



Issue 3 – April 1, 2011

Barrie Chapter 36

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Barrie CARP just keeps getting better and better. Plans are in the works now for our own local web-site. Very soon you can access this user friendly site at www.barriecarp.org. In the meantime, continue to google Barrie CARP which will take you to www.carp.ca/barrie

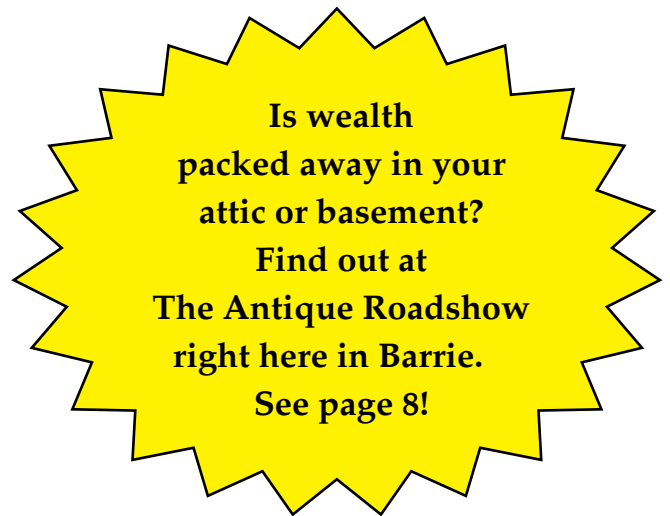
Remember to tune in to radio AM740 or classical 96.3FM for senior friendly broadcasting

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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.

Connecting with your Chair

I know I'm looking forward to spring and I'm sure all of you are too.

In this newsletter you will find information on our April and June meetings as well as the Antique Roadshow & Fair in May. It is a very busy time but also, a very exciting time as we work towards projects and advocacy issues to benefit seniors in Barrie and the surrounding area.

We have now formed a Committee for Senior Housing, consisting of James Bazely (Gregor Homes), George Gibson (Gibson & Adams), Ian Hocking (Hocking Homes, Royal Le Page), Ruth Blaicher (Remax) and myself. It was unanimously decided at our first meeting to proceed with advocacy for co-housing as our first solution to the senior housing problem and we have met with the Barrie Council Planning Department to ensure we can move forward without any major roadblocks. I am excited to be addressing this issue on your behalf and we will keep you updated in upcoming newsletters and meetings (see the meeting schedule). Also, see page 6 for a preliminary questionnaire for potential investors, and potential residents in a seniors' housing project.

You will find a poster on page 8 of this newsletter about our main fundraiser for the year, the upcoming Antique Roadshow and Fair to be held on May 14th. We are very excited to bring an event of this magnitude to Barrie and area. Our sources tell us there is high attendance at these types of events. Over and above the Antique Roadshow, we hope to have approximately 30 booths with interesting and informative exhibitors that will cater to the needs and interests of CARP members and the general public. There will be draw prizes and a raffle on two home-made quilts. Six appraisers will cover multiple categories such as militaria, Canadiana furniture, folk art including carvings, home made fishing lures, sporting memorabilia, British and European china, silver, watches, clocks, stamps, coins, fine art and furniture to name a few. We are endeavouring to book appointments at 705-252-1471 in order to do away with long waiting periods. There will be a charge of \$10 for 10 minutes per appraiser. As the Fair is such

a large endeavour, we will be looking for input and volunteers from our membership to ensure the event is of high quality and will reflect the calibre to which we aspire for our chapter. We have scheduled a round table meeting for April to discuss the Fair. Your influence and participation are essential to achieve a successful event and the ongoing vitality of our chapter. So please come out and join us!

Gwen Kavanagh

CARP Chair, Chapter 36, Barrie & Surrounding Area

Thank you and keep up the good work!

Thanks to all new and renewing members who wrote "**Barrie Chapter 36**" on your applications. Please keep doing this (or, if renewing electronically, click on "chapter" on right hand side of screen and choose "36 BARRIE"). Each such marked renewal puts \$3 into our local coffers, and each *new* marked application adds \$5. This is a major source of funding for the important work we wish to accomplish in Barrie.

And remember, bring your loonies and toonies to our local meetings for our 50-50 draw.

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CARP Chapter 36 meeting schedule

Tuesday, April 19th – at 6:30 PM at the Sir Robert Barrie Community Boardroom in the Steckley-Gooderham Funeral Home, 30 Worsley Street, next to the library ...

... A round table discussion regarding the Antique Roadshow and Fair. Bring your ideas, wish-list and suggestions to help make our Fair the greatest event ever!

Saturday, May 14th (in place of our regular meeting) ...

... **The Antique Roadshow and Fair** (see page 8 for details)

Tuesday, June 21st – at 6:30 PM at the Sir Robert Barrie Community Boardroom in the Steckley-Gooderham Funeral Home, 30 Worsley Street, next to the library ...

... “Aging Safely, Independently and Wisely at Home” ...

... Co-Presenters: **John Tom**, Franchise Owner of MEDChair Barrie, and **Hal Wirsching**, Philips Lifeline Program Manager at Georgian Bay General Hospital.

Join Tom and Wirsching to hear about the most common risks and dangers to people in their homes as they age, and discover products and services that may forstall a costly and unnecessary move to a retirement or nursing home.

See page 6 to book a bus
for the **ZOOMER SHOW** in
October.
Act now, space is limited!



The Barbershop Quartet, “Ring On” from the Barrie County Chordsmen, entertained Barrie CARP members at the February meeting with love songs and songs about travelling and seasons.



Barrie CARP’s March meeting was held at the Bradford Greenhouses, where Gabrielle Deschamps-Polman and Dorus Polman gave a wonderful presentation on new gardening trends for 2011. Fifty members attended and were greatly interested in the potato bag and upside-down tomato hanging basket. Ideas for balconies and small places were well received.

Have you taken your fitness meds today?

If you could get a pill that would help you sleep well, reduce belly fat, strengthen bones and joints, help you maintain your balance, cut your chances of getting both colds and Alzheimer's disease by 46%, reduce anxiety and stress damage to the body when dealing with problems like cancer or bereavement, and ward off depression, would you take it? I would.

The magic potion is not in pill form though – it comes from simply sticking to a routine that includes at least 30 minutes of exercise five days a week. Yes, recent studies have proved all of the above benefits. It doesn't matter what form of exercise you prefer. Anything will work. For me it's simply walking. I walk outside when I can and on the treadmill or up and down the stairs when the weather is inclement.

Here's a test for you. Sit on the floor with your legs straight out and try to touch your toes. If you can't, you need to begin a gentle exercise regimen until you become lithe enough to do so. You should probably check with your doctor before you begin.

The trick of course, is that we all have good intentions, but things intervene to give us excuses for missing our exercise "just for today". But you wouldn't miss taking your pill would you? Think of these 30 minutes as your daily fitness meds and make it a priority and you *will* notice the difference. I was walking along the Barrie waterfront one day last summer and a cute little dog was straining on his leash for my attention. I patted him and said how cute he was to the owner, an elderly man sitting on a bench. He replied, "Yes, I guess he is cute, and the little guy saved me I think. Before I got him I never left my apartment. I could barely walk from my kitchen to my living room chair. But a friend died and the dog had no home so I took him. He has to go out twice a day to do his business so I was forced to walk. After two years I can walk freely now and am back to doing my own shopping and whatever else I need to do."

So where to begin? You could start today, with a walk around the block, and then work up to 30 minutes each day. If you want a break from routine, and if you can use transit, a walk along Barrie's waterfront

is always a pleasure, or you could walk at Georgian Mall or Wal-Mart if the weather is poor.

If walking is too boring for you, or you want to supplement that with other activity, the City of Barrie offers many programs. Financial assistance forms are available at any Recreation Centre or at City Hall, 3rd Floor. The City publishes a Leisure Guide twice a year that sets out the various fitness programs that are available. You can participate in these as a "Drop In" for which you pay by the day, or by using a pass, or you can register for a program and pay a fee for it. These are some of the programs offered:

- Gentle Stretch & Strength
- 55+ Pilates Stretch Out
- 55+ Weight Training
- 55+ Zumba & Tone (Latin Dance)
- Fitness Fun
- Bone Builders
- Fit for Life
- Aquafit

As well, there are personal trainers in Barrie who will tailor a fitness program just for you. *Fit to Retire* was established six years ago to serve the needs of mature adults in achieving their fitness goals. Jeff Stocks, the owner, is a Certified Personal Trainer and an Older Adult Specialist. The focus for each client is to establish attainable goals and create an atmosphere that encourages clients to move forward on their fitness journey. Emphasis is placed on functional strength training, flexibility, balance and range of motion using safe and sound exercise programs with every client being recognized as unique.

For more information or to book an appointment contact 705-722-0053 or fit2retire@hotmail.ca or hstocks@rogers.com

And if you are looking for exotic forms of exercise check out tai chi or low impact yoga. Tai Chi is called "the physical meditation" because its gentle stretching movements have to be learned and the mental concentration on the movements focuses your mind away from your troubles. Regular tai chi exercise im-

Cont'd, next page

proves circulation, balance, mobility, blood pressure, and breathing, and combats many diseases. The Barrie Branch of the Taoist Tai Chi Society of Canada is located at 110 Anne St. S., Unit 22 (barrie@taoist.org; 705-722-9259)

So let's all get moving. A word of caution – fatigue is not the goal. Overdoing is dangerous. Take it slow to start and gradually work up to your “daily requirement” of 30 minutes.

Susan Bracken

The Mayor's Senior Taskforce

Barrie's 55+ plus community is growing, and its voice needs to be heard!

One of my priorities as Mayor is to ensure that the unique needs of seniors in Barrie are understood and heard by City Council. For that reason, I have proposed a Seniors' Task Force, reporting to Council. Soon after being elected, I met with the Barrie Chapter of CARP to discuss senior housing. And in early March, I spoke to the members of Barrie's own 55+ Centres at their Annual General Meeting, and received excellent advice on issues such as recreation programming, facilities, and related issues such as transportation. From these early meetings I have begun to formulate goals for the Task Force and have some ideas of how we can work together.

With the members of organizations such as CARP and the 55+ Centres doing excellent work on advocating and advancing seniors' issues, the next step is to organize an effort to bring these bodies together, and report to City Council as a task force. I am proposing a roundtable meeting as a next step to bring CARP, the 55+ Centres membership, and our own Intergenerational Services at the City together to or-



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ganize this effort.

On June 3rd, many in the 55+ community will be gathering at Victoria Village for a Living Well event, hosted by the City of Barrie Intergenerational Services. Watch for more details on this event. I hope you will join us.

Jeff Lehman, Ext 7900

Doug Norman joins CARP Board

Doug Norman has built a career with 36 years experience in computers encompassing hardware, operating systems, applications and networks. Doug has also enjoyed 25 years in various Scouting roles including leader, trainer, and group committee member. Doug's family life includes his wife Janice, their two boys, Daniel and Chris, daughter-in-law Jennifer and grandchildren Savannah, five years old, and one-year-old Samantha.

Doug is currently teaching Computer Studies part-time at Georgian College and various adult training courses at CTS Canadian Career College here in Barrie.

When Doug gets any spare time he enjoys hiking and golfing and tinkering around the house.

ADVERTISING AND SPONSORSHIP

To keep in touch with our members, it is important to produce quarterly newsletters.

To support this effort, if you or anyone you know would be interested in sponsoring or placing an advertisement in our newsletter, please contact the Chair, Gwen Kavanagh at 705-252-4756 or email barriecarp@gmail.com for rates and cut-off dates.

Editor's note

The big picture is grim. Every eight seconds a person in North America turns 65. Within the decade there will be more than one billion people on the planet age 65 or older. Governments in developed countries are scrambling to beef up end of life care infrastructure, but most will fail to meet the needs of the ever increasing numbers seeking care. The whys of this are beyond my understanding. I have no power to influence the big picture. But I do have the power to influence the small picture: my own life and that of my loved ones, and life in my community. So do you.

There are many age-related issues that need attention, but when all is said and done, a comfortable place to live, warmth, food and medical care are the nitty-gritties.

It is up to the national CARP personnel to push for improved medical care and more doctors, as these are federal/provincial issues. It is up to you and me, here in Barrie, to push for and create affordable seniors' housing, and local home care services.

There are two opportunities on the horizon that will provide the focal points for you and me and others to improve housing and home care in Barrie. The first is the mayor's Senior Task Force (see page 5), and the second is the Committee for Senior Housing (see page 2, and the article on the opposite column).

Susan Bracken



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.

This lifestyle show features entertainment, information and exhibitor booths of interest to people over the age of 45. Themes include travel, retirement accommodation, medical facilities and services, entertainment, and spirituality, to name just a few topics.

There are also continuous live entertainment, exercise demonstrations, a fashion show, a car show, and an art exhibit. Free samples abound, and food and beverages can be purchased.

The show is at the Exhibition Centre in downtown Toronto, and **Barrie CARP will operate a bus service to the show if enough members indicate an interest.** Estimated cost per person for the bus is \$10.50 round trip (includes tip for driver) 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 705-252-4756 and 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.

CARP Senior housing committee announcement

Barrie CARP Senior Housing Committee is investigating the possibility of overseeing a real estate project for senior housing in the Barrie area. This would be a ground breaking housing project designed specifically for seniors wishing to live within a communal style environment yet retain ownership and enjoy their independence. This is at an early planning stage. However, we are polling CARP members to ascertain potential interest in such projects, which would be overseen by local Barrie professionals and CARP members. Depending on the level of interest we will be sending future invitations to attend seminars promoting either the investment opportunity or the senior housing living opportunity.

We have two questions:

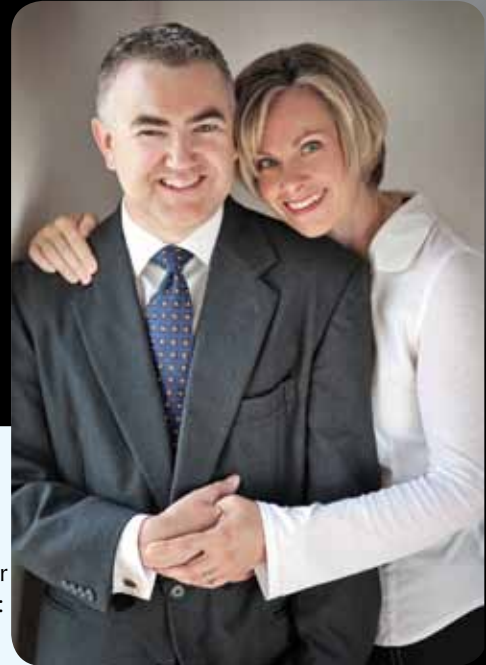
1) If you or someone you know had the chance to invest for 6-9 months in a seniors' housing project based in Barrie, secured by real estate and having a return of 8-10%pa would you be interested in knowing more?

2) Would you be interested in knowing more about living in a specific senior-designed housing environment that allowed you to own your own space and keep your independence?

Please indicate any interest in 1) or 2) above by replying with your name, telephone number and, if you have it, an email address to either seniorhousingbarrie@gmail.com or telephone Gwen at 705 252 4756.



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Membership Committee Report

As we continue to move forward in 2011, we are consistently seeing more membership participation in the Barrie CARP Chapter. As a “new” Chapter, we continue to “iron out the wrinkles” in our membership list and I am happy to report that we are being asked to include a larger geographic area for our mailing campaign. We are managing to keep costs to a minimum by encouraging as many contacts as possible to include their email addresses to receive our newsletter electronically rather than regular mail.

Again, we wish to remind renewing members to ensure they include “Chapter 36” (See page 2).

Janice Norman, 705-728-8493 or jdnorman@rogers.com

CARP

(A New Vision of Aging for 45 +)



HOSTS AN

Antique Roadshow & Fair



**Saturday 14th May, 2011
Mapleview Community Church
300 Mapleview Drive W, Barrie**



9.00am—2.00pm



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