

WILL I HAVE TO MOVE?

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INTERNATIONAL BROMANCE

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Photo credit: Phyllis Mahon

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

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CARP 705.252.4756

BLUE JAY HEAVEN!



CHAPTER 36 MEETING SCHEDULE

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

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functioning.

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NO MEETINGS IN JULY OR AUGUST – Have a great summer!

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CONNECTING WITH THE CHAIR

Well, it is hard to keep up with the weather and all the changes, rain, sun, warm, cold. I suppose we should be very thankful we are not in the flood areas in Quebec and B.C., but it's Canada and conversations always seem to include some reference to the weather.

I hope your gardens are showing some colour and it is wonderful to walk out the door in sandals after what seemed like a long winter. For those of you who joined us for the annual brunch and theatre trip on May 7th it made the season official in my book. A wonderful way to spend a Sunday with good food, entertainment and surrounded by CARP members and their guests.

We were honoured to have Dr. Travis Doucette present to us at the May Member Meeting on the Barrie Archives, which was activated by some wonderful volunteers less than two years ago. It was well received by our attendees and Dr. Doucette proved to be a wonderful speaker. The work they have accomplished is very impressive and I am sure you would find it well worth your while to attend any of their future events or presentations.

We have been busy at the Chapter. The web site is under reconstruction and I think you will find it much improved. The software on the original site was out-of-date and made it extremely difficult for us to update and make changes, so this is very positive. We are also in the midst of our Business Plan for 2017/2018 and are always looking for suggestions from our

members. So please feel free to contact us with your thoughts



and, of course, we are always looking for volunteers for our various committees and would be happy to welcome some new board members as well. There are currently 8 of us and I am happy to report that all of us carry our weight and contribute to the whole.

Our Vice-Chair, Tom Oldershaw is heading up our new Media Committee and he is happy to report a new member on that Committee, namely Randy Ward of Cdn. Sports News. Welcome Randy!

More media attention is one of our goals for increasing membership. Larger numbers boost our Advocacy efforts with the various levels of government.

Do come out to our June meeting on the 20th. We have another interesting presentation by Ivengi Kriger on the use of music to improve health in multiple ways. It will be an interactive musical evening so come out and enjoy. It will also be our last member meeting until September as we do not meet in July or August.

See you there!

Your Chair,

Gwen Kavanagh
CARP Chapter 36



ADVOCACY

"WILL I HAVE TO MOVE?"

Citizens of all ages have the right to fully engage in the social, economic, and cultural life of their cities and communities. Citizens who cannot navigate their community safely and affordably cannot fully participate in civic life. Age Friendly Cities/Communities (AFC), as conceived by the World Health Organization (WHO), have services, policies, structures and environments that enhance the quality of life for people of all ages and abilities, allowing them to remain engaged in every aspect of civic life.

"Age-Friendly Cities allow people of all ages and abilities to meet their daily living and health care needs, remain physically active and engaged in their communities and contribute to civic life."

Most older Canadians live in urban centres – approximately 80% of Canadians over 55 years of age ⁽ⁱ⁾, approximately 8 million ⁽ⁱⁱ⁾, live in urban centres and rely on municipal services. Urban centres can help Canadians remain independent and active as possible by providing more opportunities for work, volunteerism, recreation, and overall engagement. However, with age, many are facing declining mobility, diminishing cognitive function, and various other health and financial challenges. Daily activities, such as cooking, bathing and maintaining the home become a challenge, leading to the question "Will I have to move?" In a truly AFC, the answer is "no" because an AFC is designed and built on principles of universal access, universal mobility and age-mindfulness. AFCs allow people of all ages and abilities to meet their daily living and health care needs, remain physically



active and engaged in their communities and contribute to civic life without making drastic changes in their living arrangements.

Universal access for all ages and abilities

People can age in place in AFCs because the built environment is accessible for people of all ages. AFCs are built pursuant to Universal Design principles, producing buildings, products and environments that are accessible to people of all ages and abilities. Universal Design ideas can range from wider doorways and barrier-free entrances, more level and wider sidewalks to having evenly spaced out public benches in parks and on streets to allow people to rest while walking.

AFCs respond to people's needs to the greatest extent possible, by enhancing the mobility and independence for people of all ages. Everyone, from young mothers with strollers, older people with walkers, people with disabilities and children, can confidently and safely navigate sidewalks, public spaces, parks and buildings.

Universal access also means adapting homes so that people can stay in their homes and maintain their independence for as long as possible. Other levels of government currently provide home renovation tax credits for seniors but stair lifts and walk-in bathtubs often do not go far enough. Municipalities have an important role in supporting and allowing

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for different types of housing concepts, such as granny flats and co-housing models. As people age and ask, “Will I have to move?”, the answer remains “no”.

Universal mobility: Getting to where you need to go

The ability to get to work, get groceries, visit family and friends, visit the doctor and other essential services is a critical part of living an engaged and independent life. AFCs ensure universal mobility in that people of all ages and abilities can easily get to where they need to go, safely and affordably.

Universal mobility goes beyond discount transit passes but rather, it ensures that the bus comes right to your street corner and takes you to your desired location. It also means that buses have lower floors and automatic ramps and metro stations are accessible with elevators for those with strollers, wheelchairs, and everyone else when tired or not physically well.

Universal mobility also means urban planning that lets people walk to get what they need. Community hubs with public health and social services can be created in under-used schools or recreation centres. People who used to walk their children or grandchildren to school can now walk there for some advice, to volunteer, or to see their friends.

Universal mobility enables people to remain in their communities so that the answer to “Will I have to move?” remains “no”. As people age and face challenges such as diminished mobility, isolation, and loss of independence, AFCs have an important role in ensuring universal mobility so that people can remain in their communities, navigating, participating and remaining fully engaged in all aspect of civic life.

Age-Mindfulness: Urban Design with Age in Mind

AFCs need leaders and decision makers to view all facets of city planning through the prism of its citizens spanning the entire age spectrum. The needs of citizens of all ages and abilities are accommodated in the planning and governance of city by-laws, public transit systems, emergency services, recreation spaces and services, and urban design and planning. A city that is designed with people of all ages in mind fosters greater social cohesion, engagement, and participation for everyone.

Older citizens make an increasingly significant economic and social contribution to cities and communities through continued engagement in the workforce, volunteering, caregiving, and other civic duties. Furthermore, the importance of older citizens in the civic life of a city will become more apparent as younger age groups remain demographically static against the growth of older cohorts.

Several cities are already taking the lead in transforming their cities and communities to be age-friendly. The new Official Plan for the City of London, Ontario, released in May 2015 commits to fostering a prosperous city, which they describe as a city that is built “for everyone.” It commits to being an Age-Friendly City, in which “people can choose to “age in place” – where services and programs are readily available and universally accessible... providing more opportunities for Londoners to live healthy, active lives.⁽ⁱⁱⁱ⁾ London also created an Age-Friendly London Task Force in 2011, bringing together older adults, service providers, caregivers and other

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NATURE WORKS PHOTOGRAPHY | With the changing world around us, Jennifer makes a difference. She became a community steward for Adopt-a-pond at the Toronto Zoo and helps people understand the importance of our wetland areas, their inhabitants and their significance to wildlife and humans alike. Turtles are her passion and she has written a book about them which is being published through the Toronto Zoo Adopt-a-Pond Program. In 2009, along with son Jeff, Jen was responsible for the first turtle crossing signs in Innisfil. Jennifer won an education award in 2011 from Lake Simcoe Region Conservation Authority for the educational effects and values of her photography in her community and another from Ontario Nature in 2016. Volunteering is a big part of Jennifer's life and she has participated in many wildlife studies. Jen's #1 priority is watching over our wetlands and the life within. Another is setting up her own wildlife rescues and resultant releases. Jen encourages people to make their backyards into a natural habitat. Food, water and shelter for our wildlife friends helps them survive the ever disappearing habitat around us and them and also attracts important pollinators; birds, butterflies, bees and other helpful animals. Jennifer's life is very full and there is no end to the rewards in this field. To contact Jennifer for more information or to set-up a photo-op with your 4-leggeds (or 2) call Jennifer at 705.431.1183 or e-mail jenscreativephotography@hotmail.ca



MARCH MEETING



Larry Hoover, member and guest

FUN AND INTERESTING!



Rosemary Mowat, Director, Chapter #36
& Molly Malcolm, Member



Gwen Kavanagh, Chair, Chapter #36 -
Taking care of business



Happy members

MAY MEETING – LEARNING ABOUT BARRIE'S HISTORY



Jim Murray,
only true
Barrie-ite
in the room!



Rosemary, Dr. Travis Doucette (Barrie
Historical Archive), Sandy, Gwen & Tom

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community members to provide input into improving the quality of life for older adults in London.^(iv)

CARP Recommendations

CARP calls on cities and communities across Canada to become model Age-Friendly cities. There is a need for a real and conceptual shift in the relationship that civic leaders have with their older citizens so that no one has to move when they age but rather continue to participate and stay fully engaged in every aspect of civic life as they have throughout their lives.

All levels of government have a role in removing barriers and expanding opportunities to ensure that residents of all ages and abilities can confidently navigate, participate and remain fully engaged in every aspect of civic life. Local governments must take the lead in making the ideal of “aging at home” a reality for older Canadians.

Three fundamental principles to make age-friendly cities:

1. Age-mindfulness in Governance

CARP recommends that Canada’s municipal leadership, from councillors to mayors, govern the city with age-mindfulness – viewing all facets of city life from the perspective of citizens spanning the age spectrum thereby governing the design of our public spaces, the built environment, and transportation throughout the city and encouraging full participation of ages in civic life.

This means:

Committing to the value of age-inclusiveness in aspects of civic life

Ensuring that urban planning is inclusive of all ages, removing barriers and encouraging engagement

Partnering with the private sector to ensure an age friendly commercial environment

2. Universally Accessible Built Form (public spaces and homes)

CARP recommends that every aspect of the built environment, from streets and walkways, parks and buildings, to neighbourhoods and communities, be made universally accessible to all citizens, regardless of age.

Examples include:


Outdoor seating can be placed at regular intervals, particularly in parks, transport stops, sidewalks, and public spaces

Sufficiently timed pedestrian crossing lights with visual and audio signals to allow pedestrians to cross the street safely


Well-maintained, level, non-slip and wide enough paved sidewalks to accommodate all users, including wheelchairs and strollers

By-laws and city supports for new housing concepts such as granny flats and cohousing

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TERMS & CONDITIONS APPLY

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3. Universal Mobility in the Public Space (transit, co-located services, and community hubs)

CARP recommends that universal mobility is made a reality for all citizens regardless of age, with tools like accessible and affordable public transit, co-located services, community hubs and 'walkable' neighbourhoods.

Examples include:

Public transportation that is accessible and affordable to all neighbourhoods; with consistent and reliable services even in off-peak hours

Co-locating services and social outlets in residential community hubs to provide needed services and to help foster civic inclusion without requiring extensive travel by car or on transit

REFERENCES

- (i) http://www.cmhc-schl.gc.ca/en/inpr/bude/hoolca/hoolca_vol_001/hoolca_vol_001_009.cfm
- (ii) Statistics Canada, CANSIM Table 051-000
- (iii) <http://www.london.ca/business/Planning-Development/Official-Plan/Documents/RethinkLondon/2%20Fostering%20a%20Prosperous%20City.pdf>

(iv) <http://www.london.ca/business/Planning-Development/Official-Plan/Documents/RethinkLondon/8%20Building%20Strong%20and%20Attractive%20Neighbourhoods.pdf>

Age-Friendly Community Planning Project – May 2017 Update – Barrie

With funding support from the Ontario Seniors Secretariat's Age-Friendly Community Planning Grant, the City of Barrie, in partnership with the Seniors' Advisory Committee and an experienced age-friendly community planning consultant, embarked on a project to identify and recognize the full scope of issues facing seniors living in Barrie. Barrie's Age-Friendly Community Planning Project launched in January 2016 with an analysis of existing data and an inventory of existing age-friendly community resources, followed by a thorough needs assessment.

To understand senior's needs in the community, the general public and seniors service providers were consulted through public and provider surveys, focus groups, key informant interviews, a community forum held in June 2016, an active feedback

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loop on our project discussion paper, and an implementation planning workshop held in August 2016. The Barrie Age-Friendly Community project concluded in the fall of 2016 with a draft implementation plan and report. The implementation plan and the final report were presented to and endorsed by City Council on February 27, 2017.

The Plan includes recommendations for the municipality to implement, several of which have already been targeted by Council and staff as needs to address, and are thus already integrated into staff work plans and department capital and operational budgeting cycles. In addition, the plan includes recommendations that focus on what the broader community can do to create a more age-friendly Barrie, including identification of service providers, and community organizations for which the municipality can partner with to strategically accomplish the goals set forth in the plan.

The Age-Friendly Community Plan is a practical, user-friendly plan that will serve as a dynamic template for ongoing community relationship building and collaborative planning to address the needs of the senior's population in the City of Barrie. It contains innovative measures to ensure the plan's sustainability, which will be monitored by the City's Senior's Advisory Committee and to ensure it remains a living document that city staff and the community can use for years to come.

*Cheryl Dillon, M.Ed, BA, RRP, MCVP
Accessibility Coordinator
City of Barrie
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JOHN'S JOKES

Submitted by John Rodgers,
Former Board Member
And Joker Extraordinaire!



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away from being
rich, all i need
now is money.



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By April Lewis - Peace Arch News

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

Meeting Not Exactly an International Bromance



It is not lost on me that I wrote this column on Valentine's Day.

After all, history was made recently with the beginning of a budding bromance between Canadian Prime Minister Justin Trudeau and US President Donald Trump.

Well, perhaps that's not the best way to describe their first meeting at the White House. Cordial, polite and civil might be a better choice of words.

Oh, how I would have loved to have been a fly on the wall during their private conversation behind closed doors. But as I have a creative imagination, I think I have an idea of how the tete-a-tete might have gone.

Allow me to share my version of their friendly banter with you:

Trump: Good morning and welcome to the White House. Will the Prime Minister be arriving shortly?

Trudeau: I am the Prime Minister.

Trump: (turning a littler redder than normal) Of course you are. I apologize. Hey, I just realized that both of our names start with the letters TRU. How cool is that? But why did your mother name you Justine? Now, Donald, there's a good old American name for you!

Trudeau: It's Justin, Mr. President.

(quickly changing the subject) I have brought you a gift ...a photo of you and my father at a New York banquet in 1981.

Trump: Thank you. I look great, don't I? Is that a comb-over your father is sporting?

Trudeau: (ignoring his comment) Speaking of American, Mr. President, I thought your wife Melania looked lovely at your inauguration. Was that an American designer she was wearing?

Trump: Don't think so. I think it was some overpriced Italian designer...I am still waiting for the bill to come in.

Trudeau: (gloves out metaphorically speaking) My wife Sophie wore a Canadian designed dress when we last visited the White House.

Trump: And didn't she look like a frump! Hey, that rhymes with Trump! They let you cross the border?

Trudeau: (changing the subject) Mr. President, I look forward to having discussions on several matters important to both of us. Starting with trade...

Trump: (interrupting) Trade! I have a great idea! We'll take all your natural resources, which include softwood lumber and water in exchange for free lifetime passes to Disneyland for all Canadians, no matter what their ethnicity!

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Trudeau: (clearing his throat) Well, perhaps we should start our discussion with economic policy. You said in your election campaign, you wanted to make America great again. Actually, I saw a billboard in Seattle which read “Ban pre-shredded cheese. Make America grate again.” Was that part of your protectionist policy?

Trump: (looking pensive) Let me ponder on that for a while, Justine.

Trudeau: (a little flustered) It's Justin, Mr. President, Justin! Let's talk about the Keystone XL pipeline then, surely to be a benefit to both our great countries.

Trump: Absolutely. I agree with you 100 per cent on that score. I was thinking we could come up with a way to divert the

pipeline so it would deliver your delicious maple syrup to all my fellow Americans. Now how's that for fair trade!

Trudeau: (sweat beading on his brow) Er, I look forward to having future productive meetings with you Mr. President on other important issues we have in common such as border security and immigration.

Trump: No need for that young fella...I shall be conducting all my communications in future on my Twitter account. Before you go, could I please ask you just one little favour? May I run my fingers through your hair?

Trudeau: Absolutely not!

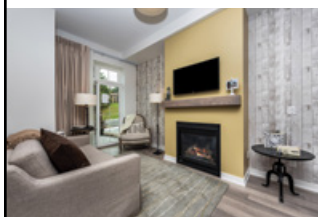


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