

CARP

CONNECTOR

CHAPTER 36

Serving Barrie and
Surrounding Area

www.barriecarp.org



Summer Edition 2013

Let's Talk About Dementia & Stigma

The revamped seniors.gc.ca

Fire Safety in the Home



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



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John Rodgers - Vice Chair

Kelly Patterson - Treasurer,
Communications & Editor

Eva Koselak - Secretary

Sandy Wetherald

Committee Members:

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

Chapter 36 Meeting Schedule

June 18th - 6.30pm in the Sir Robert Barrie Community Room at Steckley-Gooderham Funeral Homes, 30 Worsley St (Cnr Clapperton)

Guest Speaker: Donna Douglas, Motivational Speaker

September 17th - 6.30pm in the Sir Robert Barrie Community Room at Steckley-Gooderham Funeral Homes, 30 Worsley St (Cnr Clapperton)

Guest Speaker: Laura-Lynn Bourassa, Alzheimer Society of Simcoe County

October 1st- We will be celebrating our annual Carp Awareness Week with flag raising by Mayor Jeff Lehman at 10am. More details to follow.

***There will be no regular meeting**

*Guests are welcome

*Light refreshments are provided

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

*Meetings are free of charge

DEMENTIA & STIGMA. LET'S TALK ABOUT IT.

Today, 747,000 Canadians are living with Alzheimer's disease and other dementias. (Dementia is an umbrella term for a grouping of symptoms; Alzheimer's is the leading cause (64%) of those symptoms) yet people with dementia say that they often face shame, embarrassment and exclusion.

Dementia remains widely misunderstood. The reality is that dementia, including Alzheimer's disease, is a degenerative brain disorder. It's no one's fault and it doesn't define the person who has it. People with dementia are the people they always were. Let's start looking at this disease differently and changing the way we talk about it – let's start today!

Where to begin? Imagine a close friend or family member tells you she has dementia, would you:

- a) Pretend nothing is wrong and avoid the subject
- b) Avoid speaking to her directly, for fear that she won't understand
- c) Tell her there's nothing to worry about; a little forgetfulness is normal with aging
- d) Ask her if she's comfortable talking about her diagnosis and how you can be supportive.

The news of dementia can be overwhelming and it's perfectly understandable to be shocked or frightened by it.

You may not know how to react yourself, but telling someone not to worry will

likely cause them to think you don't care to understand how he or she feels or what he or she is experiencing.

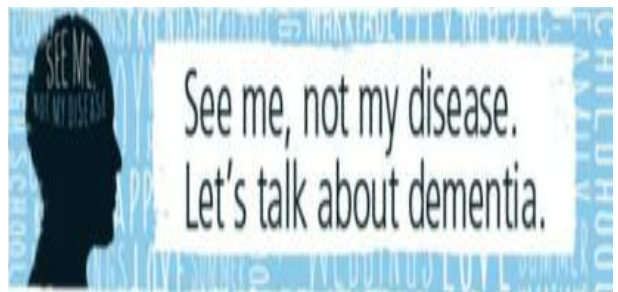
Dementia is a serious and life-changing illness that many may cope with differently. A diagnosis does not mean the person is immediately incapable of doing all things for themselves. Remember this is a progressive disease. Although some symptoms are common to everyone, dementia affects each person differently.

We all like to feel valued and respected and it's important for people with dementia to feel that they can still contribute and continue doing what they enjoy. Offering your ear and assistance is a good step towards erasing some of the stigma that surrounds this disease. The encouragement and support of others provides people with dementia the confidence to live fully for as long as possible.

If you are living with dementia and would like more information OR if you would like to support the work the Alzheimer Society of Simcoe County is doing, please contact:

Alzheimer Society of Simcoe County
phone: 705-722-1066,
simcoecounty@alzheimersociety.ca or
on the web
www.alzheimersociety.ca/simcoecounty

We are here to help!



CONNECTING WITH THE CHAIR

Hello everyone.

If you think you are receiving your quarterly newsletter only two months after the April 1st edition, you would be right. The board decided that working to put out a newsletter on January 1st was just too difficult, with December being such a busy month. Consequently, we have changed the schedule and so you are receiving this edition only two months after the most recent newsletter.

The new newsletter schedule will now be Sept 1st, Dec. 1st, March 1st and June 1st, for future reference.

I look forward to seeing those of you joining the June 2nd bus trip with brunch followed by the opportunity to see our own George Gibson from the Senior Housing Committee star in the comedy/drama "Connecting Doors". If you were unable to join us on June 2nd, I hope you might take advantage of the August 17th bus trip. As we do not meet in July and August the board felt it would fun to plan something over the summer for our members. Details of the trip are on page 6.

The Senior Housing Committee has been working diligently to find a property(s) on which to build our first Co-housing home.

The property we had hoped to buy has had some legal problems and so we have been unable to firm up an offer at this time. Interested parties wish to be in the city, close to conveniences and bus lines, and as we need a lot with a minimum of 70 feet frontage, this is not so easy. I was hoping for good news before we went to press, but we will do our best to keep you informed.

Mark Tuesday, Oct. 1st on your calendars as we will be raising our CARP flag at 10:00A.M. down at the waterfront along with the Mayor and other dignitaries to celebrate Senior's Day, and because it is October we are planning our own version of Oktoberfest.

So please plan on coming to the flag raising and we will keep you happy and busy for the balance of the day. All the details will be in the Sept. 1st edition or you can check out our web site at www.barriecarp.org.

Have a great summer!!!

Gwen Kavanagh

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



Government of Canada Launches the New seniors.gc.ca

ADVOCACY

The Honourable Alice Wong, Canada's Minister of State for Seniors, along with the Honourable George VanderBurg, Alberta's Associate Minister of Seniors, were in Calgary today at the West Hillhurst Go-Getters Association to announce the launch of the newly revamped seniors.gc.ca, a central source of information for seniors, their families, and caregivers.

The Government of Canada continues to work with provincial, territorial, municipal, and other partners to provide seniors information on services and benefits from all levels of government. As part of this effort, seniors.gc.ca now features a new Information for Seniors section that provides an interactive map with quick links to programs, benefits and services, and includes 2-1-1 services where available.

"Our Government is committed to helping seniors maintain a high quality of life and continue to be active members of their communities," said Minister Wong. "That is why today we are launching Seniors.gc.ca, including the new Information for Seniors section, which provides information about relevant programs and benefits, and resources to help seniors stay active, engaged and informed."

"Seniors, families and caregivers are increasingly going online for information about government programs and services," said Associate Minister George VanderBurg. "This newly revamped website from the Government of Canada provides easy access to the information people are looking for

including helpful links to provincial government resources and websites."

This article was published by Canadian Newsgroup, Globeadvisor.ca, and NorthumberlandView.ca on May 16th, 2013. To see this article and other related articles on The Globeadvisor.ca website.

"We are very pleased to be collaborating with the Government of Canada and provincial counterparts on new initiatives such as the 'Information for Seniors' section at seniors.gc.ca. All across Canada, United Ways, Centraides and our partners are working to improve access to community services for seniors and all Canadians through the 2-1-1 phone service and www.211.ca," said Dr. Jacline Abray-Nyman, President and CEO, United Way Centraide Canada.

Seniors.gc.ca, including the Information for Seniors section, which has been well received by seniors and stakeholder organizations, also provides information on a range of key initiatives like the New Horizons for Seniors Program, which supports projects led or inspired by seniors who want to make a difference in the lives of others and in their communities. Measures to increase awareness of elder abuse are also included on the site.

"CARP members welcome the new Seniors.gc.ca. It certainly covers the questions we get all the time and more important, helps people navigate the various programs and initiatives. Increasingly, people want to be able to handle their own affairs and access their government directly and this website will help

(...continued pg.11)



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 yes, 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

June 2013

Series of Seniors' events scheduled throughout the month Allandale and Parkview Recreational Centres
For further information, call the Allandale (705) 728-6332, and Parkview (705) 737-0755 Recreational Centres

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

June 20

Burton Ave United Church in Barrie is hosting a **Strawberry Supper** at 5 pm and 6:30 pm sittings. Turkey, ham, salads and strawberry shortcake.

Adults \$16.00, children 12 and under \$8.00.

Proceeds to Nicaragua mission projects. For tickets call the church office at (705) 726-0401

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

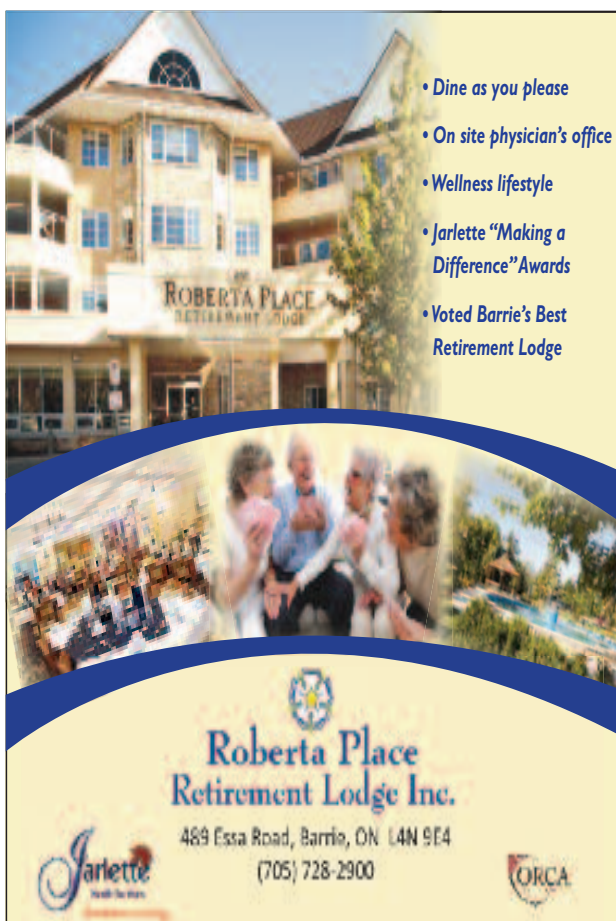
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COMMUNITY

AFFORDABLE HOUSING DEVELOPMENT: BUILDING FOUNDATIONS

Written by: Sandy Whetherald (Chapter 36 Social/Education Committee)

On behalf of Carp Chapter 36, Sandy attended a half day information session organized by Canada Mortgage and Housing Corporation (CMHC) in partnership with the City of Barrie on Monday March 20, 2013.

CARP representatives (Sandy Wetherald, Social and Education Committee and Gwen Kavanagh, Chapter Chair) were invited to be part of a discussion on developing affordable housing in sustainable communities to learn about the resources available and to listen to local speakers. The morning offered 5 topics:

- 1) The Top Ten CMHC Resources (to learn more about these resources, go to www.cmhc.ca/affordablehousing)
- 2) Housing Development 101 - Getting Started;
- 3) Housing Market Overview;
- 4) Enhancing Financial Viability in Affordable Housing Development;
- 5) Building Sustainable Housing - Lessons from Canadian EQ Builders (the speakers were representatives from CMHC and the Guest Speaker John D'Angelo, President, Martinway Developments Limited)

John D'Angelo's company received the 2012 Energy Globe National Award for

Canada for the Chapelview affordable housing project (completed in June 2010 in downtown Brampton, Ontario). It is an energy efficient, affordable apartment building of 200 apartments for seniors, people with disabilities and persons or families living on a low income. It is one of the largest affordable housing projects in Ontario and this build was the first multi-residential project in North America to receive a LEED (Leadership in Environment and Energy Design) Platinum Certification with exceptional standards for energy efficiency, occupant comfort and sustainability.

John showed us a video of the winners of the Dubai Award for LEED. There were over 300 submissions from international builds in different countries with only 13 winners - John's company was one of the winners. A prestigious honour for a Canadian builder.

The morning ended with a buffet lunch and many thanks to CMHC and City of Barrie for this very informative morning.





FIRE SAFETY IN THE HOME

SOMETHING TO THINK ABOUT!

Submitted by Christine Beggs, Carp Member, Chapter 36 (Ed- thanks Christine!)

An important message from the Barrie Fire Department is to find a moment and think about your safety and the safety of others in your home. What is the number one cause of fire involving fatalities? **Unextinguished fires** i.e. cigarettes and candles. What is the number one cause of death? **Smoke inhalation**. What is the number one cause of fires? **Cooking**.

How can we prevent fires in the home? Clear the clutter from around cooking areas. If you leave the area while cooking, set a timer or wear an oven mitt to remind yourself that cooking is in progress. Space heaters and candles also contribute to house fires.

Fire Extinguishers

Give the gift of safety and give fire extinguishers rather than candles on those 'special' occasions. Since most fires start in the kitchen, it makes sense to have a fire extinguisher, even though the law doesn't require it.

Affix your kitchen fire extinguisher to a cabinet door. Too much time is wasted if you have to find it in a cupboard. A few SECONDS is all it takes for the fire to get out of control.

Turn your extinguisher upside down once or twice a year to prevent the powder inside from compacting. Become familiar with the direc-

BEFORE you need to use it in the stressful circumstance of a fire!

Check the specifics of your fire extinguisher. In general: Recharge every 6 years or when the dial shows it needs it. Every 12 years it should have a pressure test. Purchase a new fire extinguisher after 15 years.

Fire Drills

Home Fire Drills should imitate the worst case scenario. i.e. in bed, at night, asleep. Practice rolling out of bed, onto the floor and crawl with your EYES CLOSED until you exit the building.

DO NOT SIT UP! The reason is that for every foot of smoke going up to the ceiling, the temperature rises 100 degrees F. If you sit up, you could breathe in smoke that could be your last breath. Or, given how much of our clothing, furniture etc. is synthetic, there will likely be harmful substances in the smoke which can be fatal. A single pair of running shoes apparently is enough to kill a family.

3 minutes is the time you have to escape before the fire escalates

Around the House

Remember to slide a lid, cookie sheet etc over a grease fire to put it out. If you add water, the fire will explode. The reason is that water is heavier than oil and sinks to the bottom of the pot where it heats up and expands to 1000x the volume in steam.... BOOM!

I think we all know Dollar store electronics may have the CSA seal but may not have been tested at all. Buy extension cords from reputable stores.

Extension cords under carpets, through ceiling tiles and through doorways are illegal. Using a heavier duty extension cord is always a safe bet so it doesn't overheat.

(Continued pg 10.)

(Continued from pg 9.)

Vacuum around your fire alarms annually using the fuzzy brush attachment to clear spider webs and dust.

NO MATTER WHERE YOU ARE... take a moment to figure out where the second exit - mandated by law is. Should there be an emergency, most of the people will try to exit through the same door they entered. This commonly results in slow exit and possible trampling and death - we've all read about such cases.

BBQs are not regulated by the fire dept but rather by another agency. Currently, in the city of Barrie, you must purchase a permit to burn (\$10.00). They must be off the ground, not burned in rain or fog, constantly supervised and have a hose and fire extinguisher nearby.

If you find yourself in a fire in a public building and can't get out, the stairwell is the safest place to be. There are few combustibles, fire resistant doors and you can move up or down depending on where the smoke is.

If you can't leave a room, try to seal the door with tape. Duct tape may make it difficult for rescuers to enter, so a lighter weight tape is better. Ditto for a wet towel across the bottom of the door.

Pushing the test button on a smoke alarm tests for power only. To test the smoke chamber use a lighted incense stick.



Benefits of Physiotherapy

(Adapted from the Ontario Physiotherapy Association website)

Physiotherapy can make a difference in an individual's ability to live an active, healthy lifestyle. For many seniors, disabled or chronically ill people, physiotherapy is the key to restoring and maintaining a level of physical function that permits independent living.

Physiotherapy benefits include decreasing pain, improving joint mobility, increasing strength and coordination and improved cardiorespiratory function. Everyone can benefit from physiotherapy whether you are living with a chronic illness, recovering from surgery or suffering after that weekend golf game.



Physiotherapy increases your independence and gives you the ability to enjoy your daily activities in your home, workplace or your favorite leisure activity. Physiotherapy offers a range of specialized services of benefit to patients with heart and lung disease, traumatic, workplace and athletic injuries, amputations, arthritic joints, stroke, brain injury, spinal cord and nerve injury, cancer and pre and postsurgical needs.

Talk to a physiotherapist: Most of the aches and pains someone experiences can be prevented. Physiotherapists have the education, applied knowledge and skill to help you keep your lifestyle pain-free and fun. Don't be limited by aches and pains.

How do I find a physiotherapist?

(continued pg 13.)

(Continued from pg.5)



them do that. We will let our 300,000 members across the country know about Seniors.gc.ca.” Susan Eng, Vice President, Advocacy, CARP.

“Through seniors.gc.ca, the Government of Canada is providing high-quality information to older Canadians in a clear and concise way. That’s a key ingredient in supporting informed decision-making, something we’re committed to at McMaster University and which is driving the design of the McMaster Optimal Aging Portal.” John N. Lavis, MD PhD, Professor and Director, McMaster Health Forum, and Member of the McMaster Optimal Aging Portal Development Team.

Minister Wong noted that as part of Economic Action Plan 2013, the Government of Canada proposes to better protect seniors in a variety of areas, including financial services, financial literacy and health.

Visit seniors.gc.ca [3] for easy access to government-related benefits, programs and initiatives for seniors.

Background

The Government of Canada is working hard to help improve the lives of seniors on many fronts. These efforts include:

- developing seniors.gc.ca as a central resource for seniors on government benefits and services, including finances, housing, health and wellness;

- providing Canadians with close to \$76 billion this year through Canada’s public pension system;
- a top-up to the Guaranteed Income Supplement (GIS) to help Canada’s most vulnerable seniors. This was the largest increase in 25 years to the GIS for the lowest-income seniors. This measure further improves the financial security and well-being of more than 680 000 seniors across Canada;
- providing \$2.7 billion in 2013 in additional tax relief to seniors and pensioners through measures such as pension income splitting and increasing the Age credit;
- providing \$400 million over two years under Canada’s Economic Action Plan for the construction of housing units for low-income seniors;
- actions to address elder abuse, which include awareness campaigns, the New Horizons for Seniors Program (NHSP), which funds projects to raise awareness of elder abuse and legislation that would help ensure consistently tough penalties for offences involving the abuse of elderly persons;
- increasing funding to the NHSP by \$5 million, bringing the Program’s annual budget to \$45 million. The Program helps seniors use their leadership abilities, energy and skills to benefit communities across Canada; and
- supporting positive and active aging through the collaborative Age-Friendly Communities Initiative, Physical Activity Tips for Older Adults, and falls-prevention.



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

Bless This Grand Biological Clock

It is the first sunny spring day in Vancouver, and I am lazily sipping my mo-jito at a trendy restaurant on the Drive.

Home to the young and the hip, artists and vegans, musicians and poets – a microcosm of the urban pulse of this soggy city, which changes its demeanour once the sun comes out.

From my comfortable vantage point, I can watch the world go by. Behind my dark glasses, no one can see that I am a visitor from the suburbs, a voyeur of the life resonating around me.

A city alive with noise and energy and colour.

And babies.

I see young mothers pushing their off-spring in strollers. These aren't the Lululemon mommies you see on the West Side. These mothers are not dressed in any specialized neighbourhood uniform. They just look ordinary.

I see the cherubic, edentulous faces of their little ones. Some with smiles, oblivious of the turbulence of life which awaits them. Others asleep without a care in the world.

I am tempted to reach out and tweak their chubby cheeks or tickle their toes. But I restrain myself. I want to pick up a young babe in my arms and cuddle it and make incomprehensible, infantile, cooing sounds at it as if it understands my divinely inspired communication perfectly.

I am suddenly filled with an unfulfilled longing and a yearning that I can no longer ignore.

I want to be a grandmother.

I remember myself as a youngish mother in the '80s with my two beautiful little girls. I can see long blonde hair and curls and endless smiles.

Pink. I remember the colour pink and the hair bands and the polka dots dresses. I loved to dress my two daughters as if they were miniature fashion models. My very own living dolls.

I should be reliving these moments again but this time with my grandchildren as my friends are doing, I am thinking, as I slurp the last of my minty concoction.

But as I gaze into my empty glass, I am aware this is never going to happen.

Neither of my daughters is interested in having babies. They have made it perfectly clear that motherhood is not on their agenda. Cats, yes. Dogs, very likely.

My eldest daughter has just adopted her second kitten. I made a fuss over the first one and even bought it a gift of a pink litter box. And now the second one has arrived home today and I am feeling less than enthusiastic.

Was it something I did? Were my daughters turned off or frightened by the way I tried to balance a full-time career with marriage and motherhood?

Perhaps the nihilism of today's millennial youth has umped their desire to procreate. Maybe it is the realization they can't have it all or don't even want to try. Can't afford a house and certainly can't afford to raise a child.

Are they afraid of the pain of childbirth or being responsible for another human being?

Is it easier and safer to love an animal whose love is unconditional?

Then again, it is really none of my business and I should accept that it's not about me and my wants but them making their way in a crazy world and sharing love in a way that feels right for them.

Four furry legs instead of two chubby ones. My new grandkitty's name is Sebastian... I wonder if they make blue litter boxes.

JOHN'S JOKES

Where does a cat go when it loses it's tail?

The retail store.

What does a cat like to eat on a hot day?

A mice cream code.

What do cats use to make coffee?

A purrcolator.

What do you call a cat that has swallowed a duck?

A duck filled fatty puss.

If lights run on electricity and cars run on gas, what do cats run on?

Their paws.

Why is the cat so grouchy?

Because he's in a bad mewd.

How does a cat get its own way?

With friendly purrsuasion.

What has more lives than a cat?

A frog, because it croaks every night.

How do cats end a fight?

They hiss and make up.

What's happening when you hear

"woof...splat..meow..splat?"

It's raining cats and dogs.

What do you call newborn kittens who keep getting passed from owner to owner.

Chain litter.



(Continued from pg 10.)

- Check the yellow pages for listings of physiotherapists and physiotherapy clinics. You can make an appointment with a physiotherapist directly.

- Ask for a recommendation from your family doctor. While a direct referral is not necessary, your physician may be able to suggest a physiotherapist for your particular concern. Further, while many physiotherapy services are covered by provincial health care plans, Workers Compensation plans and private insurance, some insurance plans require a doctor's referral for reimbursement.

- Visit the web site of the Canadian Physiotherapy Association at www.physiotherapy.ca to access the 'Find A Physiotherapist' directory and to find out more information about physiotherapy. The CPA web site can also link you to resources for finding physiotherapists through provincial association branches and regulatory colleges.

Submitted by

Paul Mieschke BScPT, BSc, MCPA

Registered Physiotherapist



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