



Summer Edition 2014

# CARP

## CONNECTOR

### CHAPTER 36

Serving Barrie and  
Surrounding Area

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

**In pictures: CARP's  
trip to the Theatre**

**Refreshing  
Raspberry  
Lemonade**

# CARP HEALTH & HOME CONFERENCE

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**\*Our biggest event ever!**

**Ontario Elections:  
Candidate Debate  
pg.5 and CPP - Time  
to Act (pg.8)**

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



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**Kelly Patterson** - Newsletter Editor

## Chapter 36 Meeting Schedule

**June 7th- All Candidate Debate and the CARP Health & Home  
Conference & Retail Trade Show, Army Navy & Veterans (ANAF), 7  
George St, Barrie - see further details on page 3.**

**July - No Meeting**

**August - No Meeting**

**REMEMBER**  
*On all membership renewals,  
please make sure you indicate  
that you are from  
**CHAPTER 36**  
so that the royalties come  
back to the chapter and benefit  
you!*



Join the conversation...

CARP Chapter #36 is hosting a conference and tradeshow about the future of health and housing in our community. Where it is today, where it's going and how you can be involved in the process?

**June 7th, 2014**

**Army, Navy & Air Force Club, 7 George Street, Barrie, ON**

**Join us for lively discussions from:**

- ZoomerLIFE 2013 Healthcare debate (video)
- CCAC on the importance of Advanced Care Planning
- Solterra Co-housing, an innovative shared homeownership option for retirement living
- Georgian College on their award winning housing design for seniors
- City of Barrie on the state of seniors housing

**Conference Tickets \$15.00 (includes lunch)**

**11am to 5pm.** Registration is required. **Free Parking**

**FREE Retail Trade Show**

**9am to 6pm** featuring related health and home vendors

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Find out more and follow this event at [www.facebook.com/BarrieCARP36](http://www.facebook.com/BarrieCARP36)

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## Connecting With The Chair



Welcome to almost summer, at least it will officially be summer in a few weeks.

For those of us not lucky enough to be south this past winter we are looking forward to embracing warm summer days, cool drinks and sandals.

This past quarter has been very busy. I have now attended three meetings for the new Senior Advisory Committee to the City of Barrie, along with fellow CARP member, Molly Malcolm. While the mandate of the Committee is housing, transportation, civic participation and communication, Molly and I chose to focus on the housing section as it is near and dear to our hearts. We will be like those pesky and annoying mosquitoes buzzing around the heads of the City Planning Board as we poke, prod and likely ask annoying questions like a child saying "are we there yet"?

The good thing is that some of this could benefit our CARP Senior Housing Committee. For instance, the Senior Advisory Committee to the City was in favour of my suggestion to start a Registry (ICOR or Innovative Co-housing Registry). The intention of the Registry is to keep track of persons interested in the possibility of someday living in a Co-housing home and also to be able to cross-match "like seniors" for the individual homes. It would also, in the future, create a ready made list of purchasers for units in the event of a death or traumatic health problems. We have posted the registry form on our web site

[www.barriecarp.org](http://www.barriecarp.org) or you can always email [barriecarp@gmail.com](mailto:barriecarp@gmail.com) or call (705) 252-4756. I also want to thank Elisa Birmbaum for the two page article on our Co-housing model in the May edition of the Zoomer magazine.

Thanks to our social committee we had a very enjoyable evening on May 1st at the Mady Centre enjoying a comedy, "The 25th Putnam County Spelling Bee" and on June 1st we repeated last year's Sunday adventure with a wonderful brunch at Brooklea Country Club. We then went on to Midland's new cultural centre for a dramatic play "I'll Be Back Before Midnight" put on by the Huronia Players. Thank you Marjory for all your work and dedication to planning such great events and I look forward to the wine tour you are putting together for us.

Board members Dan Gage and John Rogers manned a membership table at the Painswick Library on May 24th and thank you to the Shriners for inviting our Chapter to do a presentation at their meeting on May 21st.

As I write this we are gearing up for our big day on Saturday, June 7th. The retail trade show and the "Health & Home Conference" will happen at the Army, Navy, Air Force Club at 7 George St. in Barrie and thankfully we have had a great response. The trade show and parking are free. However, the Convention, which includes lunch is \$15.00. Not sure how many tickets will be left by the time this goes to print but interested parties can call Marjory at (705) 252-1471 or sign up on line at our web site, [www.barriecarp.org](http://www.barriecarp.org)

When the Liberals called the Ontario

*(Continued on pg. 5)*

## COMMUNITY

election for June 12th we had to scramble. In the past we have held political forums for our members to see and hear the local candidates. We did not have enough time to put together a separate event so we have piggy backed onto our June 7 event, at the same location. The candidates will be on hand for questions and answers from 9:00am to 10:30am in the Crystal Ball Room and the Conference will now start at 11:00am and run to 5:00pm. This is an important election and we hope our members and the general public will take advantage of this opportunity to be heard.

Wishing you all a happy, healthy summer.

*Gwen Kavanagh*  
Chair, CARP Chapter 36



### **2014 CARP CHAPTER 36 ALL CANDIDATES DEBATE**

***This is your opportunity to ask the Provincial Election candidates the tough questions to help you decide who you will vote for on June 12th, 2014.***

**Where:** ANAF, Crystal Ballroom

7 George St, Barrie

**When:** June 7th, 2014

**Time:** 9:00am - 10:30am

**In attendance will be the PC Party (Rod Jackson), NDP (David Bradley), Green Party (Bonny North) and Liberal Party (Ann Hoggarth).**

## **Speak Up! By, Marjory Scott**

Board Member, Marjory Scott attended the Inaugural National Advance Care Planning event on behalf of Barrie CARP Chapter 36 which was held at the Royal Victoria Regional Health Centre on April 16, 2014

Marjory reported that in the next 20 years, Canada will be entering a never seen before demographic shift. For the first time in history, the number of seniors over the age of 65 will surpass the number of people under the age of 14.

More alarmingly, the Canadian death rate will increase by 65% to over 430,000 deaths annually.

Despite the known increase in our aging population and our subsequent death rate however, over 50% of families have reported that they do not know what their loved one's end-of-life wishes are.

In addition, 86% of Canadians have never heard of Advance Care Planning, and only 9% have spoken to a health care provider.

The message on April 16th was clear - no matter what age or stage of life, we need to start having the conversation about our end-of-life wishes now when we are capable of making choices.

The aim for the April 16 event was to have 100 people pledge their commitment to "Speak Up" and have the conversation.

The goal was to have people commit to all or one of three goals listed below

1. Have a conversation
2. Identify a substitute decision-maker
3. Appoint a POA for personal care

And, they succeeded!!

105 people made the promise to "Speak Up".

Marjory had 15 people from CARP Chapter 36 sign the pledge at the monthly meeting.

Well done Marjory!



## Tips for a Safe Barbecue Season

### From Consumer Protection Ontario

After one of the longest winters on record, our thoughts are finally turning to one of the most fundamental rites of Canadian summer: backyard barbecuing.

Before the first burger of the season hits the grill, Consumer Protection Ontario encourages you to inspect and clean your BBQ.

1. Check your BBQ to ensure the propane tank and hose are not cracked or damaged.
2. When lighting your BBQ:
  - \*Move back from the grill before pushing the igniter button
  - \*If the BBQ does not light right away, turn off the gas and wait a few minutes before trying again
3. Never use any type of BBQ indoors or in an enclosed space like a garage.
4. Keep the BBQ away from wooden fences and other flammable materials.
5. Turn off the gas when you are finished and let the BBQ cool before closing the hood.
6. Clean burners regularly. Grease build-up can cause fires.

These BBQ safety tips are courtesy of our partner and expert source, the Technical Standards and Safety Authority (TSSA). For more information, visit TSSA's public education website, [www.SafetyInfo.ca](http://www.SafetyInfo.ca).

Keep safe and happy grilling!

## Raspberry Lemonade

### Ingredients

- 1 cup sugar
- 1 cup of water
- $\frac{3}{4}$  cup raspberries; pureed and pushed through a fine mesh sieve; plus more whole berries for garnish if desired
- 1 cup fresh lemon juice (this equaled close to 8 of my lemons)
- 4-6 cups cold water (this will vary depending on your taste)

### Directions

1. Make a simple syrup by combining the sugar with 1 cup of water in a saucepan. Place over medium heat and heat until the sugar is completely dissolved; swirl the pan occasionally. Let cool.
2. Measure  $\frac{3}{4}$  of fresh raspberries and puree them in your blender or food processor.
3. Push the raspberry puree through a fine mesh sieve to separate the seeds from the pulp.
4. Once the simple syrup has cooled, combine the raspberry puree, simple syrup and lemon juice in a large pitcher.
5. Add 4-6 cups of cold water. The amount of water you use will depend on your taste, so add as little or as much as you want to achieve your perfect sweet/tart balance.





## *Lifestyle 50 Plus*



### **Modify & Stay or Move & "Smart Size"**



**Do you want to move or do you feel you need to move ? If you could stay in your home, would you? Have you researched all your Options?**

Introducing you to " **Lifestyle 50 Plus**"! A **new** business in Barrie that provides options for people who are looking at changing or modifying the way they live either within their own home or somewhere else that better suits their needs.

**Kim Cameron** is a Lifestyles 50 Plus Consultant and the first " unique " Realtor that doesn't want you to move unless it's the very best choice . Kim is a qualified SRES (Senior Real Estate Specialist ) and ASA (Accredited Senior Agent).

Kim is skilled in helping people who feel like their current living arrangement is She works with a network of "Exceptional Specialists" that include many local business and professionals including trades persons to repair or modify your home , property maintenance , cleaners, in-home caregivers, pet sitters, move coordinators, packers , realtors , lawyers, accountants, property managers , financial and estate planners and the list goes on."

Kim said it can be overwhelming and very stressful to many as we all get comfortable with our routines and familiar settings.

### ***What can Kim do for you?***

**Step 1:** Meet with you for a free consultation where information is shared and you have the opportunity to ask questions.

**Step 2:** Decide if you want to hire Kim to help you. She charges for her time and any actual expenses incurred and will give a quote first, so there are no surprises.

**Kim Cameron is the "Go To" person** that will listen and give you all the choices currently available to enjoy life to the fullest .

Although Kim has been a local to Barrie since 1967, she also networks all over Ontario and can give referrals for other locations. She can help your family and friends too!

For the past 10 years, Kim has been on a learning journey by leasing and selling new and resale homes, condominiums, town-houses , land lease properties, cottages, lots and acreages all over Simcoe County. She is well versed in all of the living options available to seniors who are ready to 'figure it out' with her help. Kim is a proud member of CARP Chapter 36 and a Carp Ambassador.

**Call Kim Cameron for your free consultation today at 705-333-0755.**



**Kim Cameron**

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The politicians are playing politics with our future and it has to stop. The Canada Pension Plan needs to be increased and everybody knows it. The politicians need to get the message that they should act now.

CARP has been advocating for pension reform since 2008, starting with a call for a national pension summit and for a Universal Pension Plan to address the growing problem of personal retirement savings inadequacy.

It is now widely accepted that Canadians are not and cannot save adequately for their own retirement.

Twelve million Canadians – two-thirds of the work force – do not have occupational pension plans. The problem is especially acute for middle-income Canadians who may not be eligible for sufficient OAS/GIS benefits in retirement, but who don't have sufficient personal savings to avoid outliving their money.

In June 2010, finance ministers finally acknowledged that Canadians were not saving enough for their own retirement and that governments had a role to play. The federal government introduced Pooled Registered Pension Plans (PRPPs) as a solution to the savings gap and finance ministers committed to considering a "modest" CPP enhancement. Legislation for Pooled Registered Pension Plans is being put in place but little progress has been evident on enhancing the CPP besides the promise to continue discussing the options.

The federal government vetoed the decision to enhance the CPP at the FTP Finance Ministers' meeting on December 16th, delaying the CPP enhancement once again. The government's failure to act on retirement security will be an election issue.

## ADVOCACY

Timeline of events over the past 2 years:

### December 2013

\*CARP meets with Premier Wynne and Minister Sousa on Ontario-made solution  
CARP's news release: No CPP increase – Failure to act on retirement security an election issue.

\*CARP push for CPP enhancement reaches Ontario Legislature.

\*CARP's news release: CPP campaign targets Finance Ministers who will meet on December 16th.

\*CARP's news release: CARP delegation to meet Wynne and Sousa on CPP - CARP Chapter Chairs from BC, AB, QC, and NS join Susan Eng to ask Premier Wynne and Minister Sousa to put pressure on their colleagues to enhance the CPP at the Finance Ministers' meeting on Dec. 16th.

\*CARP's news release: Support for Government Plummet; CPP the Reason - 71% of CARP members say government doesn't deserve power if CPP not expanded.

\*CARP news release: Reasons to Oppose CPP increase don't hold water, just ideology: CARP Poll – CARP members reject excuse for inaction.

(continued pg. 11)





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**



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## **UPCOMING CARP EVENT**

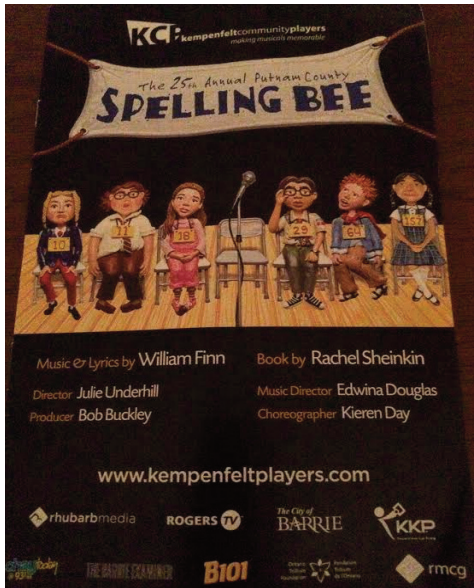
**Durham Region Wine Tour Sept 18, 2014**  
 Departing from Barrie at 9:30am,  
 a luxury coach bus will take you to  
 Frankie Tomatoes  
 Buffet Lunch,  
 Willow Springs Winery,  
 Ocala Winery and  
 White Feather County Store.  
 Return to Barrie 7:45 pm  
 Price \$75.00 / person

**Call Marjory at 705.252.471 for registration**

## COMMUNITY

### Chapter 36... Out & About

**The Annual Putnam County Spelling Bee** was proudly presented at the Mady Centre in downtown Barrie from May 1-11 and a few of our Board members attended.



The 25th Annual Putnam County Spelling Bee, is a hilarious tale of overachievers' angst chronicling the spelling championship of a lifetime.

Six young people in the throes of puberty, overseen by grown-ups who barely managed to escape childhood themselves, find that the spelling bee is the place where they can both fit in and stand out.



*Board Member,  
Sandy Wetherald*

Pictured here, Board Members Gwen Kavanagh, Dan Gage, Sandy Wetherald and Eva Koselak were entertained by The Kempenfelt Community Players (KCP) where the cast took full advantage of the opportunity to revisit their adolescence and were more than ready to take on a few members of the audience while they were at it!

The next outing for Chapter 36 will be the Durham Wine Tour on September 18, 2014.

See More details on page 9.



*Inside the theatre (L-R), Gwen, Eva, Sandy and Dan.*

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TERMS & CONDITIONS APPLY

*(continued from pg.8)*

### **November 2013**

\* "If not now, when?" CARP calls on members to write to politicians on CPP enhancement.

\* Provincial Finance Ministers meet and find 'common ground' on CPP enhancement.

\*CARP chapter join in Canada-wide CPP letter to provincial and politicians.

### **October 2013**

\*CARP calls on the federal government to show leadership on pension reform in Throne Speech.

\*PEI Finance Minister Wes Sheridan Announces CPP enhancement plan to CARP members at CARP AGM.

### **June 2013**

\*CARP issues open Letter to Finance Ministers to move forward on 2010 commitment to CPP enhancement.

### **Fall 2012**

\*CARP calls on Finance Ministers to move forward on previous commitments.

\*New Quebec government open to CPP/QPP enhancement.

\*CARP publishes provincial responses to open letter urging action on pension reform.

### **April 2012**

\*Ontario government renews commitment to CPP enhancement and investor protection on PRPPs.

### **February 2012**

\*CARP urges Federal government to safeguard PRPPs with fee caps and defined benefits.



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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 upcoming meetings and details of planned events.

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

**We appreciate your feedback:**

**[barriecarp@gmail.com](mailto:barriecarp@gmail.com) or**

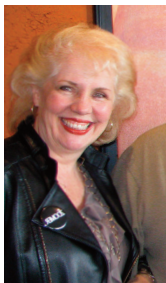
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Keep up to date on CARP Chapter 36 news and events on **Facebook:**

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## You're Never Too Old Too Learn!!

**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.*

Prunes... I remember the prunes... he talked about prunes.

He is Terry Small, The Brainguy, a local learning specialist.

I recently attended his colourful and informative Brain Boosting seminar. Small says learning is one way to boost our brain power and "learning is connecting new information to what you already know.

"That's encouraging. Learning and keeping our minds active is something we Zoomers are concerned with as we age. There are 14.5 million Canadians over the age of 45, and you can be sure we are worried about our brain health.

We don't want to lose our mental faculties as we grow older.

The facts about dementia and Alzheimer's disease are frightening. Alzheimer's disease is the most common form of dementia, accounting for 64% of all dementias in Canada.

Alzheimer's and related dementias affect 500,000 Canadians per year. One in 11 Canadians over 65 has dementia, and more women than men are affected.

Brain fitness is just as important as physical fitness, as we age. Exercising and eating right are good for the brain, we are told...

So is starting something complex and new. Activities that involve critical thinking, focus and memory are also beneficial.

So, what can we Zoomers do to improve our brain fitness and ward off dementia?

Go back to school! In a keynote address by Capilano University president Dr. Kris Bulcroft, at the school's Third Age Learning conference, said: "It is what you learn after you know it all that counts."

New learning demands unlearning. We must unlearn the habitualized ways of seeing the world, and discard our old assumptions and myths about things.

Get rid of old habits and move beyond our past experiences and learned behaviours. Unlearn them and move on. Break the stereotypes that we are too old to learn.

I remember thinking how old I was at 46 when I returned to UBC to complete my master's degree. How attitudes have changed!

Lynn, 66, a life coach, does not consider herself too old to learn. She recently enrolled in university.

I'm doing a BA in psychology because it's something I've wanted to do for many years.

Learning keeps our brains active and prevents us from aging prematurely. I feel both challenged and stimulated. I've discovered that my memory works better than I thought it would. Another Lynne, aged 65, a successful business owner and marathon runner, is pursuing her Arts degree.

For me, at age 65, I love the life experiences I bring to my courses. School is a much richer, satisfying and empowering experience. I have discovered I am as capable as anyone at any age, and this confidence permeates all areas in my life.

A former SFU learning expert, Julian Benedict, stresses there is a direct correlation between healthy living and lifelong learning. Benedict says new learning promotes better health,

*(Continued pg.13)*

(from pg. 12)

increased self-esteem and improved memory.

Eighty per cent of seniors return to school for the simple joy of learning and the emotional and social connections they make. This joy of learning results in stress reduction and less medication usage and visits to the doctor.

Sounds pretty good to me.

And what has learning got to do with prunes? Why, they are considered the number 1 brain food!

And we all know about the other benefits they provide for our aging bodies!



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## JOHN'S JOKES

**Submitted by John Rodgers,  
Board Member and joke extraordinaire!**

### SPAGHETTI

For several years, a man was having an affair with an Italian woman. One night, she confided in him that she was pregnant. Not wanting to ruin his reputation or his marriage, he said he would pay her a large sum of money if she would go to Italy to secretly have the child. If she stayed in Italy to raise the child, he would also provide the child support until the child turned 18.

She agreed, but asked how he would know when the baby was born....To keep it discreet, he told her to simply mail him a postcard, and write 'spaghetti' on the back. He would arrange for the child support payments to begin.

One day (about 9 months later), he came home to his confused wife. 'Honey, she said. 'you received a very strange postcard today.'

'Oh, just give it to me and I'll explain later,'he said. The wife obeyed and watched as her husband read the card, turned white and fainted.

*On the card was  
written:*

Spaghetti, spaghetti,  
spaghetti, spaghetti  
and spaghetti.  
Three with meatballs,  
two without.  
Send extra sauce.



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### 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.*

## \*SPECIAL ANNOUNCEMENT\*

**In support of the new co-housing initiative promoted by the Barrie CARP chapter #36 and Solterra, four students from the Architectural Technology program at Georgian College will present their design ideas at the Health & Home trade show on June 7 in Barrie. These design projects represent the most important academic assignment in their program. Architectural drawings will be available to the public for discussion and evaluation. The public will be encouraged to comment and select one project as the "People's Choice Award" and another for the "Best Student Project Award". Winners will be announced on the 7th, 2014.**

**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.

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