



Issue 4—July 1, 2011

Barrie Chapter 36

Antique Roadshow & Fair—Thank You's all round!

Carp Chapter 36 held their first Antique Roadshow and Fair at the Mapleview Community Church on a very rainy and foggy May 14th 2011.

We were delighted to have Gail Goldman, Chapter Liaison from Carp National Office join us! Stan Walker from the Thunder Classic Car Club of Barrie showcased his vintage cars and a big thank you to Lawrence Vindum and his staff for supplying sausages on a bun. Whilst we didn't get the attendance that we'd expected, our Chapter volunteers were wonderful in assisting with the organization of the fair both in the lead up to and on the day.

Special thanks to our appraisers who freely gave of their time and knowledge to us; Rob Britnell, David Downey, Carl Black, Peter Marcucci and Steve Hinton.



Gwen and Kelly with appraiser Robert Britnell who viewed items from Andrea Robbins and Don Lindsay

A special mention to Ken Shortt, Medical Physicist who gave up his time to discuss issues surrounding nuclear energy, radiation and cancer. He was very well received.

Finally, a big thank you to the vendors who took time out of their weekend to not only promote their goods and services but to support Carp Chapter 36.

For a full list of vendors and their contact details please see the www.barriecarp.org website or pages 9 and 10 of this newsletter.

Important date for your calendar!

Provincial Candidate Forum & Debate

September 20th, 2011

6.30pm

Steckley-Gooderham
30 Worsley St, Barrie

(See page 7 for more details)



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

Marjory Scott, Vice Chair

Rob McEachern

Doug Norman

Kelly Patterson, Secretary-Treasurer

John Rodgers

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Newsletter Editor, Susan Bracken is at bracken0300@gmail.com

Stand-In Editor (4th Edition), Kelly Patterson



**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.*

On the cover.....

Antique Roadshow & FairReview
Provincial Candidate Forum.....Save the date

You can now explore our new website thanks to our member **Dave Cooper** who is doing a wonderful job keeping it up to date.

www.barriecarp.org

Keep up to date with events, guest speakers, meeting times and local advocacy issues (plus much more).



"Okay your father managed to get a mouse. Now how do we use it?"

***This website is updated regularly**

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Our Sponsors:

Mapleview Chiropractic Centre
Wishes Concierge
Scott Heather, "The Clean Contractors"

*See pages 9 & 10 for local businesses and services who attended our Antique Roadshow & Fair

Connecting With Your Chair

Summer is finally here after what seemed like a very short spring. I hope you have road trips and BBQ's planned and maybe some family re-unions.

The last quarter was very busy with :

1. Presentations to both CBC and CN Pensioners
2. Our main fundraiser for the year, namely the Antique Roadshow and Fair held on May 14th (special thanks to all of you who volunteered their time and efforts on your chapter's behalf)
3. Rob McEachern and myself attended the City of Barrie 55+ Agency Roundtable on May 16th. Our Barrie Mayor, Jeff Lehman had made a campaign promise to establish a task force for seniors. The event was well attended by not only city departments but various agencies relating to seniors and the outcome of the meeting was to prioritize 5 areas of concern with sub categories. A second meeting, which has not yet happened, was to be set up before Summer. Transportation and senior housing were main concerns of interest to Carp.
4. Janice Norman and Chris Lillie represented Carp at the Accessibility Awareness event held at the City Hall Rotunda on May 31st.

The June meeting featured speakers on the subject of Aging safely, independently and wisely at home. The speakers were John Tom of Medichair and Hal Wirshing, Manager of Philips Lifeline at Georgian Bay Hospital. The information provided was pertinent and of interest to members in the audience.

I have been attending monthly Chain meetings (*Community Hands Assistance and Information Group*).. The group recognizes there is great strength when all the links of a chain are joined together and strives to learn what individual not-for-profit groups are doing in our community to assist our citizens and to concentrate on activities to improve our environment, build resilience and protect our natural resources.

Gwen with Doug Norman (Board Member) drawing door prizes at the fair



Ongoing meetings with City Hall and our Senior Housing Committee have progressed and we are now at the point of looking for locations or properties which can be renovated or to build from scratch. Accessibility will be a focus in order to accommodate walkers, wheelchairs etc just in case the need arises. Our timeline suggests the first co-housing/co-ownership home(s) could be available this coming Spring. Please watch for news of seminars/forums to showcase the concept and to find interested buyers, short term investors or both.

For information please email: seniorhousingbarrie@gmail.com or call the Carp phone at 705-252-4756.

I am excited to convey that our Chapter's keen interest in Senior Housing has resulted in Carp head office requesting me to represent them on the Ontario Senior Secretariat Housing Committee, next meeting in the fall.



Gail Goldman from Carp Head Office with volunteers during the Antique Roadshow and Fair.

I look forward to seeing you at the September Political Forum. Remember to check your emails for news on the Senior Housing Committee.

Gwen Kavanagh
Chair, Chapter 36

CARP Chapter 36 meeting schedule

* There are no Carp meetings in July or August

Tuesday, September 20th – at 6:30 PM at the Sir Robert Barrie Community Boardroom in the Steckley-Gooderham Funeral Home, 30 Worsley Street, next to the library ...

Provincial Candidates Forum & Debate

Tuesday, October 18th - at 6:30 PM at the Sir Robert Barrie Community Boardroom in the Steckley-Gooderham Funeral Home, 30 Worsley Street, next to the library ...

To be advised...

Tuesday, November 15th – at 6:30 PM at the Sir Robert Barrie Community Boardroom in the Steckley-Gooderham Funeral Home, 30 Worsley Street, next to the library ...

Annual General Meeting & Christmas Celebration



Board member, John Rodgers thanks John Tom & Hal Wirshing for their presentation on fall prevention at our June meeting.

For more information call 705 252 4756 or email barriecarp@gmail.com

Chapter 36 Membership Report....Janice Norman

Our current membership list is comprised of 2100 members. We have maintained 115 names which do not appear on National's list sent quarterly to us. Many of these names are from outside of Barrie which shows our continued expansion.

Monthly reports indicate that we had 32 new members in March and 45 new members in April. Our first quarter Royalty/Commission fees for Chapter 36 in 2011 totalled \$245. Thanks go out to all members that listed "Chapter 36" on applications and renewals. Barrie Carp was able to have an information table at Barrie's Accessibility Fair held in City Hall's Rotunda on May 31st to expand our visibility and encourage local Membership.

***Editors Note:** Janice took the opportunity to promote her new business at our Antique Roadshow & Fair in May. Thank you



Janice Norman
Uniq by Nature
Freelife products &
holistic service
Ph: 705 728 8493

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!!



How does aging affect our sleep?

Wayne Nelson B. Sc., RRT, RPSGT
Registered Respiratory Therapist and Sleep Technologist
Royal Victoria Hospital, Barrie



Regardless of how long you live, the changes that aging brings are inevitable. Gray hair, hearing loss, vision problems and wrinkles are all natural processes that often show as the years pass by. In the same way, it is normal to experience changes in our sleeping patterns with age.

It's not that our sleep needs decline with age. If you need six hours of sleep nightly, chances are you'll always need six hours — give or take 30 minutes. It's a common misconception that people need more sleep as they age. In truth, a good night's sleep is usually more elusive as we grow older and therefore you may have to spend longer in bed at night to get the hours of sleep you need.

Our best chance at identifying and coping with changes in our sleep is to differentiate normal age-related changes to sleep from those brought on by illness or sleep disorders.

For instance, if you find yourself napping during the day, realize that our bodies are designed for at least one afternoon nap a day. Only later in life, when we are free from the stress and pressures of work and family, can we finally do what comes naturally: nap.

Other sleep changes that can occur naturally as you age include:

- Spending less time in deep sleep (lower levels of growth hormone produced with age).
- Difficulty falling asleep and more awakenings throughout the night (less melatonin production with age).
- Waking up more often for a trip to the bathroom (changes in bladder reflexes).
- Changes in body temperature which can affect the sleep/wake cycle.

Sometimes, age-related sleep changes can disguise underlying medical conditions or sleep disorders.

Medical problems affecting sleep include:

- Congestive heart failure which can cause periods of stopping breathing (central sleep apnea) from inefficient heart pumping.
- Gastroesophageal reflux where regurgitation during sleep causes nocturnal awakenings.
- Arthritis which can cause difficulties falling asleep and shorten total sleep time because of painful joints.

Sleep disorders affecting sleep include:

- Obstructive sleep apnea where breathing stops repeatedly during sleep followed by loud snoring with snorts and gasping causing brief awakenings. This can lead to low oxygen levels at night and sleepiness during the day.
- Periodic limb movement disorder and restless leg syndrome which can interfere with sound sleep.
- Insomnia, which is not actually a disorder in itself but rather a perception of inadequate sleep secondary to a specific condition.

To make matters worse, older people are more likely to be prescribed medication that can adversely affect sleep. Medication side effects or drug interactions need to be discussed with your doctor or pharmacist.

The good news is sleep knowledge is growing in leaps and bounds. Most health care professionals today are much more aware of the many factors affecting sleep and may even refer you to a sleep specialist where you may be asked to undergo overnight sleep study monitoring.

Don't lose sight of the fact that sleep is just as important to physical and emotional health in our senior years as it was when we were younger. Pursuit of a good night's sleep is a worthy goal... and within reach for many who once thought it impossible.



Take CARP's Healthy Aging Quiz

The 10 questions below are intended to test your knowledge of effective ways to enjoy a healthy, active and happy life.



How many can you get right?

True False (Circle your answer)

1. Studies have shown that people can lower their cholesterol by eating breakfast regularly.
2. Adequate water consumption daily is an extremely inexpensive and efficacious health practice.
3. Making an effort to connect with others on a daily basis increases one's happiness and sense of wellness.
4. Holding in emotions or expressing them in inappropriate ways can lead to health imbalances which can lead to illness.
5. Expressing positive and negative emotions in appropriate ways can be as important to good health as exercising or eating a balanced diet.
6. Fresh fruit and vegetables supply the body with fiber needed for cholesterol regulation and proper bowel function.
7. 10 minutes of exposure to the sun daily produces up to 25 times the equivalent amount of Vitamin D as a liter of milk.
8. Melatonin and Cortisol in our nervous system tell our brain when it's time to sleep and when it's time to wake up.
9. Having a purpose in life helps a person live a fruitful life.
10. Learning to manage stress can help decrease your chances of long-term health problems, including heart disease, high blood pressure, depression and anxiety.

See your results on page 7

ARE YOU INTERESTED???

NIAGARA WINE TASTING TOUR

Carp Chapter 36 will be organizing a bus tour to the Niagara on the Lake region to indulge in some **wine tasting, lunch, sight seeing and shopping in Niagara-on-the-Lake.**

This event will take place on Thursday, September 22nd, 2011.

Last year, we held a similar event and we filled 2 buses!!

Reserve your seat now by calling

Marjory Scott at 705 718 2611.



Do you ever wish you had more time to do the things you actually want to do? ★

We can help! ★

We assist those in need of achieving a work-life balance

Our goal is to give clients back the time to enjoy life and in turn, reduce the stress and pressure of your responsibilities.

★ *Who says you can't buy time?*

Serving Barrie, Orillia, Collingwood & Muskoka

- General personal errands
- Grocery Shopping & personal shopping
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- Special events & party planning
- Chef services and catering

705. 812.1719

★ www.wishesconcierge.com ★

Provincial Candidate Forum & Debate

Much is at stake in the next Provincial election to be held on October 6th, 2011. Every Carp member should be informed about the policies promoted by the representatives of each political party here in Barrie so we are giving you the opportunity to listen and possibly meet each candidate. It is also important to engage in discussions with family, friends and neighbours about the issues affecting Seniors today such as the importance of investing in aged care, senior housing and seniors programs that contribute to Ontario being a fair and just society.

So far, we have Rod Jackson from the PC Conservative Party who has confirmed his attendance at the forum. The current sitting member, Aileen Carroll will not be contesting the seat again and we are waiting for the rest of the candidates to be announced.

The Chapel at Steckley-Gooderham will hold up to 300 with additional rooms for overflow. We encourage you to arrive early to get a seat. This event is open to the public and first in will be first served.

We look forward to making this as informative as possible to assist you to make your decision when it comes time to vote for a new representative for Barrie. If you have any questions or special requirements, please call the Carp hotline at 705-252-4756. (see all details on the front cover)

Carp's Healthy Aging Quiz (from page 6)

How well did you score? (All answers are True!)

Less than 8 correct? 
You need to start paying better attention to your health.

Less than 9 correct? 
Not bad, but there's room for improvement.

Perfect score of 10? 
You have no excuses for not living a healthy, happy and long life!

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



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

Buses need to be booked months in advance, so 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 [Sat.] or [Sun.]" or email barriecarp@gmail.com with the tag line Zoomer Show Bus, and the same message.



SCOTT HEATHER

705.791.6428 | sch@rogers.com | www.schhi.com

Basements	Demolition
Bathrooms	Lease Hold
Kitchens	Improvements
Painting	Commercial Site
Flooring	Preparation
General Renovations	

Stand-In Editor's note.. As a younger member of Carp (34 years old), I am often asked why I belong to an organization that advocates for issues relating to seniors. The 2009 March edition of the *Psychological Science* Journal recognizes that those who view old age fondly are more likely to become healthy seniors than those who think getting older is a drag. In 1968, healthy participants between the ages of 18 and 49 were asked to answer a set of questions (for example, whether they thought "old people are helpless") to gauge their attitudes toward the elderly. Thirty years later, only 13 percent of those with a rosy outlook had suffered a heart attack or stroke compared with 25 percent of those whose view on aging was more negative. In a society that is consumed with anti-aging messages and age-defying products, of which I am the target market, it is important to me to promote aging as positive, normal and healthy. Through education and advocacy of seniors issues, I hope to show my peers and those younger than me that these issues will some day become our issues and one day those people might advocate for us.

I am proud to be part of an organization that is making a real difference in people's lives. I look forward to the many exciting projects ahead for our Chapter including our focus on senior housing which will positively effect seniors living in Barrie.

Kelly Patterson

IMPORTANCE OF PROPER NUTRITION

There is a notion these days that if you have no symptoms, then you are healthy. It is dangerous to think this way, because with many conditions, the problem is present for years before symptoms appear. It is much healthier (and easier) to be proactive and prevent the causes of conditions from occurring.

An aspect of health that you can affect on a daily basis is proper nutrition. We use nutrition to fuel our body systems and carry out everyday functions. When you lack adequate daily nutrition, it leads to damage and disease at the cellular level. Often times, cellular dysfunction (due to poor nutrition) is a contributing factor for conditions such as heart disease, stroke, and arthritis, to name just a few! Consider the following when addressing diet and nutrition.

In your daily diet, in order to ensure proper nutrition, it is essential that adults consume the following foods and drinks in appropriate quantities:

- Fruits & vegetables** – 7-10 servings/day
- Grain products** – 6-8 servings/day
- Milk & alternatives** – 2 servings/day
- Meat & alternatives** – 2-3 servings/day

At the centre of every dietary or nutritional program, it is essential that you increase your intake of **water**. Follow the 8 X 8 rule: at least 8 eight-ounce glasses (2 litres) of water every day.

Always remember that a good diet/nutritional program is an extremely important piece of living a healthy lifestyle. The old adage is as true as ever: you are what you eat. And high quality nutrition WILL make a difference.

For more information or to book an appointment contact 705-739-9959.

Mapleview Chiropractic Centre

Dr. Brett Little, DC
Dr. Dan Warnock, DC

Dr. Brett Little, DC
Dr. Dan Warnock, DC
Tracey Donald, RMT



454 Mapleview Drive West
Barrie, ON
L4N 9G4
705-739-9959

E-mail: mapleviewchiropracticcentre@gmail.com

Editors Note:

Dr Little was a vendor at our recent Antique Roadshow and Fair held in May.

We appreciate the support from local businesses and in turn hope that you will support them.



Local businesses in attendance at the CARP Chapter 36 Antique Roadshow and Fair



Brenda Collins
Alzheimers Society
www.alzheimer.ca

Ph: 705 722 1066



Lisa Moles
Copper County Foods
*Home delivery—
Prepared frozen food for seniors*
centralontario@coppercountyfoods.ca

Ph: 705 444 0741

Bonnie Carter
Nuskin
Skin Care & Nutrition
bjcarter@sympatico.ca

Ph: 705 726 3045



Stan Hebert
Grandcare Systems
*Home health and
monitoring systems*
grandcarecanada@look.ca

Ph: 705 720 0570



Connie Laube
T-Zone - Barrie South
*Low impact exercise
using vibration machine*

Ph: 705 739 9663



Tracie May
Silpada Designs
Sterling silver jewellery
traciemay@rogers.com

Ph: 905 235 1260

Janet Grand
**The Birdhouse
Nature Company**
Bird feeders and decor
Bird_house@thunderstar.net

Ph: 705 329 3939



Ian Hocking
Hocking Homes
Real Estate
ian@hockinghomes.com

Ph: 705 252 7939



Sylvia Parks
Pampered Chef
Kitchen Products

Ph: 705 770 2221



Turab Bokhari
The McLennan Group
Insurance products
www.themclennangroup.com
Ph: 416 695 1010

*affinity partner with CARP

Disclaimer: In reference to these products, processes, or services by the above trade name, trademark, manufacturer, or otherwise, does not necessarily constitute or imply its endorsement, recommendation, or favoring by Carp unless specified as an 'affinity partner'.

Local businesses in attendance at the CARP Chapter 36 Antique Roadshow and Fair cont...



Arleigh Elson
Carlson Wagonlit Travel
 www.cwtvacations.ca
Ph: 705 743 8683
 *affinity partner with CARP



Lorraine & Henry Legge
**Seniors Homecare
 by Angels**
*Provides caregiving services
 to seniors*
 www.seniorhomecarebarrie.com
Ph: 705 719 1300

Harriette Thomson
Avon
Cosmetics, jewellery & apparel
 www.ca.avon.com
Ph: 705 716 6809



Angela Lipp
Home Check
*Home and pet checking when
 owners are away*
 www.homecheckorillia.net
Ph: 705 331 8887



Gilbert Ludlow
Solterra Co-Housing Ltd
Co-housing/co-ownership homes
 www.solterraco-housing.com
Ph: 877 833 0007



Blair Card
Medichair
Home medical equipment
 barrie@medichair.ca
Ph: 705 722 3376

Patricia Williamson
Scentsy Candles
Flameless scented warmers
Ph: 705 441 3252



Sonia Weller
Rose Home Solutions
Interior decorating/organizing
 sonia@rosehomesolutions.com
Ph: 705 999 7673



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