



**COMMUNITY DEVELOPMENT ANNUAL REPORT  
MAKING PROGRESS ... MAKING A DIFFERENCE!**



# Community Development Report 2010-2011



On the behalf of the National office, we are pleased to present Community Development's Annual Report for 2010-2011. This report is dedicated to the Chapters, their Boards, and to all the volunteers who have generously given of their time and expertise to advance our joint enterprise: to enhance the quality of life for Canadians as we age.

This has been a great year for CARP. We continue to make great strides as an organization. We've claimed our place not only as the premier membership organization for older adults but also as one of Canada's strongest grassroots organizations leading the charge for positive social change and breathing new life into the concept of community.



It has been noted before that CARP's ability to influence governments and businesses at all levels depends on having a growing membership with strong, active and persistent voices in communities throughout the country. The Chapters, led by committed volunteer Boards, are absolutely crucial to the success of the enterprise, building the momentum that ensures that the National mission and advocacy priorities have resonance and voice in communities and regions throughout the country.

The Chapters have done great work throughout the country. This report provides but a brief overview of what the Chapters and the Community Development team have achieved this year.

With appreciation,

Ross Mayot, Gail Goldman, Anthony Quinn



## Strategy

It is a strategic objective of CARP to build a strong sense of common cause and common voice with individuals, groups and communities throughout Canada. The larger and more diverse our national membership base is, the more powerful and influential CARP's voice becomes on behalf of its members and all Canadians as we age.

Accordingly;

- Active, goal-oriented Chapters are a vital volunteer-based resource for advancing CARP's mission and strategic advocacy goals;
- Chapters support CARP's goal of attracting, developing and maintaining members and programs that reflect community needs and interests;
- Chapters provide an network for sustaining effective communication between the national office, members and communities throughout the country.

## Basic Objectives for Chapters 2010 - 2011

1. **Membership.** Support the growth of Membership which strengthens the voice, influence and vitality of a proud membership organization.
2. **National Advocacy.** Promote and advance CARP's National Advocacy issues and issues that are more Local or Regional.
3. **Community Engagement.** Develop and set an action plan for 1-2 local issues that the Chapter can help influence. (Determined by the Chapter)
4. **Operational.** Hold meetings at least quarterly to plan and track Chapter goals and achievements and encourage new members to get involved.
5. **Community Events.** Organize one of the following: Job Fair, Volunteer Fair, Lifestyle Fair, or Educational conference. These can also be fund-raisers for the Chapter.
6. **Enjoy the Experience.** People join CARP and Chapters to support a good cause, do good and feel good about the effort. We shouldn't lose sight of that.

## Chapters Are Our Country-Wide Strength

Our Network of Chapters is larger, more active and more influential than ever. The number of Chapters has quadrupled in the last three years. **We now have 50.** They play a vital role in CARP's mission—as our ears, eyes and voices in communities from coast-to-coast, as we advance the right for people to remain active and continue to have a strong voice—individually and collectively—as we age.

A core value of CARP is an abiding commitment to the rights and dignity of every individual. It's also a key objective to build a strong spirit of community within our membership, ensuring that we are a welcoming organization that respects and embraces diversity. Inclusiveness is the basis of our commitment to diversity, reaching out to people of varied ethnic backgrounds, values, abilities, family status, age, beliefs, and sexual orientation.

For CARP to be successful, we need a network of proud and committed members throughout the country. Our Chapters play an essential role in advancing that commitment. Chapters represent our national infrastructure and our real strength. They create opportunities for members to commit their time and expertise to support CARP's advocacy, membership growth and community service.

## Our Chapters Continue to Grow in Number and Influence

We are pleased to report that during the past year we have added a number of new Chapters that include:

**Ajax-Pickering, Aurora-Newmarket, Belleville/Brighton/Quinte West, Brockville-Thousand Islands, Cambridge, Etobicoke, Fort McMurray, Guelph, Langley-Abbotsford, Oshawa, Toronto-Downtown, Vancouver-Westside, Winnipeg (Assiniboia-St. James)**



We are grateful to members who have taken on the leadership of launching new Chapters and building CARP's presence in their communities.

## Changing of the Guard

We are also grateful to those who have stepped up to leadership roles this year to sustain and advance existing Chapters; and to Chairs and Board members whose terms have continued for another year.

And we extend our heartfelt gratitude to the outgoing Chairs all whom have effectively promoted CARP's mission, provided outstanding service over the years while responding to members' needs and keeping the national office posted on relevant issues and developments in their respective communities.

In **St. John's, Newfoundland and Labrador**, Ralph Morris completed his term as Chapter Chair and Ed Williams has once again taken on the leadership of the Chapter.

In **Calgary, Alberta**, Yasmin Kanji has taken on the role of Chair from Robert Robotham. Robert has agreed to take on the role of Vice Chair.

In **Halifax, Nova Scotia**, founding Chapter Chair, Bill VanGorder stepped down and Alex Handyside has stepped up to the role of Chair. Bill remains a committed member of the Chapter Board as well as a member of CARP's National Advisory Board.

In the **Okanagan Valley, British Columbia**, Jim Fraser has filled the Chair's position, taking over from Nigel Brown.

In **Brantford, Ontario**, Terry Little has stepped down and Andy Woodburn has become Chair. Terry will stay on as Vice Chair.

## Passages...



On a sad note, CARP lost a long time champion this year with the passing of **Fred Silzer**, CARP's former Representative in Saskatchewan. Fred retired as CARP's Representative in the fall of 2010 and sadly passed away early in the New Year. Fred was a tremendous resource for CARP for many years and is fondly remembered.



# Chapter Advocacy



*Susan Eng and Michael Nicin from the CARP Advocacy Department, with Gail Goldman and Anthony Quinn, following a 'local advocacy' meeting with the Ajax-Pickering Chapter Board.*

## **Chapters Play an Important Role in Advancing CARP's Advocacy**

CARP Chapters have continued to support the National Office's Advocacy in 2010-2011 and have helped secure some real results.

Chapters have had an involvement in a variety of Advocacy issues including family care-giving, healthy aging, age-friendly communities, caregiver support, affordable seniors housing, pension reform, prescription drug policies, safe seniors driving, elder abuse, fraud and scam prevention and age-related dementias, throughout the year.

Chapters have been instrumental in harnessing the energy and power of our collective voice to raise awareness and secure results.

For example, in support of CARP's advocacy for Pension Reform, the **BC Chapters** teamed up to organize a petition on behalf of the Chapters that was sent to The Hon. Colin Hansen, Minister of Finance for BC. The letter and petition called on the Minister to take an active role in promoting CARP's position on pension reform in Canada.

Our **Calgary** and **Edmonton Chapters** took a similar initiative, writing to the Hon. Ted Morton, Alberta's Minister of Finance in advance of the gathering of Provincial Finance Ministers in Kananaskis, Alberta in December.

Janet Gray, Chair of the **Ottawa Chapter** continued to promote CARP during meetings with federal and provincial politicians. Janet met with Ontario's Minister responsible for Seniors, the Hon. Sophia Aggelonitis. Janet also met with Ontario's Minister of Infrastructure, the Hon. Bob Chiarelli regarding an Ottawa Housing 'Aging in Place' project. Janet also represents the Chapter on the 'Age Friendly City' Committee in Ottawa.

CARP Chapters have also played their part in federal and provincial elections during the year. With guidance and support from our Advocacy department, a number of Chapters hosted their own debates and all-candidates meetings to ensure that candidates and provincial parties are aware of, and respond to, the issues of concern to CARP members. Organized in conjunction with our Advocacy department our Chapters' face-to-face engagement at the riding level helps remind all parties of the impact our demographic can have at the ballot box.



The **Edmonton Chapter** organized an all-party Federal Candidates forum in the spring moderated by Fil Fraser, long-time broadcaster, journalist, filmmaker, Member of the Order of Canada and CARP member in April. The forum focused on issues of interest to CARP members.

## CARP Members Vote!

Our **Vaughan Chapter**, under the leadership of Chair George Matthew, organized an excellent forum for Ontario provincial candidates in the riding Vaughan this fall with 6 participating candidates representing Conservative, Liberal, NDP, Reform, Independent and Libertarian campaigns.



*Vaughan CARP Provincial Election Debate*

Moderated by Ross Mayot, candidates were asked for their positions by a panel selected by the Chapter and directly from the audience on pension reform, healthcare, income security, energy costs, and other issues of interest.

Discussion was lively, cordial and respectful.

Gwen Kavanagh, Chair of the **Barrie Chapter** also organized an all-candidates forum in advance on the provincial election in Ontario this fall.

During the Federal election campaign, Larry Duffield, Chair of the **Windsor-Essex Chapter** moderated an all-candidates debate organized by the National Pension Reform Committee. Although the focus was on Pension Reform, the candidates were asked a range of questions on matters of concern to the audience. The event was well covered by local media.



*Pictured: Belleville-Brighton-Quinte West Chapter Chair Ken Prue at the Federal All Candidates meeting organized by the BBQ Chapter*



Our Chapters have helped get the message through to politicians that older Canadians vote more regularly and in greater number in elections than any other age cohort and can make the difference in the outcome. The readiness of candidates from all parties to participate in the forums organized by CARP Chapters demonstrates CARP's increasing political clout and the influence our members and the older age demographic have in the political process.

## **Active CARP Chapters**

Throughout the year our Chapters have been active in representing CARP's Advocacy positions with politicians and the media in their communities. For example, Bill VanGorder, immediate-past Chair of the **Nova Scotia Chapter** and current Advisory Board member, was elected Chair of the Group of IX Seniors Advisory Council, the official advisory group on senior's issues to the Government of Nova Scotia.

The group has had significant input into such seniors-related government programs as seniors' Pharmacare, Fair Drug Pricing and the Continuing Care Strategy. Being part of the Group of IX not only gives the Chapter, through Bill, direct access to the government of Nova Scotia on these issues, including a role in passing of the Fair Drug Pricing Act in Nova Scotia, but as a result is frequently contacted by the local and regional media for comment.

In addition, the **Nova Scotia Chapter** filed a new submission to Provincial Government on Pension Reform urging the federal and provincial governments to work cooperatively to address the urgent need to provide the one in three Canadians who retire without any retirement savings with a retirement savings vehicle that is universally accessible, affordable, adequate and sustainable.

In consultation with the Advocacy department, our **Edmonton and Calgary Chapters** submitted a joint brief to the Alberta government on Pharmacare. And our **Sudbury Chapter** continued to push for better access to medical technologies in Northern Ontario. For example, Chapter members Clarence Soule and Homer Seguin played a key role lobbying the Sudbury Regional Hospital to launch a home nocturnal hemodialysis program to Sudbury for patients who require dialysis several times a week, but are either wheelchair bound or otherwise have regular accessibility problems in getting to and from the hospital.

**Sault Ste. Marie Chapter** Chair, Marilyn Patterson, organized a number of popular information sessions for her Chapter, with speakers covering a wide range of topics including: Seniors and Alzheimer's, DriveWise, Seniors and Investments, Safeguarding Seniors Against Financial Abuse, Funeral Planning, and Cardiac Champs.

**White Rock-South Surrey Chapter** member and BC Representative April Lewis represented CARP at a Round Table meeting on Elder Abuse in Delta BC, hosted by Kerry-Lynne Findlay, Parliamentary Secretary to the Minister of Justice.

The Hon. John Nicholson, Minister of Justice and the Minister of State for Seniors, the Hon. Alice Wong participated in the meeting. April presented the Ministers with CARP's six point plan to combat Elder Abuse. Minister Nicholson indicated that the government would be introducing measures in the fall session. In discussion with April following the meeting, Minister Wong expressed an interest in attending the Vancouver Zoomer Show in November.



*The Hon. Alice Wong, Minister of State for Seniors, flanked by past Chairs of PEI CARP Chapter, Craig Mackie and Barbara Sinden.*

During her visit to Atlantic Canada, the Hon. Alice Wong, Minister of State for Seniors, met with Board members of our **PEI Chapter** who apprised the Minister of the role our Chapters play in advancing the rights of Canadians as we age.

When Minister Wong visited Newfoundland and Labrador, she invited Avalon Chapter Chair Ed Williams to meet with her and participate in a session about Elder Abuse. Following the meeting, Minister Wong requested that she meet with members of the **St. John's (Avalon) Chapter** over lunch to learn about local issues of concern to seniors.

At the request of the National Office, Ed Williams represented CARP at the 2011 annual meeting of the Canadian Medical Association held in St. John's. One of the main items of discussion was the upcoming negotiations for a new health accord between the provinces and federal government. One of the messages that Ed reported taking away from this meeting was the statement by the out-going CMA President Dr. Jeffrey Turnbull that the CMA is seeking all the support that it can get from organizations like CARP in advocating for an improved new agreement.

These and other community events lift the profile and voice of CARP with all levels of government. Chapter engagement during the provincial and federal election campaigns in the past year is testament to that.

## Continuing Education

Chapters have organized a variety of community events to promote CARP, stimulate membership, and to inform members and other people in their communities of CARP's advocacy priorities. Here are some examples of how our Chapters are getting involved, advancing our mission, helping to grow our membership and doing good things in their communities throughout the country.

In keeping with our mission to promote healthy, active aging, we have been developing relationships with the Continuing Education departments at a number of post secondary institutions that facilitate Lifelong



*Toronto (Downtown) Chapter Chair, Adina Lebo, (picture right) with Dr. Mimi Marrocco and William Wood of St. Michael's College*

Learning and Continuing Education opportunities for our Chapter members. The goal is to set up a model for a partnership program with Community Colleges and Universities throughout the country.

As an example, the **Toronto Downtown Chapter** has been working with St. Michael's College at the University of Toronto, Ryerson University and George Brown College.

To promote the new educational partnership, St. Michael's College (University of Toronto) worked with the Toronto downtown Chapter to present "free sample" Saturday workshops for CARP members, as an introduction to its 2011-2012 calendar of Continuing Education courses. St. Michael's also offers a discount on the cost of tuition to CARP members.

Centennial College has also been a great partner. Centennial's School of Continuing Education worked with us to create a survey that was sent out to CARP members in the GTA to ascertain their course interests and learning preferences. As a result of the feedback, Centennial created some new workshops on Retirement Planning, and offers discounts on course tuition to CARP members. A key factor for our successful collaboration with all of these institutions is their willingness to be innovative and flexible in accommodating the learning needs and interests of our members. Along with our Chapters we will continue to build these mutually beneficial relationships that not only provide lifelong learning opportunities for our members, but also support the concept of a community of learning.

## Chapters are Invaluable Community Resources

Last summer, coordinated through Chapter Chair Bernice Remple, 30 members of the **Edmonton Chapter** took part in an Athabasca University research project on the use of E-readers (i.e. Kindle, Kobo) by older adults. Each participant was asked to make use of the E-reader for 6 weeks and report back on their experiences. Athabasca University is analyzing the results of the study and we will report on the overall findings at a later date.

In June, Denise Kelly of the **North Shore Chapter** and April Lewis of the **White Rock-South Surrey Chapter** represented CARP at the Capilano University Elder College Conference, supporting CARP's lifelong learning objectives and our "CARP on CAMPUS" initiative.]



Vancouver area chapters collaborated on a booth at the BC Active Aging Symposium. Denise Kelly, Chair of the **North Shore Vancouver Chapter** stepped up along with Barry Thomas, past CARP Representative, to organize the CARP booth at the symposium. Earlier in the year, Denise and Jennifer Abbott (North Shore Vancouver Chapter) participated in the "Aging Revolution" event held at the Park Royal Mall in North Vancouver, and more recently, Denise gave a presentation at Churchill House in North Van.

CARP's **London Chapter** has been a strong promoter of efforts to change provincial legislation (Bill 97) that would allow older seniors to maintain conditional driver's licences. As an adjunct to that, the Chapter has cooperated with researchers at the University of Western Ontario on a Senior Driver Study. The research is intended to evaluate the

usefulness of new guidance technologies in vehicles meant to help seniors drive safely.

Jack Mar, Chair of **White Rock-South Surrey** and Bruce Bird, Chair of **North Fraser Chapter** represented CARP at a conference in Vancouver, entitled 'Growing Old in a Changing Climate', organized by internationally renowned Gerontologist, (and friend of CARP) Dr. Gloria Gutman, which explored the interface between an aging population and global warming.

**Okanagan Chapter** Chair, Jim Fraser and members of the Okanagan Chapter Board have been visiting the communities throughout the Okanagan Valley building relations and connecting with the Mayors and other community leaders to increase their awareness and support for the Chapter. Participating in activities of this kind also help increase CARP's Community profile and to recruit new members to the Chapters.



## On the Road

Ross Mayot was the guest speaker at the AGM of the **Windsor-Essex County Chapter**. Larry Duffield was re-elected as Chair and has a fresh new team with lots of enthusiasm for building the Chapter. Past Chair Bruce Draper has taken on the challenge of organizing a Chapter in **Chatham-Kent** County and we look forward to good things developing there.

Ross and Anthony Quinn, Manager of Community Development, visited the **London Chapter**. Organized by Chapter Chair, Dan Procop, the Chapter AGM was preceded by an informative guided tour of the John Labatt Brewing Co. (with a little beer tasting for good measure) and an excellent lunch sponsored by the Amica Residences in London.



*Larry Duffield (at far end of table) with members of Windsor-Essex Board.*



*London CARP Chapter group tour of the Labatt Brewery. Chapter Chair Dan Procop is 4<sup>th</sup> from left.*

Susan and Ross travelled north in the spring for the AGM of the **North Bay Chapter**. Organized by Chapter Chair Ron Farrell and his team, Susan Eng was the keynote speaker, outlining some of the key advocacy priorities presented during the federal election campaign. Humourist Arthur Black, provided the after-lunch entertainment. The sold out event once again this year illustrated why the North Bay Chapter is such an influential and positive force in the community.

## CARP in Quebec

Anthony Quinn was on hand at the **Montreal-Metro West** Chapter's first meeting of the year at which time Chapter Chair Paul Reisman and the Board outlined the plans for the Chapter and invited community members to get involved and help the Chapter grow and become a resource in Montreal.

And as reported in the Suburban News, Quebec's largest English language weekly newspaper, "The fact that Lac Saint Louis MP Francis Scarpaleggia and some West Island mayors attended the inaugural meeting speaks volumes about the power of their constituency."

An estimated 15-20 percent of West Island communities are now made up of citizens aged 65-plus. At the first meeting, almost 50 people signed CARP memberships. "Joining CARP is about getting involved in the community with other like-minded people," said Reisman. "That's the whole thrust of CARP."



*Montreal Chapter Chair, Paul Reisman (3<sup>rd</sup> from left) with members of Chapter Board*



## Toronto Downtown Chapter Launch

The launch of the **Toronto Downtown Chapter** drew a record number of people with over 450 people in the audience. In addition to Moses's presentation, a special guest for the event was the Hon. Kathleen Wynne, Ontario's Minister of Transportation, who announced plans to introduce a long-awaited government approved personal identification card for people who don't have a driver's licence.



*Above: A 'standing room only' crowd at the Isabel Bader Theatre in Toronto.*

*Left: Ontario Minister Wynne with Susan Eng in audience.*

*Right: Toronto Downtown Chapter Chair, Adina Lebo, with CARP President, Moses Znaimer at the launch of the Chapter.*





## Brantford, ON

In Brantford Ontario under the guidance of Chapter Chair Terry Little, the **Brantford Chapter** held their 5th annual Seniors Lifestyle Show, which gets bigger and better every year; attracting over 1000 people to the one-day event.

*Pictured Right: Terry Little with Walter Gretzky and the Mayor of Brantford at the Brantford Chapter's Lifestyle show.*



## Hamilton, ON

In **Hamilton**, Carlos Duchesne, Chair of the Hamilton Chapter, attended Brantford's Lifestyle Fair last year and picked up some tips for the Hamilton Chapter's inaugural 'CARP-Zoomer Trade and Conference Show' this fall.

Despite inclement weather, the turn out for the inaugural event was very encouraging for future events.



## Cambridge, ON

A new Chapter in **Cambridge** Ontario, Chaired by Pat Templeton, had a great turn out for its successful launch. Anthony Quinn spoke on behalf of CARP National and Constable Bruce Cole of the Waterloo Regional Police spoke about crime prevention, including guarding against frauds and scams. And the Chapter hosted a successful all-candidates forum leading up the provincial election.



## Peterborough, ON

Bob Geddes, Chair of the **Peterborough Chapter**, was instrumental in connecting the outreach and community service objectives of the Canadian Red Cross with the Community Development team of the National Office.

Pictured above: Bob Geddes (centre) with Peterborough Mayor Rich McGee on left and MPP Rick Johnston on right supporting the Alzheimer Society's "Coffee Break" fund raiser.



## Ajax-Pickering Chapter Launch

The **Ajax-Pickering Chapter** held an excellent fall meeting. A full house of 375 CARP members and local Zoomers met for the Ajax-Pickering Chapter launch in October with CARP President, Moses Znaimer as the featured presenter.



*Ajax-Pickering Co-Chairs, Steve Campbell on left, and Randy Filinski, shaking hands with CARP President, Moses Znaimer.*

Pickering Mayor, David Ryan welcomed the new CARP Chapter and applauded the work of CARP over the past 27 years, complimenting Moses on bringing a new vitality to CARP along with the new Zoomer Magazine. A full capacity 20 local and national affinity partners were on hand with promotional booths were very pleased with the success of the evening and look forward to continued involvement with the Chapter.



*Ajax-Pickering founding Board members with CARP Management Team*

## Chapters supporting Membership Growth



*White Rock-South Surrey Chapter Chair, Jack Mar with Minister Wong and April Lewis.*

The **White Rock-South Surrey Chapter**, under Chair Jack Mar organized a Chapter booth at a number of community events, including a promotional event at the Mall in Surrey, the Senior Health and Wellness Breakfast series in White Rock and the Active Wellness Fair in Richmond. It was at the Richmond event that Jack Mar met Senior's Minister Alice Wong and "pinned" her as a CARP member. Our White Rock-South Surrey Chapter was the first to connect with the Federal Government's new Minister of State for Seniors, The Hon. Alice Wong. Minister Wong expressed an interest in working with CARP and advanced that interest in her travels through Canada.

## Elvis Goes Collingwood



*Georgian Bay Chapter Chair Ian 'call me Elvis' Kerr with Chapter volunteers at the CARP booth at the Collingwood Elvis Festival.*

Our **Georgian Bay Chapter** and the National Office participated in another successful Elvis Festival in Collingwood Ontario, with a booth on the main street in Collingwood. The Collingwood Elvis Festival in July continues to be an annual highlight for the Georgian Bay Chapter. This year Anthony Quinn, Chapter Chair Ian Kerr and a number of Chapter volunteers staffed the CARP booth for three days in July promoting CARP and selling new memberships. Over 120 Elvis impersonators and tribute artists from around the world, and thousands of Elvis fans took part in this fun-filled and truly one-of-a-kind community event.

## Word on the Street

The Chapters “fly CARP’s flag” by participating in community events. For example, our Chapters in [Kitchener-Waterloo](#), [Toronto](#), [Halifax](#) and those in the [Vancouver](#) area teamed up once again this year set up booths at Word-On-The-Street to promote CARP and Zoomer magazine and sign up new members.



*Pictured left: North Shore Chapter Chair, Denise Kelly (left) with BC Representative April Lewis, and Ann McBride of the North Fraser Chapter with volunteer support at Vancouver’s WOTS.*

## Fraud Awareness



Chapters have continued to raise awareness at their meetings about the growing number of Frauds and Scams targeted at older Canadians. As this becomes a serious issue in Canada, Anthony Quinn was invited to represent CARP at the Preventing Fraud in a Digital Age Conference in Ottawa, sponsored by the Federal government. Anthony shared the material provided by the Federal Ministry with the Chapters, so they can better inform their members on how to beware of scam artists.



## Moncton, NB



Long-time **Moncton Chapter** stalwarts Wayne and Barb Harrigan helped organize a CARP local seniors resource awareness in the spring. A capacity crowd showed up to the event at which New Brunswick's Minister Responsible for Seniors, Housing and Community Organizations, The Hon. Sue Stultz, spoke to the group about the government's commitment to addressing the needs of seniors.

*Wayne arranged to have this picture (right) taken with Margaret Atwood during the Fry Literary Festival in Moncton NB. (Wayne slipped the enlarged Zoomer cover of Ms. Atwood into the picture.)*



*New Brunswick Seniors' Minister, Sue Stultz at Moncton CARP Event.*






*Brockville-Thousand Islands Chapter Chair and Eastern Ontario Representative Dawn Edgley (centre), with CARP members at the ONPEA fund raiser.*

## Relations in the Community

In keeping with our collective goal to build relations with other community-spirited organizations, Dawn Edgley and the **Brockville & Thousand Islands Chapter** organized a very successful “Cup of Tea” event as a Fundraiser for the ONPEA (Ontario Network for the Prevention of Elder Abuse) Senior Safety Line. The Brockville & Thousand Islands Chapter has made Age-Friendly Community, Accessibility and Elder Abuse its main social causes for the coming year.

Chapters have also made time to have some fun and social time together, organizing dinner theatre outings, community BBQs, clubs, wine tasting, or volunteer recognition parties, or promoting “fun and fitness” The **Halifax and Peterborough Chapters** have organized Nordic Pole Walking clubs.




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**A CUP OF TEA EVENT**  
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*You Are Cordially Invited...*

DATE:	MONDAY OCTOBER 3 <sup>RD</sup> 2011 9:30AM – 11:00AM
LOCATION:	BETHEL CHRISTIAN REFORMED CHURCH 117 WINDSOR DRIVE, BROCKVILLE (PLENTY OF PARKING AND WHEELCHAIR ACCESSIBLE)
GUEST SPEAKERS:	DEBORAH STEELE, LEAP (LOCAL ELDER ABUSE PREVENTION) & DETECTIVE CONSTABLE TOM FOURNIER, BROCKVILLE POLICE SERVICE
HOSTED BY:	BROCKVILLE AND THOUSAND ISLANDS CARP CHAPTER


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**RSVP:** DAWN EDGLEY, CARP CHAPTER CHAIR: (613) 802-0424 OR [EDGLEY.CARP@GMAIL.COM](mailto:EDGLEY.CARP@GMAIL.COM) [WWW.CARP.CA](http://WWW.CARP.CA)


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*Sudbury Chapter's annual party for its many Volunteers*

## **Membership Royalties For Chapters**

The royalty program we have implemented with the Chapters has been effective in stimulating new members and facilitating member retention. The royalties earned by the Chapters gives them some revenue to undertake various activities to raise the profile of CARP in their communities. Collectively, Chapters have generated more new and renewal memberships than ever before.





*Thornlea Secondary School students assisting CARP members in the Social Media Workshop*

## **The Community Development Outreach and Activity**

Gail Goldman, Anthony Quinn, Eric and Holly Vengroff teamed up with Chapter personnel from the Vancouver area to staff the CARP booth at the first annual Vancouver Zoomer Show. The show was a great success, with visitors repeatedly expressing enthusiasm for the increased participation of CARP in BC.

Based on the interest of local area members, Ross and Anthony developed an inter-generational project this spring with a Secondary School and CARP members north of Toronto.

The school's students developed and presented workshops for interested CARP members on Social Media including, Facebook, Twitter, YouTube, Blogging and Skype. The students' efforts were applied to their mandatory Community Service credits for graduation and the CARP members learned some new technology skills. Another benefit of the program was the impressive degree of respect and communication that could be observed in this inter-generational initiative.

Based on the success of that program, we've had calls from other high schools across the country interested in getting their students involved in similar programs.



*Minister Ablonczy with Susan, Ross and Consular staff Sylvie Fafard*

## **CARP Foreign Affairs**

The Hon. Diane Ablonczy, Minister of State for Consular Services and the Americas in the Ministry of Foreign Affairs met with Susan Eng and Ross Mayot to brief us on the information and services available through Consular Services to Canadians traveling abroad. The Minister requested the meeting with CARP because of the frequency with which CARP members travel internationally.

Consular Services is providing our Chapters with information kits to share with members planning travel abroad.

## Chapter Meeting Highlights

At the September meeting of the **Kitchener-Waterloo Chapter**, Wanda Morris, executive director of Dying with Dignity Canada, held an informative and thought-provoking presentation exploring end-of-life options and emphasizing the need for planning.

The **Barrie Chapter**, Chaired by Gwen Kavanagh, formed a Seniors Housing Committee to explore solutions to the shortage of affordable seniors housing in the Barrie area, focusing on the concept of Co-housing. The Chapter also had some fun organizing their own Antique Road Show, as well as an outing to Niagara on the Lake.

The **Fraser North Chapter**, Chaired by Bruce Bird, made progress at its AGM in May, where CARP Advisory Board member Monika Deol was the guest speaker. The Chapter has also taken the lead in encouraging more dialogue among the Chapters in British Columbia on issues of local and regional importance.

## CARP in Manitoba

In the late fall 2010 CARP concluded an important new agreement with the Manitoba Society of Seniors (MSOS), whose Board announced that it was terminating its operations in 2011. Through the arrangement with CARP over 3500 current MSOS members with valid MSOS memberships were given an introductory one year membership in CARP.



*Anthony Quinn (2nd from left) with 55+ Games medalists*

We also had a number of former MSOS members step forward expressing their interest in helping to set up new CARP Chapters in Manitoba. The first of those Chapters has been established for **St. James-Assiniboia** and we will be launching additional chapters in Manitoba in the coming months. And we are pleased to note that Karyn Heidrick, who worked with MSOS co-ordinating the Manitoba Senior Games, has agreed to take on the role of Co-ordinator to help us develop more Chapters and act as a regional Liaison in Manitoba.

In June Anthony Quinn, Manager of Community Development, flew to Winnipeg and then on to Steinbach, Manitoba where CARP was a sponsor for the Manitoba Senior (55+) Games. The games attracted over 800 competitors from the province. Anthony was a Marshall for the Track events and presented the medals for 55Plus, 65+ and 75+ categories. While in Winnipeg Anthony had the opportunity to meet with former Manitoba Society of Seniors (MSOS) Board members who are interested in the start up of new CARP Chapters in the Winnipeg area.



## GTA Chapters Working Together

The Chairs of seven Chapters in the Greater Toronto Area continued their informal “supper meetings” in July. Gail Goldman attends on behalf of the National office. The Chairs and members of their Boards shared ideas on guest speakers for meetings, membership sales, and exchanged brief activity reports. One chapter noted they are now placing Zoomer magazines and CARP brochures in Golf Course Pro Shops and at B&B's in their area. Discussion included an interest in setting aside time when all Chapter Chairs attend the CARP AGM in October for sharing information and best practices.



### **The GTA Group**

**Front row:** Nancy Finkle (KW), Yvonne Winchur (KW), Pat Templeton (Cambridge), Adina Lebo, (Toronto), Murray Etherington (Mississauga).

**Back row:** David Mogg (Cambridge), Carlos Duchesne (Hamilton), Dan Procop (London), Doug Stone (Hamilton), John Thompson (KW), Hugh Cass (Halton), John Kenny (Halton)



## Halton Chapter

Ross Mayot had the pleasure of being a guest speaker at the **Halton Chapter** AGM held at the Halton Region Centre.

A standing-room-only crowd of more than 170 people in attendance were treated to refreshments, scores of door prizes, live music and a chance to meet 15 of the Chapter's local sponsors who were on hand to support the event. Chapter Chair Tom Carrothers was re-elected as Chair for another term.

*A full house at the Halton (Burlington-Oakville-Milton-Georgetown) Chapter AGM*

## Mississauga Chapter

Organized by Murray Etherington and his team, the **Mississauga Chapter** held a series of Zoomer Fairs at the Sheridan Centre mall in Mississauga.

As many as 36 vendors and community organizations have participated in these fairs, including the Arthritis Society, Hearing Society, Diabetes Association, Big Brothers and Big Sisters, St. John's Ambulance, Mental Health Association, as well as municipal services for Fire Prevention, Transportation, and Elder Abuse, among others. Murray says of these events, "It is wonderful to see people smile as they uncover sources of help to improve their daily lives".

Also, in an effort to help combat Elder Abuse, the **Mississauga Chapter** supported the Peel Elder Abuse Prevention Network's application to the Region of Peel's Renewable Project Fund for 2012.

The grant from the Renewable Project Fund will enable PEAPN to introduce new community education and awareness programs to effectively deal with the issue of Elder Abuse in Peel region.





## Chapter Event Highlights

Chapters have been busy organizing events and doing good work in their communities, but also meeting new friends and enjoying the always present camaraderie at Chapter social gatherings and outings. Here are a few highlights.

Earlier in July, Ross was a guest speaker at the summer meeting of the **Georgian Bay Chapter** held at the Royal Canadian Legion in Collingwood. Chapter Chair Ian Kerr was delighted with the full-house turn out of 250, with members from as far away as Tobermory and Midland in attendance.



John Thompson, Chair of the **Kitchener-Waterloo Chapter** held a number of social outings for his Chapter and was the keynote speaker at the Volunteer and Community Engagement Symposium, hosted by the City of Waterloo's 55+ Advisory Board. John's topic was "Retirees and Zoomers—Tremendous Volunteers". The K-W Chapter also organized summer Dinner & Theatre outings to the Drayton Festival Theatre to see the comedy "Italian Funerals and Other Festive Occasions" and "Murder at the Best Western" at the St. Jacob's Country Playhouse.

*Ian Kerr and Dan Braniff next to their respective vehicles (not the tank and jet) prior to the CARP meeting at the Collingwood Legion Hall.*

The **Thunder Bay Chapter**, Chaired by Allen Richert, has set up a community education program for the fall/winter term. The City Manager of Thunder Bay will present a session to members/community on the new city Strategic Plan and its impact on local taxes, particularly for seniors. Further presentation and training sessions are planned with the locally owned telephone provider on new equipment and how to use it. The Chapter plans to showcase at least one event per month.

The **Prince George BC Chapter**, Chaired by Rita Weibe, is promoting "A New face of Retirement". This "New Face of Retirement" resembles what was formally known as semi-retirement. The plan is to address the specifics required to take people through a long, productive, satisfying life of retirement. It is a pro-active, solution seeking process of preparation that begins in one's forties (or earlier) and requires much more than attention to Finances. It also addresses our changing cognitive & physical abilities as we get older in an aging population.

For its August meeting, **Vaughan Chapter** Chair George Matthew organized a special event entitled: *Heart Attack and Diabetes: Prevention and Management through Diet*. Registered Dietitians from York Central Hospital were invited to discuss healthy diets for Canadians as we age.

In August, the **Ottawa Chapter** hosted its 2nd Annual "CARP Tea and Tour" outing for Chapter members at the Historic Billings Estate Museum.

*Pictured are Ottawa Vice Chair, Mary de Toro (left) and guests enjoying the outing*



## **National Office Outreach Initiatives**

Speaking engagements at various events is part of our Community outreach. Anthony and Ross have spoken at a number of Probus Clubs, throughout the year building awareness of CARP and promoting membership.

We have also developed working relationships with the Canadian Red Cross, Volunteer Canada, Environmentalist advocacy group TIDES Canada, the Mental Health Commission, the Kerby Centre in Calgary, the Royal Canadian Legion, the Ontario Human Rights Commission, the Canadian Coalition for Senior's Mental Health and the Canadian Diabetes Association, among others.

CARP cannot achieve its goals working in isolation. This is why our Community Development Team makes a real effort to reach out to other groups and organizations to share ideas and cooperate on initiatives that could be mutually beneficial to our respective memberships. We work with local, national and international organizations.



## Yee Hong

In March, the National Office with support from the Terry D'Silva, Chair of the **Markham Chapter**, held a reception at the Yee Hong Centre in Markham to mark the partnership between CARP and the Yee Hong

Centre for Geriatric Care. It was also an opportunity to announce two hands-on workshops to be provided by Yee Hong on Chronic Pain Management and Parkinson's Disease. The workshops are specially designed to support patients and their caregivers. Over 200 people attended along with 11 politicians representing all parties, federally and provincially. Then-Minister responsible for Seniors, Julian Fantino and then-Leader of the Opposition, Michael Ignatieff, addressed the gathering, along with Olivia Chow of the NDP, all speaking favourably of CARP's role in the national dialogue on an aging population.



*Below: With a Federal Election in the air, politicians and candidates from Municipal, Provincial and Federal ridings were out in force. Florence Wong (5<sup>th</sup> from left), CEO of the Yee Hong Centre, and Susan Eng flank Mr. Ignatieff*



## The Sheridan Elder Research Centre



Ross Mayot is a member of the Advisory Board of the Sheridan Elder Research Centre (SERC) at Sheridan College. Under the leadership of Pat Spadafora, Executive Director, SERC

has been awarded a College and Community Innovation grant for a major research undertaking entitled “Aging in Place: Optimizing Health Outcomes through Technology, Design and Social Innovation” that will focus on enhancing the quality of life for older Canadians and their families.

## Seniors Health Research Transfer Network



Ross represents CARP on the Core Advisory Board of the Seniors Health Research Transfer Network (SHRTN) Falls Prevention Community of Practice (CoP) comprised of multiple stakeholders including: planners, researchers, policy makers, front line health care workers and caregivers who have an interest in Falls Prevention. The goal is to improve the health and healthcare for seniors by sharing

Falls Prevention knowledge, research, best practices and tools.

## Safety at Home



Ross is also CARP's representative on the Knowledge Exchange Advisory Board for the Safety at Home research team, led by Dr. Diane Doran, University of Toronto, and Dr. Regis Blais, University of Montreal, that is looking at the prevalence, magnitude and risk of patient/client safety incidents in home care settings across Canada.

## Candrive



Anthony is CARP's representative with Candrive, a national organization that researches the science behind driving and older adults. CARP helps Candrive facilitate that research through communication with our members, while our advocacy department continues to work with provincial governments on policy regarding older drivers, based in part, on Candrive research.

## Supporting Accessibility and Inclusiveness

CARP supported the Ontario College of Art and Design (OCAD) team's Inclusive Innovation Project. The project will develop tools to enable small and medium-sized businesses comply with Accessibility Standards. This project is very relevant to and of value to our membership, some of whom may experience impairments related to aging, but also want to have access to and communicate through digital media.

CARP has agreed to consult with OCAD on the project, participate in industry workshops, surveys, check accessible content and assist with dissemination of the materials.



# It's the Law

As a non-profit organization based in Ontario with less than 20 employees, CARP is required to comply with a new Ontario legislation (Accessibility Standards for Customer Service) to provide accessible customer service to people with disabilities. The standard goes into effect 1 January 2012.

To be compliant, CARP staff, Board members, Advisory Board members, Chapter Board members and volunteers in Ontario were required to have basic training on providing effective customer service to individuals with disabilities for our. Holly Vengroff, CARP's Director of External Affairs, coordinated the training.

The training included:

- A brief overview of the Accessibility for Ontarians with Disabilities Act, and the requirements of the customer service standard;
- A basic outline of interaction and communication with people with various types of disabilities, including people with disabilities who use an assistive device, or require the assistance of a service animal or a support person;
- What to do if a person with a disability is having difficulty in accessing CARP's goods and services.



## Website re-launch

Anthony was assigned to be the lead for the National office working with the ZoomerMedia IT department on the re-launch of the CARP website. It's been a long time coming, but it is finally up and running. Among other benefits, the new website will make it much easier for Chapters to update and post pictures and articles on their individual sites.



## And the Final Event of the Year...

Gail Goldman and Holly Vengroff have been busy making the plans and preparations for our annual gathering of the “CARP Family” in October. CARP’s AGM (28 October), along with the ZoomerLife Conference (27 October) and Zoomer Show (29-30 October) provide an important opportunity for Chapter Chairs, Advisory Board members, CARP and ZoomerMedia staff to gather to review our success to date; plan for the next year; celebrate our achievements; be inspired at the Zoomerlife Conference and have some fun at the Zoomer Show.

























**All in all, a very good year. Thank you all.**






## Take CARP's Healthy Aging Quiz


The 10 questions below are intended to test your knowledge of effective ways to enjoy a healthy, active and happy life. How many can you get right?

- |  | True  | False  |
|--|--|---|
| 1. Studies have shown that people can lower their cholesterol by eating breakfast regularly  |       |        |
| 2. Adequate water consumption daily is an extremely inexpensive and efficacious health practice.   |       |        |
| 3. Making an effort to connect with others on a daily basis increases one's happiness & sense of wellness.   |       |        |
| 4. Holding in emotions or expressing them in inappropriate ways can lead to health imbalances which can lead to illness.   |     |      |
| 5. Expressing positive and negative emotions in appropriate ways can be as important to good health as exercising or eating a balanced diet.                     |     |      |
| 6. Fresh fruit and vegetables supply the body with fiber needed for cholesterol regulation and proper bowel function.  |     |      |
| 7. 10 minutes of exposure to the sun daily produces up to 25 times the equivalent amount of Vitamin D as a liter of milk.  |     |      |
| 8. Melatonin and Cortisol in our nervous system tell our brain when it's time to sleep & when it's time to wake.   |     |      |
| 9. Having a purpose in life helps a person live a fruitful life.   |     |      |
| 10. Learning to manage stress can help decrease your chances of long-term health problems, including heart disease, high blood pressure, depression and anxiety. |     |      |



## How well did you score? (All answers are True!)

Less than 8 correct?  You need to start paying better attention to your health.

Less than 9 correct?  Not bad, but there's room for improvement.

Perfect score of 10?  You have no excuses for not living a healthy, happy and long life!