an analysis of existing Age-Friendly community resources, followed by a thorough needs assessment.

To understand the needs of older adults in the community of Barrie, seniors, the general public and service providers were consulted through public and provider surveys, focus groups, key informant interviews, a community forum held in June 2016, an active feedback loop on our project discussion paper, and an implementation planning workshop that was held in August 2016. Finally, the completion of the Barrie Age-Friendly Community Plan concluded with an implementation plan and final report which were presented and passed by City Council on February 27, 2017.

Since February 27, 2017, the City's Seniors Advisory Committee has been monitoring the implementation of the Plan and they continue to advocate for and advise on Age-Friendly Community Planning

continued on page 10

Can We Talk? It's Important

As our population ages, the potential for the mistreatment of older adults is becoming a growing concern. Working with the Prevention of Senior Abuse Network of Simcoe County and Elder Abuse Ontario, I have been committed to spreading the word about elder abuse for several years and I've noticed two things that have me worried: 1. in many cases the victims and/or perpetrators of the abuse don't recognize the wrong doing, and 2. no one wants to talk about it.

This year NICE (National Initiative for the Care of the Elderly) was awarded a New Horizons Grant which they will be using to host workshops and presentations about elder abuse throughout the province. The people from NICE have asked local

CARP chapters to assist with this quest and we need your input. Please join us at the September members meeting to talk about what is being done and how we can do better.



Our member (front left) Beverly McGrath in attendance at NICE (Sr. Advisory Comm. on Elder Abuse)

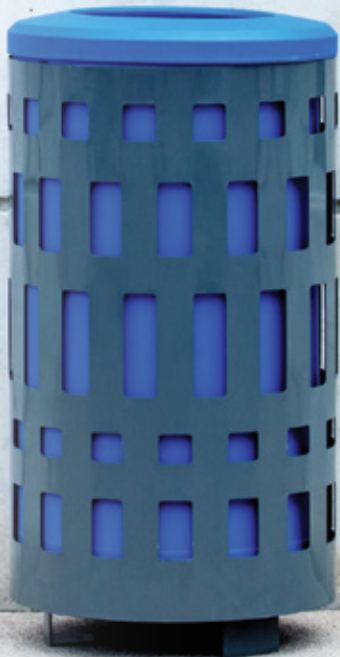


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Shielding Children From Conflict, A Lawyer's Perspective

Recently I had the privilege of listening to a talk done by Dr. Vincent Felitti on adverse childhood experiences and their relationship to adult well-being and disease. Dr. Felitti discussed his research on how adverse childhood experiences, such as conflict including divorce and separation affects children's developing stages and their adulthood. He spoke about the fact that such adverse experiences affects not only children's and adult's mental health, but their very physical well-being, meaning that they become more prone to certain diseases and health complications in their adult lives. This talk had such an impact on me and my team that we decided to begin including in our services a program that assists families who are in very conflictual circumstances. The work of other researchers led us further to begin to speak to parents about stress and how it inhibits decision making in children and adults, even the clients we were assisting. In an article titled "The Real Mental danger of letting your stress go unchecked" by Chloe Stuart Ulin in the CBC Life dated September 14th, 2018, it was noted that high levels of anxiety and stress may increase your chances for developing Alzheimer's. The article went on to say that the neural effects of anxiety can be contagious, so if you live in a home with someone who is under a lot of stress and suffering from anxiety, which children and most of us often are, especially when children are in homes where their parents are separating, you

stand the chance of suffering the same neural effects as the person who is anxious and stressed. Even more disturbing, was the claim made in the article that chronic stress can lead to riskier decision-making, meaning that people would tend to make more problematic decisions when they are stressed and anxious simply because the neurons that fire to guide us to make a good choice over a bad one don't typically fire until it is too late and we have already made the poor choice.

In cases of separation and divorce or simply for the sake of children who may be in situations where families are in high conflict, it is critical that the adults find ways to communicate that does not cause the children to be in the middle or exposed to the anger/conflict. This type of exposure creates deep anxiety in children as they experience a lack of safety even if only angry words are exchanged. If we communicate in ways that are harmful it can escalate the conflict in ways we do not intend and cause harm to our children and other family members that can be long lasting as science is now revealing. In cases of separation and divorce, the ability of parents to interact with each other in an amicable way greatly affects the child's adjustment to separation and divorce and all other relationships in their lives. Unrelenting parental conflict is the single most common cause of poor adjustment in children following a divorce. Science is now beginning to confirm that the latter can be the reason for mental and physical health difficulties in children as adults.

continued on page 11



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Age-Friendly Community... continued from page 6

work in Barrie. The City's Age-Friendly Community Plan currently consists of six priority areas modeled after the World Health Organization's eight priority areas for Age-Friendly Communities, 22 goals, and 60 individual strategies to achieve these goals. In March 2018 the City of Barrie received the 2018 Ontario Age-Friendly Community Recognition Award from the Province of Ontario, in recognition of the work that had been done to that point to work to become a more Age-Friendly Community. A lot has been achieved since the development of our Age-Friendly Community Action Plan, so much so that we now want to reach out to the community to work to update our City's Age-Friendly Community Plan and we want to hear

from as many community members as possible to help us update our Plan.

If you are interested in learning more about the City's Age-Friendly Community Plan please go to the City's Website www.barrie.ca where you can view the Age-Friendly Community Plan final report by visiting the Age-Friendly City webpage on the City's website. Alternatively, you can connect with Cheryl Dillon, Accessibility & Diversity Specialist, to learn more about the Plan and how you can get involved in updating the Plan. Please email Cheryl.Dillon@barrie.ca or call her directly at 705-739-4220 Ext. 5237 for more information or to get involved in the community consultation process.

Cheryl Dillon

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Shielding Children...continued from page 8

There are ways to assist children so that they can survive the separation and divorce process in a way that supports their mental health and increase their chances for success in their developing years and future lives. It is important that parents find ways to communicate more effectively so that the damage to their children is minimized. Learning tools and techniques on how to move themselves out of the fight or flight mindset and towards a more solution focus would benefit their children greatly and set them up for a more productive and sustainable future. These very tools can be used in all aspects of people's lives, including work environments, friendships and many other types of relationships. I like to think that my only purpose in this life is to live in such a way that when I leave it, someday, I will leave it better than I found it and added to that principle I work hard to find my bliss and infect the world with it, I encourage everyone to adopt a similar principle and live by it. We all need each other to live the best version of ourselves so that when we encounter each other we will encounter only the best.

*Joanna M. Shaw, Lawyer, Mediator,
Speaker, Yogi and Owner of JMS Law*



JOHN'S JOKES

In Memory of John Rodgers,
Former Board Member And Joker
Extraordinaire!



By April Lewis - Author of Lovingly Arrogant: From Chaos to Contentment www.lovinglyarrogant.com

CARP White Rock Surrey Chapter, Communications Director



The Detritus of Life

Waste not, want not.

In other words, if you use a commodity or resource carefully and without extravagance, you will never be in need.

This proverb was drilled into us as we materialistically acquired our possessions in our youth.

More, more, more was our mantra especially in the 1980's when greed was considered good.

And now suddenly, as we approach our dotage, we are wanting to shed our belongings and streamline our lives.

It's called downsizing or rightsizing.

We offer our prized possessions to our kids and our grandkids. Trouble is, they don't want them. No silver-plated tea service, thank you very much.

No antique perfume bottles either. And you know what you can do with your English Rose fine bone china.

They will take hard cash though.

So what do we Zoomers do with all of our stuff? How do we rid ourselves of the detritus of our lives?

Marie Kondo, a Japanese organizing consultant seems to have the answer. She has taken the world by storm with her little turquoise book, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*.

She has turned decluttering into an art form. Purging is the new black.

She suggests we touch everything we own and then ask ourselves if the item "sparks joy." If not, then toss it!

And on the other side of the world in Sweden, we have Margareta Magnusson and her popular book, *The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter*.

The premise of this little tome complete with turquoise on the cover (my favourite colour) is *dostadning* or the art of death cleaning. This is a Swedish phenomenon by which the elderly and their families set their affairs in order long before death comes calling.

She suggests starting at age 65.

The idea is to jar us into action in order to relieve our kids of the burden of doing away with our possessions once we have reached the pearly gates.

A daunting task for our offspring no doubt. They may have little difficulty emptying our wallets but when it comes to cleaning out our cupboards and drawers, now that is another thing.

So let's be thoughtful and spare them the trouble.

Where do we begin?

There is lots of advice in the two books previously mentioned including cleaning your closet. I know I have some fabulous expensive clothes still taking up space, but

continued on next page

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let's be honest. They don't fit me anymore and never will.

Toss them.

And while I'm at it, dispose of the cassette tapes and electric rice cooker and the 80's lycra exercise outfit. And the Jane Fonda fitness book which accompanies said outfit.

My kids will thank me.

There is another way which makes purging painless! The City of Surrey offers free junk disposal pop-up days where you can unload your useless items.

My boyfriend, who is downsizing from a house on acreage to a lakeside condo, and I attended the recent one and what fun it was!

As I flung his large, heavy, bobble-head moose into the waste disposal truck, I waited for him to flinch and scream, "No, not my favourite moose!"

But that didn't happen. Obviously, this particular moose no longer 'sparks joy' in him.

But my darling guy did admit to this exercise as being a challenging one as "every item has sentimental value or usefulness."

Well, he didn't toss me in the rubbish bin, so I feel optimistic about us moving forward together!

Waste not, want not has a brand new meaning!



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