



**ADVOCACY
THE FACES
OF CANADA'S
SENIORS**

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**BE
GREEN
SHOW**
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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	

MIDLAND BRUNCH & THEATRE TRIP

MAY 5, 2019

**Enjoy brunch at the Brooklea Golf
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If you have any questions, don't hesitate
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sharonturcott@yahoo.com

Bus leaves from parking lot behind Cdn.Tire
Store on Bayfield St. at 10:30 sharp

CHAPTER 36 MEETING SCHEDULE

March meeting will be held at Steckley-Gooderham Funeral Home

Downtown location, 30 Worsley Street, Barrie (Corner of Worsley & Clapperton)
(doors open at 6:00pm)

Tuesday, March 19, 2019 - 6:30 p.m. • DR. JIM McTHEE *A World War II
veteran will speak to us about his experiences including as a prisoner of war.*

Tuesday, April 16, 2019 - 6:30 p.m. • DR. KERSTIN MOSSMAN
"WELLNESS - BOOMERS - BEYOND". Venue is to be announced

Tuesday, May 21, 2019 - 6:30 p.m. • ALLAN MALLOY
*"REACHING NEW HEIGHTS" on his Two Month expedition to the top of
Mount Everest. Venue is to be announced*

- **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

WOW! This has certainly been quite a winter. Really did not feel like global warming on a few of those days. However, we are luckier here in our area than many others and I am so looking forward to spring.

We had a display at the Barrie Library for the better part of three weeks to draw attention to our upcoming eco green event this coming Easter on April 20th..They gave us an area about 17 feet x 8 feet. Rona donated indoor/outdoor carpeting while the City of Barrie Nursery brought in Muskoka chairs, shrubs, ferns and flowers, making a green oasis in the middle of winter and which put a smile on most everyone's face. If you have never taken advantage of our City Library, you really should check it out. Their programs are amazing and the staff is wonderful.

I also want to thank the volunteers who came out to help me man the display and to engage in conversation with all those who stopped to speak with us.

We have just held our last member meeting at the Steckley-Gooderham location at Yonge St. and Minet's Point as the building is sold as of March 3rd. We were really lucky to have such a comfortable space with kitchen facilities and tons of parking donated to us for these many years. Please note that the March meeting will be held at the downtown location of Steckley - Gooderham at the corner of Worsley and Clapperton Streets. Our speaker will



be Dr. Jim McThee, a 90 some year old veteran of World War II, speaking about his experiences, including as a prisoner of war. We do not have many veterans left and it may be one of our last opportunities to hear the history first hand.

For those of you who attended the February meeting on "Ageism" I hope you gained appreciation of the discrimination many of us will and do feel as we gain in years. You know "The Golden Years" are not always so golden.

I do want to urge all of you to stay involved socially, in one way or another, as isolation can be a terrible thing and is finally being recognized as a deterrent to our health, both physically and emotionally. I am happy to say that we will have Dr. Kerstin Mossman speaking at the March meeting and maybe she will touch on this subject. She is an absolute fount of information.

So please join us whenever you can and remember "The Be Green Show" on April 20th.

Your Chair
Gwen Kavanagh
CARP Chapter 36

The Faces Of Canada's Seniors

FACES stands for – **F**inancial Security, **A**buse Prevention, **C**aregiving and Housing Supports, **E**xceptional Health Care and **S**ocial Inclusion

Canadian seniors have worked hard all their lives and deserve to have their savings , investments and pension protected. 64% of CARP members tell us they are concerned about having enough money to last through retirement. 64% worry about having their pensions reduced and 95% support super-priority for pensioners under bankruptcy legislation.

We want to eliminate Mandatory RRIF withdrawals to better protect the middle class and to improve Protections for Bank Customers and Investors.

We need to provide additional support for the Poorest Older Canadians. According to Statistics Canada 12.5% of Canadian Seniors now live in poverty and in one year between 2014 to 2015 another 75,000 seniors became low-income.

We need to create a national campaign on elder abuse, neglect and self-neglect. CARP Members tell us 1 in 3 know an older Canadian who has been abused, 85% are concerned about supports for older adults experiencing abuse. 88% believe the government should invest in elder abuse prevention and response.

Informal Caregivers save the system more than \$25 billion annually, but the toll of informal caregiving – financial, physical and emotional cannot be borne by individuals alone. More than 1 million Canadian caregivers are over 65. Women

spend on average 5.8 years of their life providing care to family/friends as compared to 3.4 years for men and 41% of CARP members surveyed are caregivers.

Governments at all levels need a new vision for housing seniors and they should make it a priority. By 2038 demand for L/T care will increase 10 fold. 1.125 million Canadians will have dementia and 62% with dementia will be living in their own homes, while the total number of informal caregiving hours will triple to 756 million hour from 231 million hours in 2008.

Our Healthcare needs often change as we age. CARP is calling for an age-aware approach to policy, programs and funding for all elements of the health care continuum: preventive, acute, chronic, long-term and end-of-life care. 76% of members agree the federal gov't should fully fund a National Dementia Strategy and 82% agree they should implement an national pharmacare strategy that ensures equal access to medications, regardless of where you live.

86% of members agree that the same medications should be covered by all provincial pharmacare programs. 48% do not have private prescriptions drug coverage and at retirement 76% lost or had a reduction in their prescription drug benefits.

CARP Members are concerned about the time it takes to access Medical Specialists and the time to access diagnostic procedures like MRIs and CTs, wait times for hospitalization, rehabilitation and L/T care. Incentives are needed to increase

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MPP's visit Solterra Capilano, the first shared home in Barrie.



MPP Andrea Khanjin (centre) with Shelley Raymond (left) and Gwen Kavanagh (right).



MPP Doug Downey (right) with Gwen Kavanagh (left) and Shelley Raymond (centre).



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Rock Bottom

Spring is around the corner and the snow and ice blanketing our roads will soon be gone. There is one downside, though, to the great thawing of Canada. It will lay bare a winter's worth of potholes and other road damage. The weather this winter will also be hard on our shrubs and trees.

Thankfully, we don't have to grin and bare bone-rattling drives. If there is a thoroughfare in the community that is in especially bad shape, nominate it for the CAA's Worst Road Campaign.

Now in it's 16th year the Campaign has been influential in getting municipalities like Barrie to fix it's problem roads. In an interview with Mayor Jeff Lehman, he said "we always pay attention to the CAA worst roads list".

In 2018 , Duckworth Street was the third worst road in Ontario - which was no surprise to our engineers or our residents. Work began on Duckworth last September and will be complete in 2019.

Even if you don't drive, pedestrians, cyclists and transit riders are welcome to nominate a road as one of the provinces worst. While potholes have long been a nuisance they are not the only things that make a road bad. If there is a street in your area that is prone to gridlock or desperately needs a proper bike lane, put it's name forward.

Perhaps you would like to check out www.caaworstroads.com

– reprinted from CAA magazine

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January Meeting



*Yvonne Heath, Radio Host and Author
of "Love Your Life To Death" spoke to a
captivated audience at the January meeting.*

Saint Patrick's Day

Saint Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Many legends grew up around him – for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts. It was emigrants, particularly to the United States, who transformed St. Patrick's Day into a largely secular holiday of revelry and celebration of things Irish. Cities with large numbers of Irish immigrants, who often wielded political power, staged

the most extensive celebrations, which included elaborate parades. Boston held its first St. Patrick's Day parade in 1737, followed by New York City in 1762. Since 1962 Chicago has coloured its river green to mark the holiday. (Although blue was the colour traditionally associated with St. Patrick, green is now commonly connected with the day.) Irish and non-Irish alike commonly participate in the “wearing of the green” – sporting an item of green clothing or a shamrock, the Irish national plant, in the lapel. Corned beef and cabbage are associated with the holiday, and even beer is sometimes dyed green to celebrate the day. Although some of these practices eventually were adopted by the Irish themselves, they did so largely for the benefit of tourists.

By: The Editors of Encyclopaedia Britannica



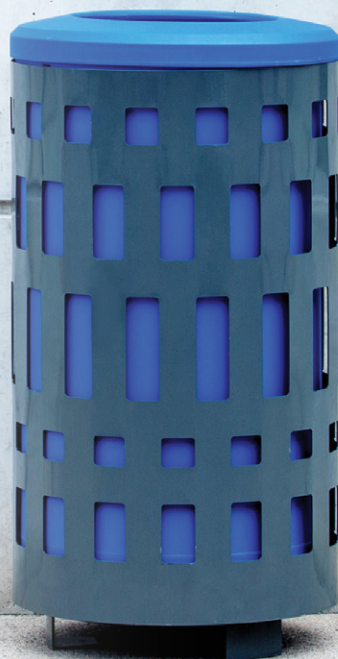
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BE GREEN SHOW

The “Be Green Show” and the City of Barrie, invites you and the entire Family to attend this FREE fun filled day, learning and interacting with the companies and organizations making our great country a greener place.

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Please join us at the “Be Green Show” at Holly Community Centre on April 20th from 9am to 6pm. There are lots of exhibitors and events happening you don’t want to miss!

- Easter egg hunt starting at 11am
- A tiny home presented by Laura Tigwell
- Children’s fashion with recycled & reused clothing
- Kids Zone
- Guest Speakers throughout the day
- Prizes & Giveaways
- Tasty Treats
- Interaction with some of the Communities Greener companies, helping to keep Barrie Green.

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Thoughts On Immigration

Canada is a nation composed mostly of immigrants. If you're not indigenous, then you or your family originally came here from another country.

In fact, 17 million people have immigrated to Canada since 1867. Some fled war or poverty, others just wanted more lucrative jobs. All sought a better life.

But Canada is cold in the winter. New immigrants can feel isolated. Many support other family members on a single salary.

Their children are also faced with some interesting questions about their cultural identities, clashing with their parents over values. Many struggle to redefine themselves later as adults more comfortable with their backgrounds. But most respect their parents and are grateful for the lessons they taught them.

Since many Canadians are not having children or only one, we need immigration and we should be proud we are so generous and welcoming.

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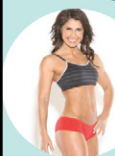
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the number of trained geriatricians and providers of geriatric care. One in 3 Canadians will get shingles in their lifetime and Seniors account for 90% of influenza deaths. We need to promote and fund active aging programs across Canada.

75% of Members agree gov't should increase funding for access to Vision, Auditory and Dental Care. 88% believe gov't should increase the number of L/T care beds and 68% are concerned about their ability to access publically funded home care and community support services. 82% believe palliative care should be a right for all Canadians.

Social Isolation is a risk factor for elder abuse, including financial abuse. Socially isolated seniors are 4 to 5 times more likely to be hospitalized and have a higher

likelihood of falls. Lack of supportive social network is linked to a 60% increase in the risk of dementia and cognitive decline. We are calling on all sectors, including government, to reduce ageism and promote social inclusion. We should invest in resources and supports for people who are experiencing marginalization and social isolation, including transportation, technology and community programs.



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JOIN THE CONVERSATION

By April Lewis - Author of Lovingly Arrogant: From Chaos to Contentment www.lovinglyarrogant.com

CARP White Rock Surrey Chapter, Communications Director

Love Is More Than A Four Letter Word

Love is patient.

Love is kind.

Biblical words seen on a billboard in Arizona which reminds us of the real meaning of love as we celebrate another Valentine's Day.

By the time you read this column, Valentine's Day will have come and gone but the importance of love will hopefully linger on.

Love is not about rushing to the florist and buying some overpriced roses and a sappy card on February 14th. We

don't need Mr. Hallmark telling us how and when to express our feelings for someone we care about.

There are so many other ways to express our love for someone...let me count the ways.

Firstly, buying those aforementioned roses on a rainy Tuesday in November for no particular reason is a sure fire way to express one's affection.

Buying a corsage for one's love on her birthday, knowing she never attended her high school graduation and therefore has never received a corsage.

Cooking for her creates a direct link from her stomach to her heart, believe me. This is not exclusive territory for men. Mango Teriyaki Salmon or Beef Bourguignon are two guaranteed recipes for love.



Walking hand in hand on a deserted Hawaiian beach for hours without the need to speak.

Him watching Downton Abbey with her without complaining and her reciprocating by going to see the latest Star Wars movie with him.

Telling her how lovely she looks, making sure not to say "You look fine."

Giving her a bear hug, cuddling in bed and expressing physical love in a fun and playful way.

These are examples of creating and maintaining a loving and healthy relationship.

In his book, The Five Love Languages, Gary Chapman summarizes this nicely.

He says the five languages of love are:

Words of affirmation – using words to build up the other person. "Thanks for taking out the garbage." Not – "It's about time you took the garbage out."

Gifts – a gift says, "He was thinking about me. Look what he got for me."

Acts of Service – Doing something for your spouse that you know they would like.

Quality time – by which I mean, giving your spouse your undivided attention.

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Physical touch – holding hands, hugging, kissing, sexual intercourse, are all expressions of love.

Out of these five, each of you has a primary love language which speaks more deeply to you than all the others. Discovering each other's language and speaking it regularly is the best way to keep love alive in a marriage or relationship.

For me, I think acts of service are the most important.

I am confident a close friend of mine would agree. She recently underwent months of chemotherapy and radiation for dreaded cancer. Her partner demonstrated his love and devotion by the hour in his selfless care and concern for her. Now that is love which is indeed patient and kind and a testament to true love.

I can think of another way to test true love though.

Going on a long road trip with your beloved with its resultant arguments.

As the navigator, missing the turnoff to Sacramento.

Him insisting on having the air conditioning on in the car while she shivers.

Choosing high carb fast food lunch instead of a healthier choice.

The stress of driving in heavy traffic in a strange environment.

But having survived all that, we arrive at our destination and my beloved asks, "May I make you a martini with a lemon twist?"

Martini with a twist...now that spells love that is patient and kind.



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