



CARP

CONNECTOR

CHAPTER 36

**Serving Barrie and
Surrounding Area**

www.barriecarp.org



Spring Edition 2013

**Are Seniors being
abused by the
Ontario Healthcare
System?**

**See inside for details on
upcoming trips to the
Butterfly Conservatory
and the Huronia Players
Theatre!**

Senior Housing Project Update

The Impossible Dream

**by April Lewis, BC CARP
Representative**

**Is it time to renew
your membership?
Don't forget to
write Chapter 36 on
your renewal form.**

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

**If undelivered please return to:
150 Livingstone St E, Barrie ON L4M 6Y7**



What's Inside?

ADVOCACY

**Barrie Co-Housing
Project Proves Popular.....pg 5**

**Target all bad drivers
not just seniors.....pg 3**

BENEFITS

Services Directory.....pg 14-15

COMMUNITY

Local, community events.....pg 7

**Are Seniors being Abused
by the Ontario Healthcare
System?.....pg 8**

**CARP HOTLINE
705.252.4756**

Board Members 2013

Gwen Kavanagh - Chair

John Rodgers - Vice Chair

Kelly Patterson - Treasurer,
Communications & Editor

Eva Koselak - Secretary

Georges Olivier

Sandy Wetherald

Committee Members:

Dave Cooper - Web Administrator
Marjory Scott & Sandy Wetherald-
Social/Educational

Chapter 36 Meeting Schedule

April 16th - 6.30pm in the Sir Robert Barrie Community Room at
Steckley-Gooderham Funeral Homes, 30 Worsley St (Cnr Clapperton)
Guest Speaker: "Damaged Care" (comedy), Chiropractor

May 21st - 6.30pm in the Sir Robert Barrie Community Room at
Steckley-Gooderham Funeral Homes, 30 Worsley St (Cnr Clapperton)
Guest Speaker: Downsizing/Home Improvement

June 18th - 6.30pm in the Sir Robert Barrie Community Room at
Steckley-Gooderham Funeral Homes, 30 Worsley St (Cnr Clapperton)
Guest Speaker: St John's Ambulance

**Guests are welcome*

**Bring a loonie/toonie for the 50/50 draw*

**Light refreshments are provided*

**Meetings are free of charge*

ADVOCACY



Target all bad drivers, not just seniors:

Sudbury police trying to deal with older drivers take a misguided approach and ask residents to report old drivers on the Crime Stoppers line.

CARP in the media: Published in The Toronto Star February 23, 2013

Nobody promised that aging would be easy but the last thing seniors need is a snitch line directed at older drivers, pitting the young(er) against the elderly.

This slippery slope toward institutional ageism has already begun in Sudbury, where police want residents to report seniors they think should stop driving. The recommendation emerged from a safe-driving task force made up of police, Ontario's transportation ministry and seniors mental health groups. At its best, this suggestion is well-meaning but misguided. At its worst, it is discrimination that would not be accepted against any other group.

Susan Eng of CARP, the advocacy group for retired and aging Canadians, says that if police insist on this approach they should seek tips on all bad drivers, not just seniors. "Older people are being targeted here," says Eng. She's right.

Of course, road safety is paramount. But there must be a process in place that leads to the removal of something as valued as a driver's licence. As Eng says, calling police is like "bringing in an elephant gun."

There is no doubt that we live in an aging society, where the number of seniors with dementia is expected to more than double to 100,000 in 2028 from 45,000 today.

To that end, Canadian researchers are partway through a massive five-year project that monitors the driving habits and physical and mental abilities of 1,000 motorists aged 70 or older. The results of that could lead to a test that properly identifies those who should no longer be driving. *(Continued on pg. 13)*



Tel: 705.720.1955 Fax: 705.735.4949

**We specialize in Personal taxes
and Income splitting**

E-mail: info@diamondtreeaccounting.com

CONNECTING WITH THE CHAIR

It seems ages since I sat down to write this column for the January edition. So much seems to be happening and Christmas and the holidays seem long gone. Spring is on the horizon and I for one am ready to leave winter well behind.

We have two new people on the Board, namely Eva Koselak and Georges Olivier. I am happy to report they have both settled in and are already taking on responsibilities. I want to thank Gerry Levene, who has left the Board but is still assisting with the printing of this Newsletter, for his foresight and assistance in the new formatting and all the homework he put into same.

We are planning to assemble two trips for your enjoyment, one on June 2nd and one in August. I am looking forward to both of them. The June trip is a Sunday and will include brunch and afternoon theatre. Watch the next issue for information on the August trip and set aside Tuesday, October 1st as we are planning something special to celebrate CARP Awareness week. We decided to move the date from June last year to October this year in order to line up with Senior's Day and to coordinate with the other Chapters.

Our Co-housing presentation on Jan. 15th was very successful with approximately 150 persons attending. A second meeting with interested parties was held and looks promising to move forward. Shelley Raymond from Solterra Co-housing Ltd. and myself continue to give presentations. Meanwhile we have had inquiries from California, Chicago, Winnipeg, Kingston and many more Ontario locations. Interested parties can reach me at (705) 252-4756.

Unfortunately, I had to miss the March meeting (my first ever) as I was attending the quarterly meeting of the Seniors Secretariat Liaison Committee in Toronto, followed up by a Reception for Mario Sergio - Minister Responsible for Seniors.

I look forward to seeing many of you at the April meeting on the 16th and to the homemade goodies provided, as always, by Shirley and Keith Richards.

Gwen Kavanagh

**Gwen can be
contacted by calling
the CARP Hotline at
705.252.4756
or by emailing
barriecarp@gmail.com**



Barrie Co-Housing Project Proves Popular for CARP Members - By Dave Cooper

The January 15th regular meeting of the Barrie CARP Chapter featured the Senior Housing Committee report on the Co-housing project and was a fantastic success with over 150 people in attendance to hear the special update presentation. The meeting was Chaired by Gwen Kavanagh. The session was kicked off by Barrie Mayor, Jeff Lehman and then members of the Committee spoke to the specifics of the project. Shelley Raymond of Solterra spoke to the actual housing and showed those present a couple of the projects currently underway in Bracebridge and Brechin.



An enthusiastic crowd of over 150 at Steckley Gooderham Funeral Home.

Also speaking to the large and enthusiastic crowd were Ian Hocking from the Senior Housing Committee and Angela Roy from the Central Mortgage and Housing Corporation (CMHC). In depth explanations were given on how the process works.

ADVOCACY

Ian spoke of the support from not only the City of Barrie but also the CMHC. Mortgage issues are often raised in Co-housing or shared housing initiatives and these were addressed.



Mayor Jeff Lehman shares his view on the housing situation for seniors in Barrie now and in to the future.

Meet Molly! - Molly was present at the January 15th meeting and is a current resident of Barrie and wishes to be the first resident in the house supported by the CARP co- housing project. Watch her discussion taped when she met with Gwen Kavanagh, Chair of the Barrie Chapter and Chair of the Senior Housing Committee. You can hear Molly's story in detail by visiting our website at www.barriecarp.org. We'd like to thank Molly for sharing her story with us.

If you have any questions or would like more information, call Gwen at 705.252.4756.

Note: As at the time of printing, an offer has been made on a property in Barrie for the first co-housing development of it's kind in our City. **Watch this space!!**





Butterflies, Tea and Treats

CARP Chapter 36 is delighted to give you the opportunity to join us for a bus trip where we will visit the Cambridge Butterfly Conservatory, Waterloo Region Museum and the township of Wilmot for an English Afternoon Tea.

On Saturday Aug 17th, a deluxe highway motor coach, with washroom will take you to the **Cambridge Butterfly Conservatory** for a guided tour through a lush tropical garden where you will walk amongst thousands of freely flying butterflies! A buffet lunch will be served in the **Paradise Garden Cafe** which is pleased to offer a fresh and healthy menu prepared from locally-farmed and organic ingredients.

From there, we will travel to the new **Waterloo Region Museum**. We will be afforded a private presentation for our group titled "*Edwardian Edibles*". We will be delving into fascinating kitchen gadgets and examining the food and unique recipes in use at the turn of the last century, around 1900! And oh yeah, we will also be trying some **scrumptious samples of food** and drink from that era.

Afterwards, we will **visit the quaint township of Wilmot** where we will indulge in an **English Afternoon Tea with the world's best scones**, clotted cream, locally made preserves, pastries, cakes and mini desserts. And, we will be enjoying our tea in a converted and renovated 1887 building that is a beautiful example of Victorian mercantile architecture.

Price - \$100 per person

(includes transportation, all admissions, food, taxes and gratuities)

BOOK EARLY TO AVOID DISAPPOINTMENT

RSVP to Sandy Wetherald at
swetherald@rogers.com or call 705-252-4916

COMMUNITY

SENIORS' LOCAL SEASONAL EVENTS / ACTIVITIES

April 2013

Income Tax Clinics

By appointment only

For further information, call the Allendale
(705) 728-6332, and Parkview
(705) 737-0755 Recreational Centres



Saturday, April 20th, 2013

1:00 p.m.

Spring Fashion Show

Allendale Recreational
Centre

(Upper Level Main Hall)

For further information, call
the Allendale (705) 728-
6332, and Parkview (705)

737-0755 Recreational Centres

Saturday, May 4th, 2013

Allendale Garage Sale

Allendale Recreational Centre

For further information, call the Allendale
Recreational Centre (705) 728-6332

June 2013

Series of Seniors' events scheduled
throughout the month Allendale and
Parkview Recreational Centres

For further information, call the Allendale
(705) 728-6332, and Parkview
(705) 737-0755 Recreational Centres

June 1st, 2nd and 3rd, 2013

*Georgian College Outdoors' Auto show,
on Georgian Drive*

Georgian College, 1, Georgian Drive -
(705) 728-1968

Free Access



June 2nd, 2013

"Communicating Doors" Huronia Players
Theatre - Bus Trip - Carp Chapter 36
Leaving Barrie (behind Canadian Tire) at
10.30am sharp, buffet brunch, Matinee
session at 1.30pm.

Approx \$50

www.barriecarp.org or 705.252.4916

Sunday, June 16th, 2013

3rd Annual Barrie Waterfront Half
Marathon

Heritage Park

Registration is limited

www.barriehalfmarathon.com

Saturday June

22nd

GIANT GARAGE

SALE & TEA Room

The WHEEL in

Sandycove Acres on

Lockhart Rd.

Innisfil, - fantastic

prices and lots of choices - 8:30 am to

12:30 pm - for info

www.scahomeowners.com



Tuesday, November 26th, 2013

Silent Auction - 10:00 a.m. to 2:00 p.m.

Georgian College, 1, Georgian Drive -
(705) 728-1968

COMMUNITY



Institutional Abuse:

Are Seniors being abused by the Ontario Healthcare System?

Written by: Kristy Webber

*Service Coordinator, Prevention of Senior Abuse Network
Simcoe County.*

In writing this article for CARP on elder abuse, my original goal was to give the reader a basic understanding about elder abuse, what it is, the forms it can take, and how it is happening everywhere in society. However, a recent media blitz on elder abuse in Canadian institutions motivated me to share some of the political issues surrounding this form of abuse.

Institutional abuse can be defined as “any physical, sexual, psychological, financial abuse or neglect occurring within a facility.”

It features “poor standards of care, lack of responses to complex needs, rigid routines, inadequate staffing, and an insufficient knowledge base within the service.”

Institutional abuse can occur within any service provision setting, and may include domiciliary care, group homes, nursing homes, retirement homes, assisted living facilities, day centres, and hospitals.

Recent media campaigns are raising awareness about the issues of abuse and inadequate standards of care in both long-term care homes and hospitals across the province.

A CBC radio segment featured a lawyer from the Advocacy Centre for the Elderly discussing how Ontario hospitals are placing seniors and their caregivers into unrealistic and at times illegal situations in response to the pressure to free up hospital beds.

Seniors occupying hospital beds are often labelled by hospital staff as “bed blockers” because for various reasons they have no where else to go. Seniors and caregivers require education about their “rights” to become their own advocates.

When a family member is disappointed about the care their loved one received while admitted to a hospital or nursing home they are confronted with complaint processes lacking in accountability/transparency. Currently the Ministry of Health (MOH) employs their own compliance officers to inspect long term care homes across Ontario. Citizens of Ontario need to be alerted to the potential conflict of interest raised by the MOH also being the funding source of these homes.

Ontario Ombudsman, Andre Marin, states that Ontario is lagging behind as the only province who’s Ombudsman doesn’t have the authority to investigate hospitals and long-term-care facilities. Bill 122 - the Ombudsman Amendment Act, outlines changes to allow the Ombudsman to investigate healthcare services.

(continued pg.9)



(continued from pg 8)

This would serve as an important protective factor to “at risk” seniors and vulnerable adults as they are often the main population served by these Ontario healthcare institutions.

“Elder rights” has emerged as a social movement gaining momentum in response to the discrimination faced by today’s seniors. The development of this movement makes sense when we take into consideration our aging population coupled with the pressures caused by increased chronic conditions. Pair this need with a healthcare climate that is currently under resourced, underfunded, and overburdened, and it becomes easy to see how the ingredients for abuse are present in our healthcare system.

As the media exposes these issues, it is the responsibility of our community to join together and advocate for changes. The Prevention of Senior Abuse Network Simcoe County encourages you to educate yourself and become involved.

For more information and direct links to recent media campaigns, please see our facebook page.

Phone: (705) 305-4357

Email: psancoordinator@gmail.com

Website: www.psan-sc.ca

Facebook Page:

<http://www.facebook.com/#!/PreventionOfSeniorAbuseNetworkSimcoeCounty>

Elder Abuse Assessment and Intervention Guide. (2011). National Initiative for the Care of the Elderly. www.nicenet.ca

No Secrets: guidance on developing and implementing multi-agency policies and procedures to protect vulnerable adults from abuse. (2012, p.12).

Canada’s hospitals strained caring for elderly patients with no where to go.

(2013). Anna Maria Tremonti. CBC Radio The Current

Ontario Ombudsman could hold hospitals to account. (2012). Andre Marin

www.ombudsman.on.ca

HURONIA PLAYERS PRESENTS

“COMMUNICATING DOORS”

A Comedy/thriller by Alan Aykbourn and directed by Alan Macmenemey.

CARP Chapter 36 are offering you the opportunity to support one of our very own, George Gibson, from our Senior Housing Committee, who will be playing a lead role in this wonderful play.

We are arranging to take a bus to the Huronia Players Theatre at the Midland Culture Centre and will stop for a delicious brunch before the show. At the time of printing this newsletter, not all of the arrangements have been finalized.

Date: Sunday, June 2nd, 2013

Time: 10.00am - 5pm (approx)

Where: Bus will leave behind Canadian Tire, Bayfield Street at 10:30am sharp

Cost: Approx \$50

***Keep checking www.barriecarp.org for current details.**

***For further information or to book your seats, please contact Sandy Wetherald at 705-252-4916 or email Sandy at: swetherald@rogers.com**

**INTERESTED IN SELLING YOUR
GOLD, SILVER & OLD COINS?**

**We can come to your house
for your convenience**

For more information contact:

Terry Waide 705-739-4434

TRAVEL



The recent adventures of Jane Jackson, CARP#36 Member

It began like many trips begin... ..with discussion of "I'd love to go to..." and "Wouldn't it be fun to go to..."

The destinations that came up in conversation many times over the years with my friend John from Australia, included the Rockies and the Pacific Northwest coast of Canada.

Mid-2011 we started planning – John wanted to see wildlife (particularly bears) and the Northern Lights; and I just love to travel and research trips! Banff & Jasper were at the top of his list. Alaska came up in the conversation. A cruise was discussed and discarded, so I researched the Alaska Marine Highway (the Alaska Ferry).

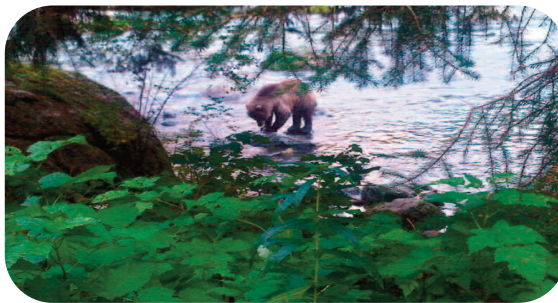
Traveling in September 2012 eliminated further north destinations. The ferry schedule is different from that of a cruise ship – the stops are dictated by tides, so some stops are in the middle of the night and just for an hour. We wanted to take a train to allow us both to enjoy the scenery.



Dining on the ferry, enjoying the view!

Our final itinerary was to meet in Seattle and then enjoy a 3 week journey first by ferry from Bellingham, Washington to Haines Alaska.

We rented a car in Haines to do the Golden Circle Tour (Haines to Haines Junction to Whitehorse, Yukon, and Skagway, Alaska, and back (via ferry) to Haines to return the rental car.) We continued on the ferry to Prince Rupert, then taking a Via Rail train to Jasper (stopping overnight in Prince George).



Grizzly bear fishing near Haines

We rented a car, explored around Jasper and drove a 3200km route to Edmonton - Drumheller - Banff (3 nights there) - Golden via Radium - Vernon - and down the Okanagan to Osoyoos and into Washington state, stopping in Wenatchee, before returning to Seattle to drop off my Aussie friend. I returned the car in Vancouver.



Emerald Lake near Lake Louise

(continued pg 11)

(Continued from pg 10)

Weather delays can upset your plans, so don't schedule too tightly – we were delayed 5 hours getting into Prince Rupert because of fog in Petersburg, Alaska. The train will be delayed as well because freight-trains have precedence over passenger trains.

Planning this trip took lots of hours of searching on the Internet: Travelocity, Expedia, multiple car and hotel rental sites, VIA Rail, Alaska Marine Highway, and the travel sites of VirtualTourist.com and TripAdvisor.com. The forums and members of the last 2 sites helped tremendously. Friendly communication to accommodations helped us establish a rapport with our innkeepers before arriving.



**Babysit your grandkids,
not your investments.**

Make your retirement money last. Ask me about
Money for Life™ from Sun Life Financial.

 **Thomas McBride CFP®**
McBride Financial Services Inc.
705-722-7555
thom@mcbridefinancial.com
93 Beech Farm Road, Unit 112
Barrie, ON

Life's brighter under the sun
Sun Life Financial

SellOffVacations.com
LOWEST PRICE GUARANTEED!

**FAIR YR. BOOKING
SAVE
\$150
per person
BASED OFF LOWEST PRICE**

**TOUR
INSPIRING
ICELAND**

8 Days • 7 Nights • The Highlights & More!
Reykjavik, Golden Circle, Thingvellir National Park, Snæfellsnes Peninsula,
Puffin Cruise*, Blue Lagoon, Puffin Hotel, Reykjavik, Hotel Fossarinn, Hotel Kosi.

DEPARTURE DATE: AUGUST 18, 2013

\$4949 2013 • 7 Nights • 7 Nights • 7 Nights	\$4299 2013 • 7 Nights • 7 Nights • 7 Nights	\$4269 2013 • 7 Nights • 7 Nights • 7 Nights
--	--	--

JOIN US IN CHICAGO, ILL. ON APRIL 11, 2013
10:00 AM - 12:00 PM

BOOK TODAY! (705) 725-1033
Kelly G. ext. 2260 • Nicole O. ext. 2259 • Trudy R. ext. 2250
11 Brynne Drive (off of Essex) Inside Zentro, Barrie, Ontario L4N 8V5

Reservations due by April 11, 2013. \$150 per person deposit. Early booking savings of \$100 per person on tours departing before April 11, 2013. Not included in price: Cancellation, travel insurance of \$370 per person, air taxes and Port/Seaport of \$300 per person (subject to increase until paid in full). The complete itinerary is available on our website. Payment is required in full 60 days before departure. Travel agency will be responsible for all costs of booking and can be changed at any time without notice. While all reasonable efforts are taken to ensure the accuracy of our information, we do not accept responsibility for errors, omissions, and delays. Please contact us immediately if you have any questions or concerns. © 2013 SellOffVacations.com. All rights reserved.

Keep up-to-date with Chapter 36! www.barriecarp.org

Our website is updated regularly....
If you missed a meeting, you'll find a copy of the most recent minutes as well as information about upcoming meetings and details of planned events.

You can also find recent and past editions of our newsletter.

We appreciate your feedback:
barriecarp@gmail.com or 705-252-4756



The Impossible Dream

Every morning I come downstairs and there it is. Without fail, it is there to greet me. "Good morning!" It mocks me as I wipe the

sleep from my eyes. Sometimes as I turn the corner I will it to be gone. Vanished. Out of my life. But there it is. The blip in my floor. The imperfection in my engineered floorboards. And why have you left this imperfect mark on my perfect shiny floor? What is the bubble, the eruption meant to represent? What is its purpose, save to cause me angst? It is there to annoy me, knowing I can do nothing about it?

I am not yet at peace with my aberration but I am getting there. I walk around it, avoiding it. I stomp on it hoping that my weight will cause it to recoil back to an even perfection. I clean it lovingly with Murphy's oil. However, in an imperfect world I know it serves a purpose. It is there to remind me that I can overcome the blips in my own life. It is there to remind me that perfection is not attainable nor should I ever aspire to such a goal.

What is with our insatiable need for perfection? The very word "perfection" implies it is unattainable so why do we torment ourselves believing it is? Surely we only set ourselves up for disappointment and feelings of inadequacy. Whitney Johnson, author of *Dare, Dream, Do* says "If we are perfect, then we are good enough. If we are good enough, people will have to love us."

This speaks to the notion that underneath this relentless desire for perfection lies an underlying fear of failure or criticism, a fear which is deeply entrenched and a hard habit to break. The media plays into this fear beautifully with its marketing

You have got to have the latest gadget or toy, a bigger house, a flashier car, a more prestigious job. And a more perfect place to live. Speaking of which, I am hooked on HGTV's two programs: *House Hunters International* and *Live Here, Buy This*. Both feed into our yearning for perfection.

If we lived in a different house or a different city or a different country, our lives would be perfect and so much happier, we are led to believe. The thing I love about the former show is none of the three final choices is perfect. There is always something wrong with the houses. They are either situated on a busy street, or the kitchen is too small or there is no back yard. And yet the prospective buyers must choose one.

How cruel, I am thinking, for the couple will never be truly happy knowing they had to sacrifice perfection. As for the latter show, the producers push it up a notch with the implication that you can find

perfection in another country. Why, that pastoral spread in Argentina, or the jungle house in Belize or the ocean view villa in Mexico is all you need to find perfection. They present the viewer with a projected, unattainable longing which only serves to fill us with more unhealthy disappointment.

Meanwhile, my blip in my floor is still there. It is there cajoling me into a peaceful co-existence. I am thinking this might be possible as it doesn't talk back or criticize.

I think we can become fast friends. In an imperfect world.

April Lewis is the BC CARP Representative and regular contributor to Peace Arch News.





JOHN'S JOKES

LAUGHTER IS THE BEST MEDICINE!

The pediatrician asked his six year old patient Johnny, who watched numerous TV commercials, "what would you buy if you found a ten dollar bill" without any hesitation Johnny replied "a box of Tampax". The doctor asked "what would you do with that?" Well, Johnny replied, I don't know, but it's sure worth six dollars. It says on TV that *with Tampax you can go swimming, horseback riding, and skating any time you want.*

Wife to her husband: "I did your laundry honey,.... the ashes are in the fireplace!"

Despite the cost of living, have you noticed how it remains so popular?

Marriage is like a deck of cards, starts with 2 hearts & a diamond...finishes with a club & a spade!

Editorial

It was so lovely of Jane Jackson to provide us with a recount of her amazing trip to Alaska with her Aussie friend John. I was lucky enough to have my family travel to visit me over Christmas (they too are from Australia), and it was the first time they had ever seen snow! As much fun as it is to travel, it's just as fun to stay at home and have family and friends come to you to experience the many wonderful things your local community has to offer. Here is a picture of my Mom and Dad enjoying their first days in a snowy Barrie. They were lucky to experience a white Christmas with us too. What amazing memories we now share! Kelly,



(Continued from pg 3)

Looking ahead, seniors advocates are pushing for remedial driving programs that either help older drivers adapt or show them that it's time to stop.

Currently, there are checks and balances on older drivers. After the age of 80, they must take written tests every two years. As well, physicians are now being compensated for reporting medically and cognitively unfit drivers, which research says has led to a significant drop in serious trauma from road accidents.

Many "unfit" drivers are not seniors at all, but those who suffer from medical conditions or take prescription drugs. In 2009, for example, a Hamilton teacher driving while in a diabetic shock struck and killed three people in a series of collisions.

Of course, there is no doubt that drivers who are — properly — diagnosed with dementia should give up their licence. Driving is not a right, but aging without discrimination should be.



Disclaimer: All information contained in the newsletter is believed to be accurate and complete at the time of publication. Since much of the information is subject to change, CARP chapter 36 assumes no liability whatsoever for any damages or loss arising from errors or omissions.

ADVERTISERS DIRECTORY

CLEANER



Irena's Cleaning services
Call me today - 705-526-6232
irenachupova911@gmail.com

"Bring the sparkle back in to your home"

FOOD/RESTAURANTS



**Sigrid's Fine
Bakery & Cafe**
10 Ross Street
705 726 0121

COMMUNICATIONS

IAN HOCKING

Home Phones **\$29.95** monthly LD Incl

705-791-4837

ihocking@acn.net www.essentialbrokers.ca

herb n sage

Passionate about food with flavours
from wild to mild to suit your mood!
www.herbnsage.com

705-726-9015
559 Essa Rd, Barrie



**YOUR ADVERTISEMENT
COULD BE HERE!**

The Butcher Shop

221 Cundles Rd. East

705-737-2140

Ask for Lawrence

EYE CARE

IRIS Optometrists Opticians

Complete Eye examinations & Eye wear

705-721-1220

To book an eye exam: www.iris.ca/exam
experience better vision. iris.ca

CORA'S
Breakfast and Lunch
135 Maplevue Dr. W.
Barrie
725-8686



**YOUR ADVERTISEMENT
COULD BE HERE!**

HEALTH CARE & NATURAL THERAPIES



**HOLLY PHYSIOTHERAPY
AND REHABILITATION**

705-252-6329

555 Essa Rd, Barrie
Physiotherapy, Massage and Chiropractic

FINANCIAL

Robert McEachern

Retirement Planning. RSP. RIF.GIC. Annuities

705-733-9385

Stroke Recovery Association Of Barrie

Supporting stroke survivors with exercise programs,
social activities & education

705-737-9202

info@strokerecoverybarrie.ca

HOME FURNISHINGS



Mike The Mattress Guy

705-735-2337

555 Maplevue Drive
Barrie, Ontario

**YOUR ADVERTISEMENT
COULD BE HERE!**

To advertise in our next issue, Phone 705-252- 4756 or email barriecarp@gmail.com.

ADVERTISERS DIRECTORY

LEGAL

WALL-ARMSTRONG & GREEN

Deborah Wall-Armstrong & Cesia Green, Lawyers
Wills • Estates • Real Estate
375 Yonge St. Barrie, Ontario
www.wall-arm.ca Tel: 722-7272

**YOUR ADVERTISEMENT
COULD BE HERE!**

OTHER

ANDREA'S FAMILY TREES

705-726-2763

email:andreasfamilytrees@gmail.com
Web:<http://andcestrytrees.ca>



SEWING MACHINE SERVICE

lithart1953@rogers.com

705 733 5262

\$25.00 Barrie area only

REAL ESTATE

Caroline Hocking, Sales Representative

Keller Williams Experience Realty

705-252-7939

team@hockinghomes.com
www.hockinghomes.com

Sheryl Hennebry

Senior Real Estate Specialist®

Century 21 BJ Roth Realty Ltd. Brokerage

705 627 1297 705 737 3664

www.thinkingofamove.ca

Ed Tracy

(SRES) Seniors Real Estate Specialist.

RE/MAX Chay Realty Inc., Brokerage, Barrie

Guaranteed Sale option Available

Direct: 705-796-6348

www.seniorsguaranteedale.com

SENIOR'S SERVICES

Seniors for Seniors

Junior seniors assisting senior seniors to maintain
their independence

www.srs4srs

Call Tom or Suzanne for a brochure

705-719-1444

Home Instead
SENIOR CARE
To us, it's personal.

HOME INSTEAD

SENIOR CARE

"To us it's Personal"

705-503-5501

www.hominstead.com/3030

**YOUR ADVERTISEMENT
COULD BE HERE!**

SPECIAL SERVICES

SCH

**Commercial & Home
Improvements**
705-791-6428

"The clean contractors"
Scott Heather

sch@rogers.com - www.schi.com

Wishes Concierge

Errands, Edibles, Events

Marni Heather 705-812-1719

info@wishesconcierge.com

www.wishesconcierge.com

Living | **ORGANIZED**

Margaret Harlos

Professional Organizer

Moving | Downsizing | Estate Organizing

www.livingorganized.ca | 705.431.7774

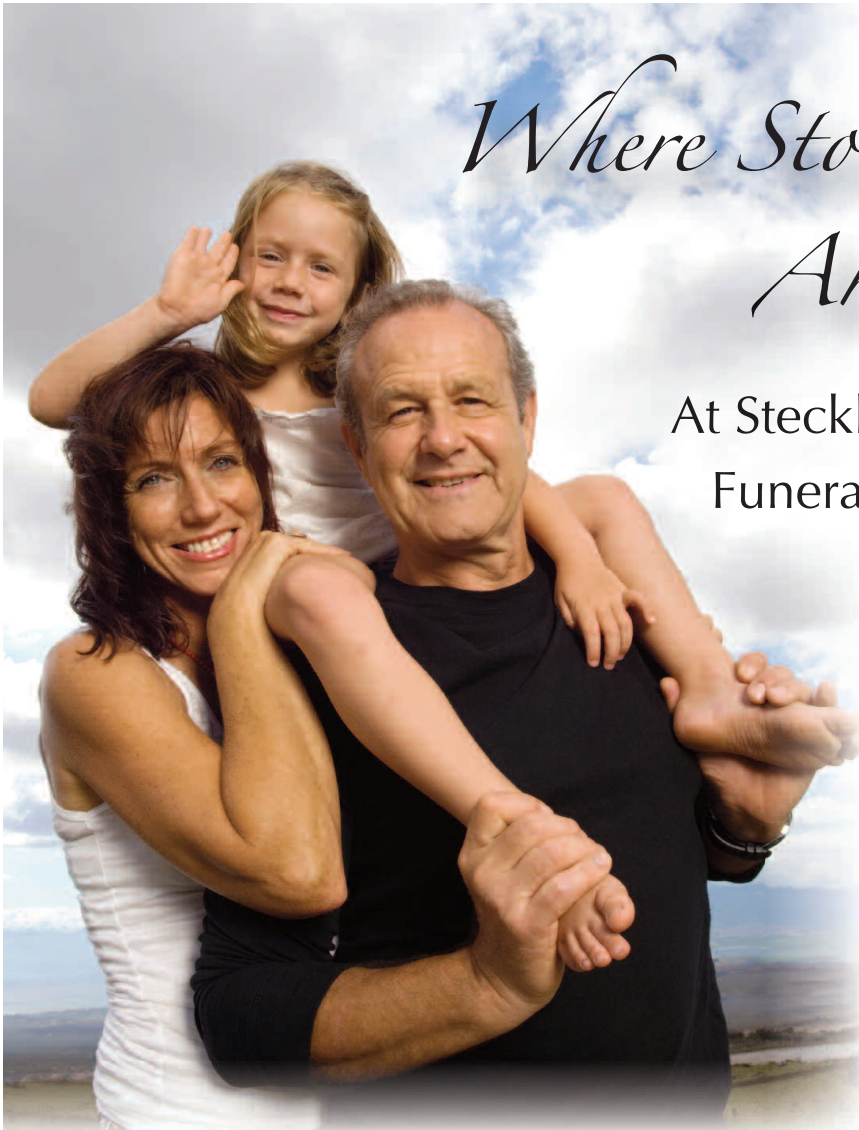
Let's Make Room in Your Life!

TRAVEL

**YOUR ADVERTISEMENT
COULD BE HERE!**

Where Stories Are Told...

At Steckley-Gooderham
Funeral Homes we do
more than help
families with
funerals and
cremations.
We help them
commemorate
a life story.



STECKLEY-GOODERHAM

funeral homes

Call us to arrange
a Preneed Funeral Plan
today that will spare your
family financial & emotional
burdens tomorrow.

30 Worsley Street | 705-721-9921
201 Minet's Point Road | 705-721-1211