

# CONNECTOR CHAPTER 36

SERVING BARRIE AND SURROUNDING AREA | barrie@carp.ca



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

#### WHAT'S INSIDE

0	2
Connecting With The Chair	. 3
Ontario Government Failing To	
Provide Adequate Home Care	_
Supports, Says Study	4
Bee City	.5
All Is Well, Even When We Are	
In The Messiness Of Grief	.6
The 5 Stages Of Care	8
General Spring Property	
Maintenance 1	0
Bliss Beneath	2
Reducing Stress While Selling	
Your Home1	3
Barrie HomeShare	4
Be Green Show 1	6
Snow Angels	
CARP 705.252.4756	

# MIDLAND BRUNCH & THEATRE TRIP

MAY 3, 2020

Enjoy brunch at the Brooklea Golf & Country Club before proceeding to the Midland Cultural Centre where the Huronia Players

Presents:

#### The Old Man and the Old Moon

(a Folk Musical) and named a "Critic's Pick".

#### **COST: \$60/PERSON**

and Deadline for signup is April 15th.

includes Bus, Brunch, Theatre & all taxes
Bus leaves from parking lot behind the
Canadian Tire Store on Bayfield Street at
10:30 SHARP



If you have any questions, don't hesitate to contact **Sharon** at 705.252.9221, or email barrie@carp.ca

#### **CHAPTER 36 MEETING SCHEDULE**

Member meetings now being held at Sheba Shrine Hall

142 John Street, just off Anne St.

(doors open at 6:00pm)

Tuesday, March 17th, 2020 - 6:30 p.m. • JOCELYN LALONDE, SR.

Program Advisory Specialist, ON Ministry of Finance "Get Tax Season Ready".

Tuesday, April 21st, 2020 - 6:30 p.m. • GREG TAYLOR M.ED.RP "Self-Care for Caregivers".

Tuesday, May 19th, 2020 - 6:30 p.m. • MAYOR JEFF LEHMAN "2020 and the Next 20 Years".

- 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**

ow! So much to talk about and where to start?

This year we have completely changed our approach to our Be Green Show on May 9th in that we will be focusing on the students of Simcoe County from public, to secondary, to college, in showcasing their projects for the environment. Young people are and should be leading the charge as they will inherit all the fallout from previous generation's mistakes, even though we did not realize how damaging some of those mistakes would be. Check out page 16 for more information on this event. It will also feature the Change Agents Program which commenced at the Shanty Bay Public School four years ago and which I strongly feel should be implemented across the County.

We had another huge win in that the Province of Ontario finally officially recognized Co-housing in November and you can find it on their site under Innovative Housing. We all know there is a dearth of affordable housing in this Province, and not just for seniors. Another huge social problem is isolation and the UK even went so far as to appoint a Minister of Isolation. This is only one of the many problems Co-housing helps to solve and suddenly there is a huge spike of interest in this possible solution for some of our citizens. There are many meetings going on with the Province, the County and charities to come up with some answers.

Also, check out the article on Home Share, a pilot project the City is creating to match students and seniors. This has worked successfully in Toronto so why not here?

Secondly, there is also a new Volunteer Organization called Snow Angels which has worked well in London, Ontario and hopefully would do well here. Basically volunteers will help clear windrows (the huge piles of snow



deposited at the end of your driveway by the plows) for the disabled, the sick and for seniors no longer up to the task. I know I usually have no problem shovelling my driveway but this often does not compare to the heavy snow and sometimes chunks of ice deposited at the end by snow plows.

In other news, you will be happy to know that CARP Head Office has taken back control of Membership (previously had farmed it out to a second party) and I think most of us are going to appreciate how improved responses to our questions will be, among other things.

Further, CARPs President, Moses Znaimer will be launching a huge Campaign on Feb. 27th about our Healthcare System or the lack thereof, in many cases. We spend vast sums of money and our outcomes do not fare well in comparison to other Countries with Universal Health Care. Make sure to watch for Ads and mentions on Social Media. If you have stories you wish heard then please contact us. I want to make it clear that we are not denigrating our doctors, nurses and other dedicated health care workers, it is the whole system that has to be changed. When something is no longer working, that thing needs to change and we no longer have the luxury of being patient.

Wishing you all a wonderful Spring!

Your Chair Gwen Kavanagh CARP Chapter 36

#### **ADVOCACY**

## **Ontario Government Failing To Provide** Adequate Home Care Supports, Says Study

recent study published in a prestigious international medical journal drives home just how broken the experience of transitioning from hospital to home care is for patients in Ontario.

Following over 700 patients through the health care system over the past 3 years, the study discovered that the three biggest problems they faced all concern publicly funded home care.

Among 52 factors, the single greatest concern across geography, age, gender and ethnic groups was "not enough publicly funded home care services to meet the need." The second and third highest rated problems were home care supports not being in place when returning from hospital, and "having to advocate to get enough home care."

"It is no surprise that home care is a top concern for patients," says Marissa Lennox, CARP's Chief Policy Officer, "A majority of our members want to continue to live at home, but need support to do so. Unfortunately, the needs of patients who require home care are not being met.



People who qualify for home care are not able to access it, and those who do receive visits from care providers find there is not enough time allowed for appropriate care."

The study was led by Dr. Tara Kiran, a family physician at St. Michael's Hospital in conjunction with Health Quality Ontario. The team of researchers hope the findings will encourage improvements in the hospital-to-home transition—a difficult journey undertaken by 1 million patients each year in Ontario. Kiran is hopeful that Ontario's new Health Teams will provide an opportunity to improve on these findings.

- Posted in Health, Homecare, In The News



# Independence &



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# COMMUNITY

## Bee City

hen Barrie residents learned that pollinators are struggling globally to survive, they turned to Bee City Canada for solutions. In 2019, Barrie was named as the 30th Bee City in Canada.

Bee City is a designation that connects people, places and pollinators. Our commitment is to develop, restore and preserve pollinator friendly habitat, provide community education and to celebrate our pollinators.

The Bee City Barrie initiative is led by the City's Parks and Forestry section. Barrie's first project was to install a Bee Hotel in Sunnidale Park.

A Bee Hotel caters to bees that build nests as opposed to hives. The structure is filled with materials such as sticks with drilled holes or hollow grasses. Bees seek the easiest way to nest, so often they will choose an existing hole.

In the spring, bees enter the cavity and divide the tunnel into sections for the larvae. Each section has eggs and pollen, which is then sealed with a mud. Eggs hatch into larvae during the summer, pupate, and then overwinter before starting the process again in the spring.

This year, along with additional bee hotels and pollinator patches, residents can look for more exciting opportunities and new resource materials on www.barrie.ca.

Bee City Barrie will be at the Barrie Public Library's Seedy Saturday on March 14th and Celebrate Barrie on June 6th. Look to the next issue for more details about our Pollinator Week Kick Off event at Sunnidale Park on June 20th.



## All Is Well, Even When We Are In The **Messiness Of Grief**

"Little by little we let go of loss but never of love," unknown author

AND

"sometimes all you can do is lie in bed and hope to fall asleep before you fall apart," William C Hannon

recently read in Psychology Today, that grief can feel all-encompassing and is not limited to the loss of people; it can follow the loss of an animal companion, the loss of a job or other important things in our lives. That was a relief for me, because recently I said goodbye to my favorite furry companion, Bubbles. I fell apart and felt the unfairness of life washing over me. Initially I felt silly about the overwhelming feelings I had to retreat from the world, sell my house because that is where she lived with me, escape the very world I lived in and speak to no one. I even reminded my husband in deep sadness one night that I felt more joy coming home to Bubbles when she was alive than I did him. My husband, one must know, is a very loving and beautiful soul and I love him deeply, however my connection to him was different to my connection to Bubbles and thankfully in his own magnificence he was not offended by my comments, recognizing that it was coming from a place of great loss and grief. My feelings of silliness for how I was feeling dissipated when I had some beautiful people respond to my pain by having coffee with me and sharing their stories about their favorite furry friends



and companions whom they had said goodbye to in the past. We talked about the fact that as a society we leave very little room to grieve and especially for our furry companions or things that, to others may not seem significant. Our conversations reminded me that it was ok to cry wherever and whenever the need arose.

Psychology Today noted that grief is a very complex emotion and has no formula or expiration date. The article noted that grief is sometimes compounded by feelings of guilt and confusion over a loss especially if the relationship was difficult. Grief can last months or years and without help or support grief can lead to isolation and chronic loneliness, which I would suggest then leads to illness, both mental and physical. I can certainly attest to this because for a while all I wanted to do was to talk about Bubbles, because not to talk about her meant that she would be forgotten and the last thing I wanted the world to do was to forget her. It made me continued on next page continued from previous page

feel guilty to feel good and not talk about her. If my friends and other grieving supports did not allow me to share my stories about her, I too would want to isolate myself so that I could be allowed to grieve in private. Or worse, I would have buried it and have it come out in inopportune moments in fits of anger and frustration toward others.

Psychology Today noted the fact that many symptoms of grief overlap with those of depression. There is sadness and oftentimes the loss of the capacity for pleasure. Insomnia, and loss of interest in eating and taking care of oneself also arise. These symptoms do tend to lessen over time.

What to do when we feel grief was certainly a quest of mine. I learned that suppressing and isolating myself is not

wise, so I began seeking out others who could listen and share my story. I came to learn that we are never alone in our grief or ever. In fact, we are a social species and it is rare for us not to experience hardships of any kind. I have learned that grief has value and one of those values is a very clear reminder that I cared and loved deeply. We sometimes forget our capacity to care and love when we are caught up in our day to day grind of life. We forget what we truly mean to each other and how valuable we truly are, grief is a great reminder of that. Bubbles taught me a lot, but I did not quite formulate those lessons as teachings until her death. In other words her death solidified all of the things she had been teaching me all of her life with me, which I ignored or missed while she was teaching me. Her life had

continued on page 8

next page

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continued from page 7

meaning and when I focused on that, my sadness lessened.

There are many cultures that embrace grief and in fact, make it a part of life and allow it to take its course in whatever way it needs to. They see no need to suppress or to deny it. So I cried wherever and whenever I felt the need to. I cried in the grocery store, the coffee shop, my office or wherever Bubbles came to mind and the lump formed in my throat and the tears welled in my eyes. I figured my expression of tears gave others the permission to cry for their own losses, whatever they might be. I searched for the things that would allow me to feel closer to my loss and my joy. For example, in addition to my tears I have danced and sang more since her death than I have done in quite some time

knowing that joy was just one of those lessons she had been trying to teach me in her living. As a yogi I knew that Bubbles was only gone in physical form and that I could reach her in meditation if I could get myself into the right state, so I meditated, I got even more physical, I brought myself into yoga as often as I could and spoke to her as often as I could. It has been just over one month now since her passing on Christmas Eve 2019, I have come a long way in my grief and can honestly say that I have allowed joy to return to my mind and my body, while at the same time feeling deep sadness and the missing of her. I am sitting with all of those feelings knowing that all is well.

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

## The 5 Stages Of Care

ost of us will enter retirement with a pretty good understanding of our current health and what it takes to manage it. But, as time goes on, everyone's health changes and we gradually begin to spend more on our medical, physical and personal care needs.

Typically, we move through 5 stages of care as we age. The progression through these stages is different for everyone but, in time, your health needs and costs will grow. For many of us this means we'll eventually become dependent on a friend, family member or professional caregiver for help.

Whatever the care, the funding is your responsibility – long-term care services are not part of the Canada Health Act,

and government-subsidized care is very limited.

As Canadians, understanding these stages is particularly important because we're living longer than ever before. As you build your retirement income plan, it's important to consider both lifestyle and life stage choices.

Cindy O'Donnell, BA, CHS Sun Life Financial 705-737-3552 ext 2216

For more information on the 5 stages of care go to www.sunlife.ca/ca/Explore+products/ Insurance/Health+insurance/ Long+term+care+insurance 

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# **EXPERTS IN HOME MEDICAL EQUIPMENT!**

The Barrie CARP Connector SPRING EDITION 2020

- 9 -

www.barriecarp.org barrie@carp.ca

## **General Spring Property Maintenance**

pring cleaning is a common thing that many people do as spring approaches. The warmer weather gives us a boost of energy to clean out the clutter and get our home in order before the nice weather hits.

#### 1) Spring Cleaning

Spring is a good time to clean areas of the house that often go neglected. Dust or vacuum chair rails, window casings, tops of wall-mounted cabinets and ceiling fans. Launder or dry-clean fabric draperies and use a damp cloth to clean wood and vinyl blinds. Vacuum upholstered furniture and mattresses and consider renting a carpet cleaner – anything you can do to remove settled dust, mites, and allergens will make for a cleaner, and healthier, home. There are many service providers available who can help you should you not be able to some of these chores on your own.

#### 2) Check The AC And Furnace

Spring is the perfect time to make sure your air conditioner or central air unit is working efficiently and ready for the summer. Check all the connections and if necessary have it serviced. Replace that dusty air filter in your furnace. I recommend a professional HVAC technician inspect all of the operating controls and safeties to ensure trouble free operation. I do this annually. I call it "peace of mind" maintenance.

#### 3) Head Up To The Attic

After a cold winter, it's important to check the attic to make sure no leaks have developed. You will also want to make sure no mice, insects or other critters have nested over the winter. Check to make sure the insulation is intact and look for

signs of mold and water damage. When in doubt call a reputable home inspector who will give your home a good once over and report back to you with recommendations.

#### 4) Inspect The Basement

We all know that the basement is prone to issues, especially after the seasons change. Check for cracks in the cement walls and look for signs of leaks. While you are down there, it's also a good idea to check your sump pump, check the washing machine hoses, inspect the basement windows for mold and leaks, and look for signs of pests.

# 5) Look For Leaks And Signs Of Mold

Building on the previous point, looking for leaks and mold is important in all areas of your home. Take the time to inspect all windows, doors, bathrooms, and other areas where water damage could occur. Address mold issues immediately. If you have a large amount of mold, contact a mold remediation company to dispose of the mold properly.

#### 6) Work Safely

Don't forget safety first when attempting to get your house in order. Call on a professional if the job is a bit out of your comfort level. I always leave the difficult or technically challenging items to the professionals who know what they are doing. It is something I definitely need to budget for but the benefit is it frees up my time for the things I can do and like to do.

Roger L'Ecuyer, Mortgage Broker Silverline For Seniors roger@mortgagewellness.ca

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#### **Bliss Beneath**

f you choose not to find joy in your bra, you will have less joy in your life but still have to wear a bra.

At Bliss Beneath, we stock a specially-chosen, extensive selection of flattering styles and sizes that won't break the bank. When you come in for your complimentary, private fit experience, you'll be invited into our bright, spacious, and private fitting rooms. We'll explore what has brought you in to see us that day, what brands you've tried in the past, and your lifestyle.

Eighty-percent (80%) of women wear the wrong size bra, normally with the cup too small and the band too loose. Your first fit experience will require approximately 15-30 minutes, perhaps longer if you want to be fitted for bras and swimwear



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in the same visit, and approximately 30-40 minutes for a prosthesis and bra fitting. We'll measure you directly on top of the bra you're wearing that day; this measurement, plus a visual assessment, gives us an estimate to begin your fit experience with. Sometimes we achieve your ideal fit with the first bra, but more often than not, it takes two or three bras to achieve your ideal fit. During the fitting, we'll explain what we're doing every step of the way and why. Once we've established your ideal fit, we can show you different styles and colours you may have never considered before.

It's important to remember the numbers and letters don't matter: your fit, your comfort, your confidence, and your happiness matter. Our commitment to you is finding your ideal fit. Trying on bras and swimwear doesn't have to be an exercise in frustration; at Bliss Beneath. it is an educational, rewarding, and fun experience! Treat yourself or someone you love to a first class lingerie and swimwear fit experience right here in Barrie, Ontario. A gift certificate for a properly fitted bra or swimsuit is always a huge hit with the recipient, especially once they experience the Bliss Beneath difference. We've been open for 8 months, and we've earned 69 \*5-star reviews\*! We love helping you fit!

# Reducing Stress While Selling Your Home

utting your home on the market can be one of the most stressful ventures of your life. It makes perfect sense, when you consider that your home is probably the biggest investment you've made. A lot of money is on the line, and you know it's possible your home may sit on the market for a while — or it may not sell for as much as it should.

To make your home more attractive and add perceived value for potential buyers it's important to show your home at its best by reducing clutter, putting away personal photographs, and keeping it tidy while it's on the market. Homes that look worn and tattered tend to stay on the market longer. If a house shows well, you most likely will get a higher offer in a shorter time frame.

The most cost-effective update you can do is to paint – there is no question that it gives you the highest return on investment than any other home improvement. A professional paint job in a light neutral instills freshness, hides visual defects and tells buyers the home has been well maintained. Light colours open the space and make rooms appear larger, plus a



clean slate helps buyers to visualize their furnishing in the rooms.

Consider using a painting company who can help you to choose the perfect colour, repair defects on the walls and caulk the trim before applying top quality paint that's appropriate for each surface (matte for living areas, satin or semi-gloss for trims and doors and proper ceiling paint.) They can have it done much quicker than most homeowners after all they do it all day every day.

Once your home is renewed relax – as best you can – while the offers come in.

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## Georgian College And The City Of Barrie Partner To Address Complex Social Issues With Barrie Homeshare

ffordable housing and social isolation are two complex issues Georgian College and the City of Barrie hope to address with a new social impact program called Barrie HomeShare.

Through The Shift Government Project, Georgian's Centre for Changemaking and Social Innovation has entered into a partnership with Barrie's Office of the Mayor to tackle these issues together under the leadership of Martin Rochon, Social Impact Projects Coordinator.

The HomeShare program, which is currently operated out of the City of Toronto by the National Institute for Care of the Elderly, in partnership with the City of Toronto and University of Toronto matches 55+ adults wishing to share their home with local university or college students seeking affordable housing.

In exchange for reduced rent, the student provides companionship and/or assistance with completing light household tasks, such as preparing and sharing meals, tidying up, carrying groceries, or walking a pet. The HomeShare program in Toronto has a fully developed framework, and employs a social worker as a "helpline" for each match in case they need any assistance.

Georgian and the City of Barrie are scaling this program and will aim at making 10 matches for September 2020. The program will be open to all students, both domestic and international.

"Georgian and the City of Barrie are already great partners and this is another example of how we can work together



in support of the community and our students," said MaryLynn West-Moynes, Georgian President and CEO. "It's truly a win-win partnership. Together, we can address some very complex social issues, providing our students with a rich learning experience and a home."

There is also great potential for the program to provide opportunities for field placements, co-ops, and other learning experiences for students down the road.

"This is about helping seniors age well at home, helping students find housing, and helping residents get affordable, nutritious food through innovative partnerships that tackle root causes," said Mayor Jeff Lehman, City of Barrie.

> To learn more about Barrie HomeShare, contact Martin Rochon at martin.rochon@georgiancollege.ca.



# JOHN'S JOKES

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

OMG, I'm rich!
Silver in the hair,
Gold in the teeth,
Crystals in the kidney,
Sugar in the blood,
Lead in the butt,
Iron in the arteries
and an inexhaustible
supply of natural gas!

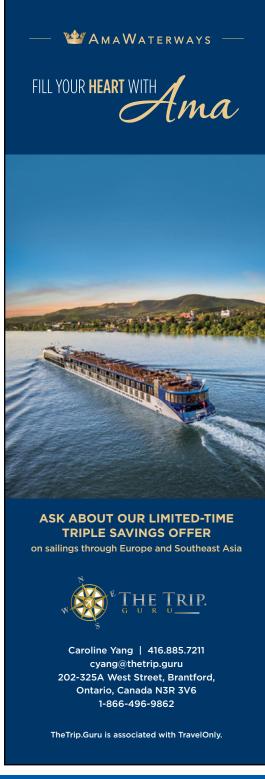
I never thought I would accumulate such wealth! -Unknown Author

POSTED BY THE FIGHT LIKE A GIRL CLUB"



A police officer called the station on his radio. "I have an interesting case here. An old lady shot her husband for stepping on the floor she just mopped."

"Have you arrested the woman?"
"Not yet. The floor's still wet."





Make a plan and take action!

CARP Chapter 36 invites the students of Simcoe County, along with Georgian College Students to take part in the 3rd Annual CARP Be Green Show.

Students are challenged to choose an issue from the UN Global Goals that concerns them, and then make a plan to take positive action that they will display or demonstrate at the show. Project ideas are open to your imagination and have the potential to include numerous curriculum ideas such as media, technology, visual arts, math and science, etc.

Registration forms must be received by March 20th; the show is scheduled to take place on Saturday, May 9th. For more information, contact CARP at 705-730-3493 or info.begreenshow@gmail.com.



# May 9th, 2020

10:00am - 4:00pm

Innisdale Secondary School
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# GUEST SPEAKER KRIS-JOHN KUCHARIK

from SECOND HARVEST Food Rescue

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# Hate Shovelling? Snow Angels Coming To The Rescue In Barrie!

new online tool has arrived in Barrie that will help connect volunteers with those needing snow removal assistance. Snow Angels Canada (https://snowangelscanada.ca/) is an online platform where residents who require assistance with snow shovelling can post a request for service and volunteers in their area can reach out to help.

Although the City does not own or operate the online platform, City staff have worked

with Snow Angels Canada to customize it for Barrie residents. As the platform has just launched in Barrie, the City is currently encouraging residents to sign up as volunteers at snowangelscanada.ca to grow the program.

To register your snow clearing request or as a volunteer to help your neighbours in need, please visit https://snowangelscanada.ca/

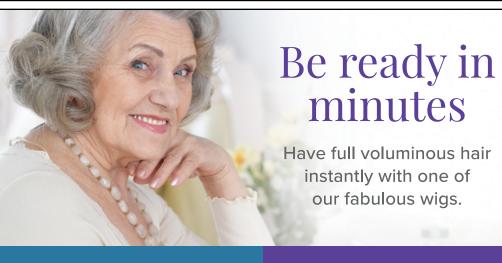
By: BarrieToday Staff

#### Moving? Moved? Need To Update Your Membership Information?

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**OR** Telephone Member Support: 1.833.211.2277 Toll Free: 1.888.363.2279 Local: 416.363.8748

OR e-mail to: support@carp.ca





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## **BOARD MEMBERS AND COMMITTEES**

#### **BOARD MEMBERS 2020**

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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?
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