

# CARP

## CONNECTOR CHAPTER 36

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[www.barriecarp.org](http://www.barriecarp.org)



**Fall Edition**

### UPCOMING EVENTS:

- ANNUAL GENERAL MEETING
- CARP AWARENESS WEEK
- ZOOMER SHOW

## APATHY & SYSTEMIC ABUSE OF SENIORS Pg. 3

## ZOOMERS: Loving relationship can be a matter of taste

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



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## Chapter 36 Meeting Schedule

**September 16th** - 6.30pm in the Sir Robert Barrie Community Room at  
Steckley-Gooderham Funeral Home, 30 Worsley St, Barrie (Crn Clapperton)  
**Guest Speaker:** Dr. Steven Chang, dentist - concerns for the aging population.

**October 1st** - **CARP AWARENESS WEEK** - Flag Raising: 10:00am at Kempenfelt  
Bay, Victoria St, Barrie followed by meeting & refreshments from 11:00am at  
The Wholeness Centre, 59 Maple Ave, Barrie L4N 1R9

**Guest Speaker:** Heather Stone, Program Coordinator, Canadian Red Cross

**November 18th- AGM & Christmas Celebration** - 6:30pm in the Rotunda.  
Barrie City Hall, 70 Collier St, Barrie. Refreshments & entertainment provided  
by "Getting 2 B a Habit".

\* **Guests are welcome**

\* **Light refreshments are provided**

\* **Bring a loonie or toonie for the 50/50 draw**   \* **Meetings are free of charge**

**NOTE: As of January 2014, all meetings will be held at the Minet's Point  
location of Steckley Gooderham - 201 Minet's Point Rd, Barrie.**

# Apathy and Systemic Abuse of Seniors

Reprinted from [www.carp.ca](http://www.carp.ca)

As a cohesive social unit, our virtue is not measured in our treatment of the most powerful among us. If it is to be found at all, it will reside in our disposition towards those of us who are most vulnerable. We all share in the responsibility to care for those of us who cannot yet care for themselves and those of us who no longer can.

We tend to think that the rich, the powerful and the famous are immune to the undignified abuses that some of us occasionally endure. They are not. We all age and as we do, many of us eventually become more vulnerable. At some point, every single one of us will need help.

Even so, it's always jarring to hear that the likes of Brooke Astor, Mickey Rooney and now, allegedly even media titan Rupert Murdoch have suffered elder abuse. If these high profile people, media bosses and cultural icons could not protect themselves, what chance do the rest of us have?

Elder abuse is widespread problem that crosses social, cultural, and economic boundaries. One might think that given this universality and scope – people might be more sympathetic... We also often think of narrowly of what constitutes abuse, but neglect is also a form of abuse. In fact, neglect can be one of the worst types of abuse.

There is much talk of “awareness” raising but scratch below the surface and you'll quickly find that beneath the rice-paper thin sits a massive systemic failure to protect our seniors. Take, for instance, the recent tragedy that took place in the Quebec town of L'Isle-Verte where 32 grandparents were lost in a nursing home fire. The tragedy is not the first of its kind – over the years there have been several nursing home fires and at every inquest – fire marshals have said the same thing... There should have been sprink-

kler systems installed in every dwelling where people need help getting out.



The nursing home in L'Isle-Verte was understaffed and it was not fitted with an appropriate sprinkler system.

There has been some progress – in Ontario new nursing homes and retirement residences must have sprinkler systems but older homes will not be forced to have them until 2025, therefore providing our seniors with another 11 years of poor fire safety. It's obvious that the safety of seniors is just not a priority.

Every year, scores of the coroners' inquest recommendations that have the potential to save lives go unanswered or ignored. There is no real system in place to keep the agencies or homes that receive to the recommendations accountable. If they decide to ignore the instructions for preventing future deaths – nothing happens.

Last year, the Quebec coroners investigated 27 suspicious deaths in nursing homes between 2006 and 2011 – they found that nearly all of the deaths were avoidable. Several of the deaths reflect another growing and little discussed problem: seniors who fall or burn to death in their baths.

Every year, staff find seniors like Maurice Laporte, 91, unconscious in their baths, their bodies covered in second and even third degree burns. Seniors have more fragile skin and more difficulty fighting infection – they tend to die on site or shortly afterwards at the hospital. Coroners' reports are grisly reads and they make us ask – why don't we use common sense? Why don't we enforce *(Continued on pg.7)*

# Connecting With The Chair



I hope you have all enjoyed a pleasant summer after that short spring and I do look forward to September as it is my favourite month of the year. Time seems to march forward so fast these days and it is hard to find the time to stop and smell the roses.

I look forward to reconnecting with many of you at our next meeting on September 16th and of course I hope many of you will support our Flag Raising for Senior's Day on Oct. 1st down at the waterfront, end of Victoria St. and then join us for celebratory cake and our October meeting afterwards at the Community Wholeness Centre, 59 Maple Ave.

With Megan Kirk stepping down I am now Chairing the Sr. Advisory Committee to the City of Barrie as well, and we are working towards providing advice and recommendations to City Council to make Barrie a more age-friendly community in 8 key areas. They include Outdoor Spaces and Buildings, Transportation, Housing, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, Community and Health Services. On the morning of Nov. 6th we are partnering with the City Planning Services Staff on World Town Planning Day, with a joint Workshop entitled "Planning for an Age-Friendly Community" It will be held at Victoria Village and is open to the public. They will require you to regis-

ter, as space might be limited, by contacting Ross Cotton at City Hall (705) 739-4220, ext.5135

Further, our Sr. Housing Committee is putting together a business plan for presentation this month to a local community entity and we are also forging ahead with our Registry for Innovative Co-housing (ICOR). The Registry is an expression of interest only to either now or in the future possibly live in a Co-housing home. The Registry is a simple two page form and all information will be totally private. Any interest can be directed to me at 705-252-4756 or to our email [barriecarp@gmail.com](mailto:barriecarp@gmail.com)

You should be aware that current federal funding of \$1.6Billion per year is being withdrawn as agreements for social housing expire and by 2040 federal investment in support of our existing stock of social housing is projected to be zero. Currently seniors in Barrie are about 12% of the population and expected to grow to 20% in the next two decades. At this point in time roughly 500 seniors in Barrie are directly affected and this number will only grow. The Canadian Housing and Renewal Association is launching a web site dedicated to this pressing issue at [www.housing4all.ca](http://www.housing4all.ca)

On a rosier note I hope you have booked our Sept. 18th wine tour as this is always a popular outing and interested parties should contact Marjorie Scott at (705) 252-1471 immediately.

Looking forward to seeing you soon and wishing you all a colourful and happy fall.

*Gwen Kavanagh*  
Chair, CARP Chapter 36

# CARP Chapter 36...OUT AND ABOUT

## BRUNCH & THEATRE TRIP

This was the 2nd time we have enjoyed this venue for brunch and the buffet did not disappoint with scrumptious omelettes, crepes, fruit salads, meats and sinful desserts!

Onward we went to the Midland Cultural Centre for a wonderful matinee performance by the Huronia Players of "I'll Be Back Before Midnight" - a murder/suspense thriller. We jumped out of our seats a few times..



## HEALTH & HOME CONFERENCE



*CARP Chapter would like thank the following sponsors for making the Home & Health Conference a great success:*

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- \*Listen Up
- \*Premier Mobility
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- \*Sunlife Financial



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## **Not Just a Bed – A Home**

As we age and become more fragile, our needs can become too great to stay where we would prefer to be – in our own homes. Acute care hospitals must confront the problem every day of discharging elderly patients who are no longer able to stay in an unsupported environment. Often, the only solution is a cold, hospital-like environment where residents occupy “beds”.

Verena Menec, a Professor in the Department of Community Health Sciences in the College of Medicine at the University of Manitoba, focuses her research on aging. In this thoughtful blog post, she suggests that we need to rethink the way older people are housed, moving away from an institutional model (where those frail elderly stuck in the acute care hospital because there is no place to send them are known as “bed blockers”) and toward a model based on the idea of “home” and “village”. Words influence the way we think. When it comes to public policy that is right for our parents, our grandparents and ourselves, words matter.

- See more at: <http://www.carp.ca/2014/08/09/just-bed-home/#sthash.j9LjgsRK.dpuf>

### **The Barrie Senior Housing**

**Committee** has been working tirelessly over the past few years towards a viable solution to affordable/alternative housing for seniors here in Barrie. Solterra Co-housing provides one such solution that we support and are advocating for. The concept is outlined in the next column....

## **Solterra Co-Housing**

### **THE CONCEPT...**

Overview Solterra Co-housing Ltd. offers an innovative alternative to shared housing options available to seniors. Already practiced in Australia, the concept of “Shared Home Ownership” is growing in popularity, both abroad and throughout North America. At Solterra, we have adapted this concept to the unique requirements of senior citizens.

Today’s seniors are re-evaluating their priorities; seeking housing options that balance their wish for independence with an increasing desire or need for day-to-day support. A Solterra shared housing solution provides support similar to an “Assisted Living Facility” combining personal privacy with the advantages of shared resources and community living. Traditionally, residents share the ownership of the home and all relative costs, rather than paying rent; however, there may be rental opportunities within a shared home.

Owners have their own private bed/sitting rooms with en suite, and access to the common areas of the home. The shared amenities often include a kitchen and dining room, workshops, guest rooms, home office, arts and crafts area, laundry and more. Each owner has a percentage interest in the home and is registered as a Tenant in Common on the title/deed. However, owners control all aspects of operating the entire home, and each resident contributes to, and is accountable for household decisions.

building codes that don't allow bath temperatures to get hot enough to kill people? It seems simple enough. Quebec has initiated this process, but again, only new homes will have to follow the new code.

It's puzzling to see that there is so much apathy and lack of political will to draft and enforce simple pieces of legislation that will save scores of lives every year. Why do we accept a system that allows seniors to go unprotected – a system that is, in many ways, abusive?

What could be more important than – literally – saving lives? Talk is cheap, actions are not. Time to put our money where our mouth is: let's keep the politicians accountable for protecting our seniors and creating legislation that should have been in place a long time ago.

**New to Barrie** pre  
lea

*Lifelong Learning Association*

presents their **First Fall Lecture Series**, a unique opportunity to learn about stimulating and informative topics with other adults.

## The Changing World Order - A Return to Geopolitics

## Russia and the Ukraine Affair

**"My lie is truer than your lie."**

**Dr. Larry Black**

Tuesday Oct. 7

Date: Tuesdays – Oct 7 to Nov 4, 2014

Time: 1:30 - 3:30 pm

Location: Grace United Church

Registration and Further Information:

[www.thirdagebarrie.ca](http://www.thirdagebarrie.ca) or (705) 627-0202

Cost: \$40 for 5 lectures

## Russia and the Ukraine Affair

## “My Referendum is More Legal . . .”

Dr. Larry Black

Tuesday Oct. 14

## The Changing Nature of International Relations

Dr. Michael Johns

Tuesday Oct. 21

## Social Cohesion in the European Union

Dr. Michael Johns

Tuesday Oct. 28

## Impact of Internet Censorship on the Changing World Order

Alanda Theriault, M.A. Tuesday Nov. 4

Location	Time	Series Cost
Grace United Church, Cook and Grove St., Barrie	1:30 - 3:30 pm	\$40.00

Please register in advance at [www.thirdagebarrie.ca](http://www.thirdagebarrie.ca) or 705 627-0202

## UPCOMING EVENTS

### Zoomer Show

**WHAT:** Exhibitors featuring the latest trends, products and services for YOUR generation.

**WHERE:** Direct Energy Centre, Hall A

**WHEN:** Saturday, October 25th – 10:00AM to 5PM

**Sunday,** October 26th – 11:00AM to 5PM

*\* More details on page 15*

### 26th Annual Frank Fielder Memorial Classic (Sponsored by the Seba Shrine Club)

**When:** Friday September 12

**Where:** Bonaire Golf Course, Coldwater

**Cost:** \$125 p.p included lunch, green fee, cart, dinner, prizes

**Contact:** Norman Malcolm  
705.735.6449

### Planning for Age Friendly Community Workshop

*Workshop will feature presentations on the profile of Barrie's senior population, Ontario Senior Secretariat Age Friendly Communities Initiative, City of Barrie's Senior Planning Update*

**When:** Thursday November 2, 2014

**Time:** 9am -12pm

**Location:** TBA

**Contact:** Gwen Kavanagh for further information at 705.252.4756

### SUPER EASY- FALL DIP

Short of time over the fall season, just assemble and you'r ready to go!

1 tub of Cool Whip, (or whipped cream recipe here)

3 small boxes of Vanilla Instant Pudding

1 small can of Pumpkin Puree

1 teaspoon of Pumpkin Pie spice (to taste)

Mix all ingredients in a mixing bowl until smooth and kind of fluffy. Sprinkle Pumpkin Pie Spice over the top to taste. Refrigerate or Serve right away, either works!

You can add in raisin's or dried cherries for a little more flavor, but I like it plain. I serve with Sliced ap- ples, Vanilla Wafers, and Graham Crackers.



The almost one hundred million Baby Boomers living in North America alone are just beginning to face the essential questions associated with retirement, downsizing, and determining how they will live the next chapter of their lives. Yet addressing these “Next Chapter” lifestyle options is more complicated than a casual glance might first suggest.

The Book on Downsizing – 7 Steps to Rightsize the Rest of Your Life and its companion book, The Workbook on Downsizing are for all those Baby Boomers and ‘near Boomers’ who have everything except a plan for their future. These books walk you through the seven steps that facilitate the right conclusions for you, or you and your partner.

# **DOWNSIZE *or* RIGHTSIZE *your* FUTURE**



TheBookonDownsizing.com  
 1-855-755-BOOK (2665)  
 direct line: 705-718-5800

## **UPCOMING CARP EVENT**

**Durham Region Wine Tour** Sept 18, 2014  
 Departing from Barrie at 9:30am,  
 a luxury coach bus will take you to  
 Frankie Tomatoes  
 Buffet Lunch,  
 Willow Springs Winery,  
 Ocala Winery and  
 White Feather County Store.  
 Return to Barrie 7:45 pm  
 Price \$75.00 / person

**Call Sandy at 705.252.4916 for registration**



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is looking for  
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with someone who is blind or partially sighted.

Vision Mates provide one-to-one assistance and companionship for a person who is blind or partially sighted. Matches are made with someone in your area. A volunteer visits once a week for two hours to assist with four main tasks: reading, errands, going for walks, and socializing (Vision Mates do not drive or provide personal care).

We are currently looking for Vision Mates in your area, including: Barrie, Orillia, Alliston, Midland, Elmvale, Huntsville.

Do something amazing - share your sight! Help someone with vision loss maintain their independence and quality of life!

Please note that Vision Mate volunteers must be 19 years of older, have a satisfactory Police Record Check and a Vulnerable Sector Screen and be able to give a six-month commitment to the program.

CNIB is a registered charity, passionately providing community-based support, knowledge and a national voice to ensure that Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life.

**CNIB Simcoe/Muskoka Seniors Summit & Tech Fair -- Drop By, Tune In, Get Connected!**

Join us for two events in one: The second annual Seniors Summit which will

focus on how seniors can stay connected through technology AND the Tech Fair which



will feature the latest in audio and visual devices. Seniors and all ages welcome: Wednesday, October 29, 2014, 10 am to 3 pm, Barrie City Hall Rotunda, 70 Collier St. Presentations at 11am by AMI and Seniors Online Safety at 2 pm. Refreshments, this is a free event. For more information or to attend the session, please contact Sherri Helsdingen, Coordinator of Volunteer Services, 705-728-3352 ext. 5289 or sherri.helsdingen@cnib.ca



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that you are from  
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back to the chapter and benefit  
you!

## ANNUAL GENERAL MEETING & CHRISTMAS CELEBRATION

The Annual General Meeting for CARP Chapter 36: Barrie & Surrounding Area will be held on November 18th, 2014 at the City Hall Rotunda, Barrie.

In preparation for the meeting, the Chapter 36 by-laws will be posted on our website - [www.barriecarp.org](http://www.barriecarp.org). Hard copies will be available at the September meeting.

**Nominations for Board positions are now open. Submissions must be received 30 days before the AGM.**

If you are interested in being part of the Board, please contact Gwen Kavanagh at 705-252-4756.

Following the AGM, we look forward to celebrating the end of a successful year with a delightful Christmas Celebrations.

*More details to come.*



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[facebook <https://www.facebook.com/BarrieCARP36>](https://www.facebook.com/BarrieCARP36)

## CARP AWARENESS WEEK

Continuing our tradition this year, Barrie Mayor, Jeff Lehman will proclaim CARP AWARENESS WEEK on October 1st and raise the CARP flag at a civic ceremony on the shore of Kempenfelt Bay to increase the visibility of our Barrie Chapter and our work in the local community with an emphasis on advocacy for senior's housing.

CARP chapters across Canada will also fly their flags at various events on October 1st in conjunction with National Seniors Day.

Following the flag raising, we will be hosting the regular monthly meeting at the Wholeness Centre.

Flag Raising: 10:00am at Kempenfelt Bay, Victoria St, Barrie  
Meeting & refreshments from 11:00am at The Wholeness Centre, 59 Maple Ave, Barrie L4N 1R9

Guest Speaker: Heather Stone, Program Coordinator, Canadian Red



### **By April Lewis**

*April is the local communications director for CARP, a national group committed to a 'New Vision of Aging for Canada.' She writes monthly.*

## **ZOOMERS: Loving relationship can be a matter of taste**

In the spring, a young man's fancy lightly turns to thoughts of love.

But I wonder if Alfred Lord Tennyson knew how to cook!

They say the way to a man's heart is through his stomach, but let me tell you the converse is also true.

My new guy cooked for me for the first time the other week... OMG! It was lovingly and painstakingly prepared curried chicken.

Plump pieces of organic chicken with all kinds of vegetables cut up and mixed together with the balanced mix of exotic spices making it tasty but not too hot. With rice bubbling in the pot.

But wait there is more. He said it was important to refresh the palate while eating his culinary masterpiece so he proffered fresh, ripe pieces of mango and cantaloupe. I brought the mango chutney.

The wine was a perfect complement to this exquisite repast.

This was followed by sweet strawberries steeped in Cointreau for dessert. It doesn't get much better.

And Graham Kerr, the Galloping Gourmet would agree. As you know, CARP hosted a recent event where Graham was the guest speaker. You remember him as the first television celebrity chef in the '60s and '70s.

At 80, he's still going strong, travelling and writing and sharing his love of all things culinary.

Initially in his career, food was all about "delighting," but now "nutritious" comes first.

What a clever man. He calls his wife, Trenea, of 59 years, his beloved and continues to enjoy cooking for her.

Kerr prefers to eat healthy food but never denies himself the foods he loves. He tells us to go ahead and have that ice cream, but perhaps only one scoop buried under berries.

Or, instead of bacon and eggs, why not crumble one strip of bacon over a salad.

He has a thing for acronyms and his latest is EGGs.

- **E** stands for Eating. Yes, we all must do it to survive but it is in the way we eat, that is important. And that includes choosing what we eat and how we prepare it. As my guy did in a pas de deux created with his two hands.

- **G** stands for Growing... the food. Realistically, that might only include a few sprigs of basil in a patio pot or a garden full of potatoes, tomatoes and spinach. There is nothing more satisfying than eating something you have grown yourself. As summer approaches, you can take advantage of the local farmers' markets.

- **G** stands for Gathering – getting together with friends or family or the person you love. It is one thing to painstakingly prepare and/or grow some of the food, but it takes it to a whole new level when you are sitting at a table with someone you care about.

- **S** stands for Sharing – the best part of the entire eating experience. What a joyful feeling it is when you cook for someone who is enjoying your efforts and utterly consumed (pun intended) by the experience.

So not only does the adage 'food is love' ring true in any relationship, putting your EGGs in one basket may also serve you well.



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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 up-  
coming meetings and details of  
planned events.

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

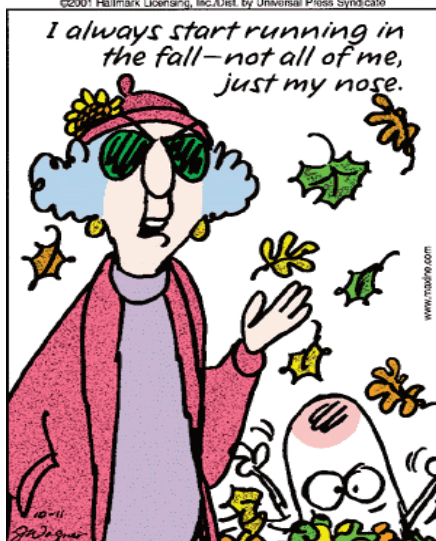
**We appreciate your feedback:**  
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## JOHN'S JOKES

Submitted by John Rodgers,  
Board Member and joke extraordinaire!



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## HAVE YOU THOUGHT ABOUT SPECIALTY ADVERTISING?

### ADVERTORIAL - \$600

Take this opportunity to sell your story. An advertorial takes up a full page and includes a 1/4 page ad along with an article. We can assist you with the layout.

### CENTREFOLD- \$750

This is prime real estate in any publication. First in, first served, this is your space. Show your creativity and grab the attention of our members.

### SERVICES DIRECTORY - \$120

The directory is located on the back 2 pages (excluding the back cover). A budget- friendly alternative for new businesses looking to increase their profile in the community. *\$120 covers all 4 editions.*

## ZOOMER SHOW

Book your spot on the bus to the Zoomer Show - Saturday, October 25th, 2014. Departing from rear parking lot Bayfield Mall at 9:30 a.m. travelling to Zoomer Show Hall A, Direct Energy Centre, CNE. Entrance to show free with CARP membership.

Departing from Zoomer Show at 3:00 p.m.

**Cost per person \$22.00.**

**Please call Sandy Wetherald at**

**705-252-4916 to reserve your seat on the bus.**



**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.

# Planning Ahead



When you take the responsibility to plan your funeral in advance you give yourself peace of mind. But what you're really doing is providing your loved ones comfort when they will need it most.

Call us today at 705-721-9921 to remove the emotional and financial burdens a funeral



can cause your family. In addition you will receive a complimentary Wishes & Memories Planning Guide.

Be prepared and live with the peace of mind you and your family deserve.



STECKLEY-GOODERHAM

*funeral homes*

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

[www.steckleygooderham.com](http://www.steckleygooderham.com)