

**MINORITY OR NOT,
CARP DEMANDS
ACTION**
» **PAGE 4**



**DOWNSIZING YOUR HOME
FOR AN EASIER
LIFESTYLE**
» **PAGE 13**

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

WHAT'S INSIDE

Connecting With The Chair.....	3
Minority or Not, CARP Demands Action.....	4
Farewell to Falls.....	5
How My Body Reminded Me to Return to Mindfulness.....	6
My Top Four Home Winterization Items.....	8
50th Anniversary of The May Court Club.....	10
Top Ten Winter Pet Safety Tips.....	12
Downsizing Your Home For an Easier Lifestyle.....	13
One is The Loneliest Number <i>by April Lewis</i>	16

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CHAPTER 36 MEETING SCHEDULE

Member meetings now being held at Sheba Shrine Hall

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(doors open at 6:00pm)

Tuesday, January, 21, 2020 - 6:30 p.m. • KEIRA BROOKS

Barrie Police Community Service Office working in the schools and Crime prevention office. Topic – Fraud and Scam Prevention.

Tuesday, February, 18, 2020 - 6:30 p.m. • HELENA BROAD

Simcoe Alternative School. Topic – Working with At Risk Youth and How You Can Help.

• 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

Happy Holidays everyone. I was reminded recently that the correct terminology is now Everyone and not Ladies and Gentlemen, just as we say Happy Holidays and not Merry Christmas. The world is certainly evolving and hopefully for the better.

What a busy Fall we have had, with meetings, two political forums and of course our AGM on Nov. 19th. We had a great turnout and a wonderfully educational presentation by Elisa Tricante from Spectrum Therapeutics on the use of Medical Marijuana. Then we were serenaded by the Barrie Sound Waves Choir (formerly the Sweet Adelines) and what an uplifting way to end our year. We were also honoured to have Jeff and Suzanne Scott from Steckley-Gooderham Funeral Homes attend so that we could honour them for the great sponsorship they have always and continue to show our Chapter.

We have had a great year due to all the assistance from our Board and we welcomed some new members this year. Crystal Taylor from Wigs Boutique had joined and is also the new Editor of our Newsletter. Roger L'Ecuyer from Mortgage Wellness has taken on our Marketing and is doing a superb job as well as being generally helpful at every turn. I am very pleased to say also that Beverly McGrath has moved back to Barrie and to our Board, as Vice-Chair, and will be taking on our project to increase Public Awareness of Elder Abuse. Henry Legge joined us as Treasurer and has taken us from Microsoft Excel to the proper Software and Reports, Joanna Shaw from JMS Law has been a great addition as well. She and Justice James Crawford honoured us with a wonderful presentation on Youth and Crime at our



October meeting. Dave Caldwell and Sandy Wetherald have remained and serve us well so we have eight Board Members doing great work and there is always room for more, should anyone be inclined to contact me at barrie@carp.ca

I would also like to mention former Board Member Tom Oldershaw as he continues to assist us where and when he can and even showed up as Santa at the AGM.

I had a conversation with HO when volunteering at the Zoomer Show end of October and was told we will be focusing on Health Care in 2020. Of the countries with Universal Health Care, we in Canada are at the bottom of the list, as we spend more dollars for less care. It will be our intention to hold the Government's feet to the fire, so to speak, and I am sure everyone will agree that we need improvements. I know there are many health professionals doing a great job but something is broken.

I hope everyone has a good holiday season and will enjoy family and friends. Don't forget there are many lonely people out there and a kind word or smile is always welcome.

Take care!

Your Chair
Gwen Kavanagh
CARP Chapter 36

Minority or Not, CARP Demands Action

Following a negative, divisive campaign, with little regard to CARP issues, Canadians have elected a minority government. CARP members were dissatisfied with how the campaign unfolded. They told us their top issue was health care, which the leaders hardly mentioned. And when we asked our members which leader best represented their needs and wants, the largest number – 40% – said “none of them.”

Now as a new Parliament gets under way, much of the news will focus on the dealings and machinations of the parties as they jockey for position. In this uncertain environment, CARP welcomes the opportunity to be clear and to the point:

- None of the parties are paying sufficient attention to the needs of seniors – Canada’s largest group.
- CARP will hold all parties accountable for direct and immediate action on the files that affect our members the most, such as pension protection, caregiver supports and access to homecare.



- Beyond those important topics, CARP also demands dramatic improvements in our healthcare system. In fact, CARP intends to make healthcare the most important issue in upcoming provincial elections and the next federal election.
- CARP will not accept excuses for delay based on the minority status of the government or the challenges of day-to-day politics. We are watching. We will hold our elected officials accountable for concrete results.

*– Posted in Government Accountability,
In The News*



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Farewell to Falls

- We wanted to share this useful resource in honour of #NationalSeniorSafetyWeek.
- There's been a ton of great content being shared on Twitter this week, all supporting the wellness and safety of older adults, and CARP is part of this critical conversation all year round.
- 'Farewell to Falls', a handy guide created by CARP, details how to prevent falls inside and outside the home (especially with the encroaching winter weather already nipping at our noses)!
- 1 in 3 seniors will fall and injure themselves this year. Make sure you (and your loved ones) aren't one of them.
- **DOWNLOAD THE RESOURCE**
- <https://www.carp.ca/2019/11/08/nationalseniorsafetyweek-fall-prevention-resource/>

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How My Body Reminded Me to Return to Mindfulness

A few weeks ago, my body spoke to me in a very loud way. Loud and painful. I woke up at 5a.m. walked my dogs, as usual, and suddenly found myself unable to move. I made it to my bed and could not get out for any further activities, like going to work or even to go to the bathroom. My back was completely out. Every time I breathed too deeply, searing pain reverberated up my back. Any attempts to get to the bathroom was met with complete opposition by my body. As I attempted to walk, I became light headed, my vision darkened and my hearing became dulled, and I began to faint. In tears, I accepted the help of my husband to do simple things like lift my foot onto the bed. The next two weeks that followed this event were challenging; I was facing some challenges at work, which had started well before my debilitating pain and I was now unable to make it into my office or think straight to solve any issues arising in my office or work in general.

Amidst of all of this I had some very important meetings and events I was slated to attend, one of them included attending at the Supreme Court of Canada to have lunch with one of our Supreme Court of



Canada Judges at the invitation of a local Judge who believes in my work, as both a lawyer and a person. That was a meeting I could not miss, as it was a once in a life time opportunity that lawyers do not typically get. It was my chance to speak to Justice Martin (of the Supreme Court of Canada) about her swearing in speech which highlighted the Rabbinic principles that governs us: Law, Service, and Loving Kindness. I have found that we as lawyers focus far too much on the law and too often forget the “Service and Loving Kindness” pieces. I needed to get to this lunch so that I could speak to her about these principles. In the event you are wondering what she said about this, it was simply this, “the law will take care of itself, we need to make special efforts to include the latter two principles, both as lawyers and as people,” at least that is how I interpreted our conversation.

Whenever things happen to us that we do not like we ask the age-old question “why me?” My answer quickly came to me: I had

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RENOVATIONS MADE SIMPLE

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been forgoing morning practices of yoga and meditation. The very things I had come to learn at least 7 years ago that I could not begin my day productively without. Practices that brought me back to myself, physically and mentally. My day rarely goes well without that reconnection with who I am and my own purpose in this life. In fact, these are the very practices that allows me to remember the practice of service and loving kindness. Yoga and meditation remind me that we are all connected.

During the weeks leading up to my back issue, I had done very little yoga, I had meditated almost not at all. All hell was breaking loose in parts of my work life and I had chosen to forgo the very things that centered me, yoga and meditation, the very things that I speak to my yoga students about as necessary elements of their lives. You see, outside of my law practice I teach yoga to a group of seniors who have been dedicated to their own practice alongside me for at least six years now. Over the years they have commented on how yoga has allowed them to manage their lives and pain so much better than they ever had. I have seen some students begin with me several years prior with walkers then move to walking sticks then nothing at all, their mobility increasingly better. I have listened to stories from them about how much yoga and meditation allowed them to respond productively and calmly to situations rather than react problematically. They have been practicing with me, what I call meditative yoga. I had seen the evidence, yet I did not intensify my own practice when the crap hit the fan. Instead I did what all, non-mindful people do (myself included), I dug deep into my work, stressed about it all every second I was awake, talked about how stressful things are with others who would lend an ear, and simply wallowed in my own self-pity. I allowed it all to consume me

without taking time out to breathe deeply and bring myself back to myself, and for that I paid dearly.

Some say that the practice of yoga began as early as 15000 years ago. It is a practice that has no religious affiliations and this is why it has with-stood the test of time. The only conversation we make is to look inward for the answers to life's most pressing questions as they relate to ourselves only. We are all different and come into this life with our own journey, a journey only we have the answers to as much as others may try to convince us that there is only one way. A yogi knows that if there are seven billion people on the planet, then there are seven billion ways to find the way inward and into self-actualization. It can be practiced by anyone of any age over four and by anyone of any religious affiliation. It is a practice that brings people back to themselves and their God, Source, Mother Earth, Universe, or other spiritualism. Combined with meditation it is a practice that reminds us to be present in every moment and that we are all deeply connected. I like to think about it as: if I harm you then I am harming myself; this is how I attempt to live my life and even the way in which I do things in my law practice.

The literal meaning of yoga is "yoke". It is a Sanskrit word (Sanskrit being a four to six thousand-year-old language) meaning uniting the individual spirit with the universal spirit of God, or, in layman's terms, bringing mind and body together. For me it is bringing myself back to my breath and opening my body and mind to receive guidance. In my years of practicing meditation and yoga I have come to learn that the sole purpose of yoga is to bring us back to ourselves so that we can sit still and meditate or listen to our higher guidance for the questions and needs we have daily. Yoga gets my body ready to sit

continued on page 14

My Top Four Home Winterization Items

Homes need people. They deteriorate quickly when they're not getting attention.

Maintain Your Heating System

Before the weather turns cold, take this time to change your filters, at the very least. I recommend having the system inspected by a reputable HVAC contractor. Better yet, look into an annual maintenance agreement. Have the contractor check your system and make sure your heat is going to work when you need it. It's much better to find an HVAC problem in the moderate temperatures of the fall than it is to find your furnace doesn't work on a frigid winter day.

Fireplace Maintenance

Have your fireplace cleaned and inspected before you start building those cozy fires in the next couple of months. A good chimney sweep company will make sure the fireplace is safe to use, and it can also identify maintenance problems.

This is also the time to order that load of firewood. Take the time to stack and cover that wood in a good location in the yard. Make sure that old firewood isn't rotten and move it away from your home.

Test Your Smoke And Carbon Monoxide Detectors

Winter is the time most house fires happen. It's the time of year when we're blasting the furnace and building fires. We are also much more likely to have our home closed up tight, so carbon monoxide is a much bigger hazard. Check all of your smoke detectors to

make sure they are working and that they have good batteries. If your home is not equipped with carbon monoxide detectors, consider getting some. They are mandatory in most municipalities now. The HVAC inspection will also ensure your furnace and water heater are properly vented, which is the most likely source of carbon monoxide.

Drain Your Outdoor Faucets

Your outside water faucet is completely unprotected from the elements. It will freeze over the winter, and I've seen them split the water line well inside the home, flooding the basement. In less extreme cases, I see outside faucets develop nasty leaks. Take the time to do a basic drain of the line. You can simply shut off the water valve to your outside spigot, then go outside and open the exterior spigot valve and let the water drain out of the line. You don't have to get every drop out. Now if the water in there freezes, it has plenty of room to expand without breaking pipes or seals. Leave the water shut off to the faucet until you need to use the hose next spring.

Of course there are many other items you should be checking such as windows and doors properly sealed and making sure the trusty snowblower is ready to go. Safety salt and shovels are always a great idea.

A little thought and preparation goes a long way to ensuring you have few problems with the upcoming winter weather. Stay warm!!

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This is our 50th Anniversary!!

This year, the May Court Club of Barrie has reached an important milestone of service to our community. This is a time to reflect on where we have come from and where we are going. The May Court Club of Canada is the oldest volunteer association in Canada and was founded by Lady Aberdeen, wife of Canada's then

Governor-General who founded the first club in 1898. The association of various clubs commenced in 1935. Today, there are nine cities throughout Ontario who are members of the association. These clubs of diverse members are dedicated to helping those in need in their respective communities.

In this our 50th year, members of the May Court Club of Barrie are committed to changing lives for the better by providing funding and services to our community. Since our inception we have raised over 3 million dollars to various worthy causes in our community. Our major fund-raising initiatives are Homes for the Holidays, a Barrie tradition for 28 years and our consignment store, the May Court Shop on Maple Ave. The citizens of Barrie and Area have increasingly embraced our efforts making last year a very successful one. Our club

continued on page 15



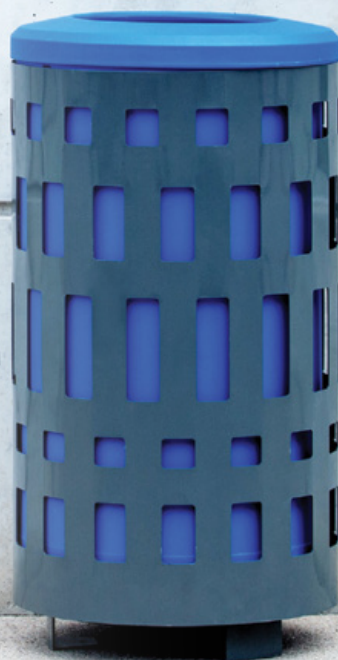
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Top Ten Winter Pet Safety Tips

Excerpts taken from: Ontario and SPCA and Humane Society



1. **Never leave your cat or dog alone in a cold car.** Same as in the summer time, cars hold hot and cold which can cause death to your pet.
2. **Keep your pets warm.** If it's too cold for you, it's too cold for your pet. Look for Adequate housing if your pet is outdoors.
3. **Keep animals away from winter puddles.** They may contain ethylene glycol found in antifreeze which can be fatal if ingested. Also use pet friendly ice melters.
4. **Keep your pets away from bodies of water.** With freezing and melting ice can be dangerous and you or your pet can fall through.
5. **Wipe your pet's paws and underside after being outside.** Salt and ice can irritate and burn, and can be fatal if ingested.
6. **Be aware of cats seeking warmth under vehicle hoods.** Try knocking on the hood of your car to scare them away before starting the engine.
7. **Don't let your dog off leash especially during a snowstorm.** They can easily lose their scent and get lost.
8. **A warm place to sleep.** Ensure your pet has a thick cozy bed or blanket away from any drafts and off the cold floor.
9. **Dress for the weather.** Use booties and winter pet apparel to help keep your pets warm when outside.
10. **Prepare an emergency pet survival kit.** Storms can hit at any time and may keep you indoors for extended periods, and medications, and necessities may not be accessible.

– Laura Therrien



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Downsizing Your Home For an Easier Lifestyle

After building a home, raising your family and forming relationships with neighbours the thought of downsizing into a new home can be exhausting. It took you a long time to get here, now you want to downsize? Try a different perspective? Perhaps it's a blessing to let go of articles that are simply taking up space. Space that you don't need but are still paying for.

Let's talk about some simple steps needed to downsize. Keep in mind that there are a team of professionals that can help with the transition such as your Realtor, Banker, Mortgage Broker and Lawyer. I could fill a book with the steps and expectations but in the vein of keeping it simple let's keep it simple.

1. Where would you like your next home to be? Is it closer to friends or family? A Senior Living community? Maybe you're interested in moving from your house into a condo. There are many options to consider. Take your time, it's a big decision.
2. Financially you should know how much your income and expenses are compared to what you will need. What investments or income do you have? What, if anything, is left on

your mortgage and what is the current market value of your home? What are your current expenses? Compare those to the estimated costs and expenses at your potential home. Consider adjustments if you can or need to.

3. Decluttering and preparing to move into a smaller home is possibly the hardest of the steps. The idea is to downsize, to get rid of the extra items in your home that you don't need anymore. What furniture will fit in the new home and look nice? What clothes still fit comfortably? What do you REALLY need? With the rest, invite your family and friends over to help sort the remaining items for sale, donations or garbage. If you're like me you'll start off slow at first and want to keep it all but when you feel the joy of letting things go it will get easier.

With those steps comfortably done it's time to move forward. Go to the bank or your mortgage broker for financing pre-approval. List your home for sale with a Realtor and start shopping for your next home. Let your lawyer bring it all together.

Enjoy your new lifestyle. You've earned it.

– Tara Hannam

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Mindfulness continued from page 7

and have that conversation with my higher self and being in meditation. It calms my nervous system and allows me to heal in whatever way I need to heal. I returned to my yoga mat as soon as I could after my back was injured. The doctor told me my back would take six to eight weeks to heal but I have made faster progress as I returned to my practice of meditation and yoga.

A simple technique for meditation for those of you who may want to get yourself into a better healing state and fear that you cannot quiet your mind, the claim made as a necessary element for meditation, is as follows:

Sit comfortably with your back straight, chin parallel to the ground, back supported to allow for ease in the body. Close your eyes, take a nice long breath in for three counts and release it slowly for five counts. Repeat this process five times or as long as

you wish or as it takes to calm your mind and body, paying attention to your breath only. If thoughts come to mind, thank them for being there, then, as if resting in an open palm, gently blow them away and return to focusing on your breath. You may want to listen to some calming music without words in the background. Play the music softly so that it does not interfere with your focus on your breath. You can do this as often as you need to throughout your day. As a mindful practice I would suggest that you take time out every hour or so, by setting an alarm to remind you, and do the practice.

It is simple yet powerful and can lead to better focus, grounding, and better health as you bring mind, body and breath together.

– Joanna M. Shaw BA (Hons.), LLB, LLM (ADR), MES

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May Court continued from page 10

was this year's recipient of the David Busby Community Service Award for our fund-raising efforts on their behalf. Through the dedicated efforts of our membership in 2018-19 we were able to contribute \$120,000.00 to the following charities: Barrie Literacy Council, CNIB, David Busby Centre, Deaf Access, Down Syndrome Association, Epilepsy Simcoe County, Gilda's Club Simcoe Muskoka, Habitat for Humanity, LOFT, Redwood Park, Samaritan House, Simcoe Community Services Foundation, Simcoe Shores, Women and Children's Centre as well as individual requests for devices to support disabilities such as wheelchairs and walkers. Our members volunteer for Meals on Wheels, Early On, IOOF and Grove Park Long Term Care Facilities in addition to our Nutrition Programs for local schools.

This year our members will be launching events to celebrate our 50th Anniversary focusing on our commitment to the community. Watch for the following events! Tulip planting at several of our supported charities, children's books, mittens and hats for schools, partnering with the Salvation Army for their kettle drive, 50 purses for women in need and shoelaces and socks for the homeless. Please join us in making this a very memorable year as we continue in our commitment to bettering the lives of those in need.

The Barrie May Court Club will also be hosting the 2020 May Court Association event on May 1st and 2nd. We will be welcoming the executive and members from our other sister clubs to Barrie. A wonderful opportunity for everyone to experience our beautiful City of Barrie.

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

CARP White Rock Surrey Chapter, Communications Director



One is The Loneliest Number

**All the lonely people,
where do they all belong?**

The Beatles wrote about loneliness when they penned the words to Eleanor Rigby so many years ago.

Today, it seems that loneliness has taken on a life of its own and is the topic of so many newspaper articles and discussions.

Recently, I experienced a lengthy power outage at home which gave me the opportunity to light candles. My place looked so peaceful and romantic and it forced me to be still. To be quiet and reflective.

I was alone but I was not lonely.

There is a difference.

According to cultural historian Dr. Fay Bound Alberti, “loneliness is a conscious, cognitive feeling of estrangement or social separation; an emotional lack that concerns a person’s place in the world.”

Humans are social by nature but often we don’t want to talk about the L word as no one wants to admit they are lonely.

Statistics Canada reports the number of persons living alone in Canada has more than doubled over the last 35 years from 1.7 million in 1981 to 4.0 million in 2016 or 14 per cent of the population. 24.6 percent of the Canadian population 65 and older lives alone.

According to a recent United Way study, over 25,000 seniors in the Lower Mainland

have no one to call in an emergency. That is a staggering figure.

Of course, the longer we live, the more loved ones we lose. Our spouses die, our friends die and our kids often live in another province or country.

But loneliness knows no age barrier as it affects our younger generations as well. With the onslaught of social media dominating our every waking moment, the result is not more connection; rather less.

In the words of Dr. Allen Frances, one of the world’s foremost psychiatrists, “internet social networking helps some find a place of virtual belonging...a life raft for those who have nothing else but they can also be an anchor that drags people into even more isolation.”

A recent Angus Reid poll found that four in 10 Canadians surveyed said they often or sometimes wished they had someone to talk to. It may surprise you to learn that women under the age of 35 expressed more feelings of loneliness than any other group.

And that isolation becomes a slippery slope which can result in physical and mental illness. Increased hospitalization and healthcare costs. Premature death.

With our neighbourhoods changing where we often don’t know our neighbours, the chance of social isolation increases as does the loneliness factor.

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A vicious circle.

So what can we do about this social epidemic?

Britain is leading the way, with the recent appointment of a Minister of Loneliness to combat “the sad reality of modern life.” The Minister’s mandate will be to address the loneliness endured by the elderly, their caregivers and by those who have no one to talk to.

Taking it one step further, the English town of Burnham-on-Sea has installed “chat” benches in their local parks as a means to combat loneliness. The sign on the bench reads, “Sit here if you don’t mind someone stopping to say hello.”

What a lovely and creative solution to help alleviate loneliness. Engaging someone in a conversation. Two people talking face to face...what an original concept!

And British family doctors are writing out “social prescriptions” for art, dancing and cooking classes! You don’t need a pill for that.

Let’s get our local politicians and activists onto this idea by making our community even more age-friendly than it already is.

I’ll light a candle to that!





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Beverly McGrath
Ingram Nurse

Treasury

David Caldwell
Henry Legge

Membership

Gwen Kavanagh
David Caldwell

Newsletter

Crystal Taylor, Editor
Roger L'Ecuyer, Advertising
Mary Greenlees, Graphic Design

Website and FB

Crystal Taylor
Beverly McGrath
Ryan Tomlinson

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Gwen Kavanagh
George Gibson
Costan Boiangiu
Shelley Raymond, Consultant
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**March 4th, 2019, will mark the beginning
of a new chapter for Steckley-Gooderham:**

Our location at Minet's Point will begin serving the community from our newly appointed location at 30 Worsley St. Just five minutes away, our Worsley Street location will support our growing community for years to come, offering both traditional and alternative funeral services, adapting, changing, and continuously growing to meet the needs and exceed the expectations of our clients.

Questions?
Call Jeff Scott or Susanne Pretty today at
(705) 721-9921