

Fall Edition 2018

**ACCESSIBILITY
RIGHTS
AND HOW TO
ENFORCE THEM**
» **PAGE 4**

**SENIORS
ORAL HEALTH
IMPACTS,
ACCESS AND
ADVOCACY**
» **PAGE 6**

Photo credit: Phyllis Mahon

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

WHAT'S INSIDE

Connecting With The Chair.....	3
Accessibility Rights And How To Enforce Them	4
Community Page.....	5
Seniors Oral Health Impacts, Access And Advocacy...	6
From Beer Pong To Bridge Night; A New Look For Seniors And Housing.....	8
Key To Life	9
Services Directory.....	15

CARP 705.252.4756



August 11, 2018 • Tom Oldershaw's MTDRide 2018 kick off at Barrie's Waterfront Spirit Catcher, in support of the Oldershaw Making-The-Difference Endowment Fund managed by the Barrie Community Foundation. Oldershaw completed 12 hours of riding and 160km on his August 12, 2018 bicycle ride. Tom is the Chapter Vice-Chair.

CHAPTER 36 MEETING SCHEDULE

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

Tuesday, September 18, 2018 - 6:30 p.m. • WHAT IS HAPPENING IN OUR HEALTH SYSTEM • *Presented by: Melissa Mei and Anne Wolnik*

Tuesday, October 16, 2018 - 6:30 p.m. • WHAT CAN 211 DO FOR YOU?
• *Presented by: Debbe Rogers*

Tuesday, November 20, 2018 - 6:30 p.m. • HELP US CELEBRATE 10 YEARS OF CARP IN BARRIE, Royal Canadian Legion, 410 St. Vincent St., Barrie, ON. Entrance to parking lot is off Ferris Lane, just off Cundles Rd. East.
REFRESHMENTS AND ENTERTAINMENT GALORE!

- **Guests are welcome • Light refreshments are provided**
- **Bring a loonie or toonie for the 50/50 draw • Meetings are free of charge**

CONNECTING WITH THE CHAIR

Once the CNE starts we know we are on the downside of Summer with only a few weeks left and Thanksgiving will be rearing its head. I find the years going by way to fast and wonder where they went. I certainly hope that the saying “with age comes wisdom” is true as we seem to be losing so many other things. Today, I read that I should treat every day as if it is my last and sounds good to me but what happens if I wake up the next morning. How often can I repeat my last day??

So while Summer is on the downside, things at our CARP Chapter are heating up and your Board is making plans for some special events. Save the date of Friday Oct. 5th from 6pm to 10 pm as we have booked Meridian Place (formerly Grant Square) and plan to have a fun evening (to celebrate our CARP Chapter 10th year Anniversary) and we are inviting other Not-For-Profits in the Community to join us, for all their volunteer work and good deeds as well. Can anyone say Karaoke, popcorn, just plain old fashioned fun. Our next meeting is Sept. 18th and will fill you in then, or check out facebook or watch for our eblasts.

You will want to attend the Sept. 18th meeting as we have LHIN (Local Health Integration Network) presenting and I am sure everyone would like to know what is happening in the health system. We have 211 presenting at the October 16th meeting and if you do not know what they do for you, then it is time you found out. The service provided is amazing.

Our last meeting for 2018 will be Nov. 20th for our AGM (Annual General Meeting) and we elect or re-elect board members, give you the roundup of the year's events and then we party. This is a special year as it marks 10 years for our Chapter. We



have booked the Legion and hope to find some special entertainment. Open to ideas, if you care to give me a call or send an email. Also, we are always looking for Board members (currently we have eight) who are interested in becoming involved in CARP's Advocacy or working within the Community.

Just letting you know that we will be holding a much bigger and of course better “Spring Into Green” eco event next Spring on the Saturday of Easter weekend. I believe the City will be partnering with us so mark that on your Calendar too.

Until next time!

Your Chair
Gwen Kavanagh
CARP Chapter 36

REMINDER: Don't forget to bring your (old) bags to the meeting!

The Parkview Seniors' Centre in Barrie collect the big, outside plastic bags, in which we get our milk. You know - the 4 litre size which contain the 3 bags of milk? These bags are then woven into mats and are sent to third world countries. Each mat is approximately 4' x 6' and it takes about 320 bags to make ONE mat!

– Molly Malcolm

Accessibility Rights And How To Enforce Them

As we get older accessibility issues become more prominent in our daily lives. Accessibility issues include common issues such as physical barriers that prevent individuals with mobility issues from accessing buildings to requiring assistance reading a class schedule at your local recreation centre. Accessibility issues are more widespread than one may assume.

In Ontario, there are two pieces of legislation that address accessibility not only where we live but where we work and receive services. AODA (Accessibility for Ontarians with Disabilities Act) and the Human Rights Code of Ontario create standards and enforcement mechanisms to ensure that where we live, work and receive services is accessible. AODA and the Human Rights Code of Ontario do not apply to the Federal government or federally regulated companies such as banks and airlines. The Canadian Human Rights Act applies to them.

AODA is a relatively new piece of legislation that has a graduated implementation date. The goal is to create a barrier free and accessible Ontario by 2025. You can find out more about this legislation at www.ontario.ca/page/about-accessibility-laws and www.ohrc.on.ca/en/learning/working-together-code-and-aoda. The law came into force in 2005 and applies to all levels of provincial government, non profits and businesses that have one or more employees. AODA sets standards by which the public and private sector must govern themselves.

There are 5 standards that make up AODA. They are: Customer Service, Information and Communication, Employment, Transportation and Design of Public Spaces. The requirements under the standards will apply differently to organizations depending on their size and type. Although AODA sets standards, AODA does not have provisions that allow an individual whose accessibility needs are not being met to file a complaint under AODA. An individual will have to file a complaint with the Human Rights Tribunal under the Human Rights Code.

The Human Rights Code of Ontario not only prohibits discrimination on a number of grounds, one being disability, it also provides an individual whose rights have been infringed to file a complaint and avail themselves of the processes and remedies set out therein. The Human Rights Code has supremacy over AODA and although someone may be complaint with AODA they may still be in violation of the Human Rights Code.

When you file a complaint with the Human Rights Tribunal you can ask for compliance and also for compensation. Information about the Tribunal and online access to their forms can be found at www.sjto.gov.on.ca/hrto. The rules of procedure can also be found online. You do not need to hire a lawyer to file a complaint with the Human Rights Tribunal, although you can have legal representation if you want. In addition, if you are filing an application, the Human Rights Legal Support Centre may be able

continued on page 10

**DON'T
MISS
THIS!**

SAVE THE DATE – OCTOBER 5, 2018

CARP in conjunction with other Community Not-For-Profits and Organizations will be holding a fun evening at Meridian Place (Grant Square on Dunlop St.) from 6pm to 10pm. Everyone is welcome and there is no charge. We have booked Karaoke and are also looking at a band. There will be popcorn and the best Karaoke singer will win a turkey (after all it is the Friday of the Thanksgiving weekend). Our Chapter is 10 years old in November, so just another reason to celebrate.

The weather forecast says clear and 9 degrees, so grab a jacket and join us for a fun evening.

ALSO NOVEMBER 20TH

is our Chapter's AGM (Annual General Meeting)

and it will be held at the

Legion Hall off Ferris Lane in north Barrie at 6:30pm.

We will be re-electing Board Members for their next two year stint and anyone interested in becoming a Board member should contact the Chair, Gwen Kavanagh by email barrie@carp.ca or her cell number is **705.828.2743**.

It is also our last meeting of the year and our Christmas Party as well. We are looking to book some great entertainment and we want to make it special as it is our 10 YEAR Anniversary.

**SO DO PUT IT ON YOUR
CALENDAR AND GUESTS
ARE WELCOME.**

Seniors Oral Health

Impacts, Access And Advocacy

Oral health is an important part of overall good health. Difficulty chewing, swallowing and pain negatively affect our quality of life for example; the ability to enjoy our food and being free of pain contributes to both our nutritional status and our ability to get adequate rest. Research shows poor oral health, including cavities, tooth loss and gum disease are associated with respiratory infections including pneumonia in long term care residents, heart disease, diabetes, and even rheumatoid arthritis. Seniors who may have chronic diseases such as stroke, MS, cancer, diabetes and dementia experience special challenges with daily oral care and visits to a dental care professional. Medications that cause dry mouth also affect oral health causing an increase in cavities and gum disease.

The oral health needs of independently living seniors are high and for seniors in long-term care centres it is even greater. We know that the senior population is increasing and that they are retaining more natural teeth, as a result, the need for oral health care for seniors is even more important. Unfortunately, dental care is not part of universal healthcare in Canada and seniors, especially low income seniors have difficulty in accessing dental care. For many seniors' both income and independence decline with age and this affects their ability to get the dental care they need.

The Canadian Dental Association Journal has published a series of articles (2013) noting the overwhelming obstacles that elderly people face in getting oral health

care, especially within a fee-for service system. For seniors who cannot get to a dentist due to a variety of reasons such as cost and travel, they may seek temporary relief of pain or infection at an emergency room or their physician's office. This common remedy of going to the Emergency Room is only a short term solution for the senior seeking relief; also it is very costly on the Ontario healthcare system.

It is good to know however that there has been an increase in interest and advocacy for oral health care for low income adults and seniors over the past decade! This support is as a result of media coverage, and efforts of organizations such as anti-poverty coalitions, the Ontario Oral Health Alliance, boards of health and research institutes. The Ontario Oral Health Alliance (OOHA) formed in 2007 is comprised of individuals and community coalitions interested in increasing access to dental care for low income adults and seniors. They have a current oral health e-card campaign advocating for policy makers to extend dental programs to low income adults and seniors. The link to their site is available through the Ontario Association of Public Health Dentistry at <http://www.oaphd.on.ca/index.php/learn-more/adults/74-ooha>.



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From Beer Pong To Bridge Night;

A New Look For Seniors And Housing

Twenty-five years ago, my son left home to attend University. Finding decent housing was a challenge as dormitories were full and expensive. To fill the demand, traditional family home conversion surrounding Colleges and Universities was rampant and money poured into this opportunity to earn high returns and enjoy rising real estate values. I purchased two homes and converted each to accommodate students around Georgian College in Barrie. Each home consisted of 6 private bedrooms, 2 living rooms, 2 bathrooms and a single kitchen. The endeavour was immediately successful and both homes filled with little effort!

Demand continued to grow as did investor appetite but due to absentee ownership and poor standards, the City of Barrie implemented Licensing to limit the number of homes that could be converted. Licensing requirements included annual inspections to ensure fire safety and property standards causing a real demand for experienced Student Property Management, so I expanded our services and found myself managing over 300 student tenants.

Good things rarely last however and the rush of investors over-saturated the market and purpose built student residences were quickly constructed to meet demand causing overcapacity and plummeting room rates. This spring, while preparing our marketing for September, concerns over vacancies and the diminished influx of new students had me gravely concerned. With over 300 rooms to fill and a dearth of suitable applicants I was ready to concede defeat. To say I had sleepless nights is an understatement. Then the epiphany!

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I received a call from a senior interested in renting a room. I told her with no small conviction that she would be terribly unhappy in one of our student homes. As a senior myself I totally understood her plight and sympathised greatly. Could I change direction from providing Student Housing to providing Senior Housing and actually make it work? Maybe.

Everyone needs a stable environment and affordable housing, community and friends with common interests and life experience. These things don't change whether one is a college freshman or a retiree. Could what had worked for so long for young people work for their grandparents too? Here was a ready-made market of tenants that wouldn't be hosting wild parties, damaging the home, troubling neighbours and turning over every eight months. Seniors need safety, affordability and companionship. Here was my answer. **Simcoesenior.com** is the culmination of that epiphany, a budget and lifestyle friendly alternative for life veterans to find the housing and companionship we all desire. Who says our best days are our college years? I don't think so and we at **simcoesenior.com** are going to prove it.

Contact **705.728.6496** for more information.



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ABOUT KEY TO LIFE

In January 2005, Brett Beaulieu was playing hockey in Jordan Station, Ontario when he noticed his dad missing from the crowd during the second period. Dale Beaulieu was a dedicated hockey dad and had never missed a game or practice since his son learned to skate.

When the game ended, Brett was told that his dad had suffered a heart attack.

It took nearly a half hour for the ambulance to arrive at the arena and for the paramedics to administer care. Sadly, Dale passed away before he reached the hospital. He was 48 years old.

In 2011, a friend of the Beaulieu family, John Van de Mierden, was golfing with friends in Barrie when he started to experience sweating, shortness of breath, and pain in his chest and left arm. He realized he was having a heart attack and 911 was called.

John knew that chewing non-coated ASA (commonly known as Aspirin®) could help him so his friends quickly contacted the pro shop. Fortunately, Aspirin® was found in the clubhouse and it was rushed out to John. He chewed the ASA while waiting for the ambulance to arrive. At the hospital, he was diagnosed with 80% blockage to his right coronary artery. A stent was inserted and John survived the heart attack.

John's doctor credits his survival to the quick administration of ASA.

The Beaulieu family created Key to Life, which is dedicated to improving heart attack survival rates by increasing awareness of the benefits of chewing ASA and ensuring that it is easily accessible in the event of a heart attack. If you or someone you know experiences a heart attack, BE PREPARED, with Key to Life.

To learn more visit their website at <http://keytolifegroup.com/store/>



Accessibility Rights continued from page 4

to provide you with assistance. They can be reached at 1-866-625-5179. If they are not able to assist you, you can also contact your local legal aid clinic or a lawyer for assistance. It is important to note that if you hire a lawyer to represent you, the costs you incur for the lawyer are not reimbursed as the Tribunal does not award costs.

There are a couple of things you can do prior to filing a complaint with the Tribunal. First of all, if you have accessibility needs that are not being met, make a clear request for accommodation. When requesting accommodation make sure you are clear as to what your disability is and what accommodation you need. If the accommodation is

required due to a disability, you may want to consider having your doctor write a letter advising of your condition and the accommodations you need. In your request for accommodation I would also recommend that you provide options on how you can be accommodated. Although you may want to start with an informal request made orally, I would recommend that you put your request in writing if you did not receive a positive response to your oral request within a reasonable amount of time. The accommodation process under the Human Rights Code requires both parties to cooperate in finding a solution. Both parties must continue to communicate with each other and be open to suggestions. If you find that you

continued on next page





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are not being taken seriously, consider filing a complaint with the Human Rights Tribunal. Remember that you must file your complaint with the Tribunal within one year from the date of incident or your complaint may be dismissed. The Tribunal has mediators available that may be able to assist the parties with finding a solution if they are unable to do so on their own. Be sure to indicate on your application form that you are agreeable to having a mediation. If mediation is unsuccessful, the Tribunal will hold a hearing to decide your case on the merits.

Sonja Hodis is a lawyer that practices law across Ontario and is based in Barrie. She has experience in dealing with human rights law. She can be reached at sonja@hodislaw.com or 705 737-4403.



JOHN'S JOKES

In Memory of John Rodgers,
Former Board Member
And Joker Extraordinaire!



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COLD CUCUMBER SOUP

Yield: Serves 1 as main dish or 2-3 as an appetizer

INGREDIENTS

- 1 cup seedless cucumber, peeled & diced
- 1/2 cup chicken consume
- 1 cup plain Greek yogurt or 2% cottage cheese
- 1 green onion, diced
- 1 green or red pepper
- 1 tsp Dijon mustard or any hot mustard
- 2 tbsp fresh dill
- 2 tbsp fresh parsley
- Salt to taste

INSTRUCTIONS

1. Add all the ingredients to your food processor and blend until nice and smooth.
2. Refrigerate for at least 4 hours before serving. This step is crucial as it really changes the flavor and consistency of the soup.
3. Serve chilled and garnish with a few slices of cucumber and sprigs of fresh dill.



I often use dried herbs so would use 1 tbsp of those. This makes a refreshing taste treat on a hot day.

THE HISTORY OF 'APRONS'

I don't think our kids know what an apron is.

The principal use of Grandma's apron was to protect the dress underneath because she only had a few and because it was easier to wash aprons than dresses and aprons required less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables.

After the peas had been shelled, it carried out the hulls

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto

the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

Send this to those who would know (and love) the story about Grandma's aprons.

REMEMBER:

Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron - but love...



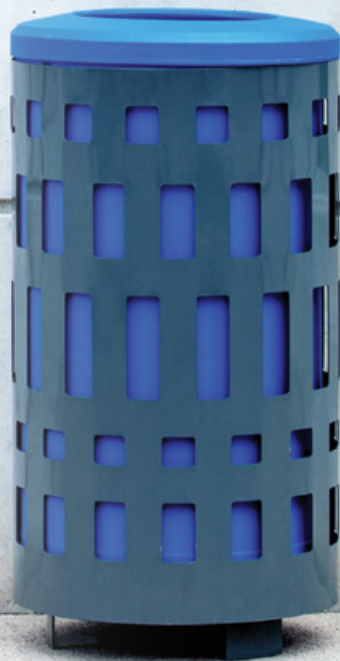
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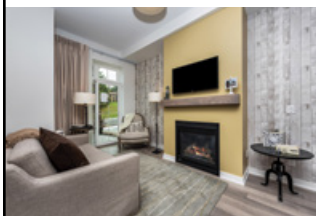
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OR

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Toll Free: 1-888-363-2279

Local: 416-363-8748

OR

e-mail to: support@carp.ca

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