



ADVOCACY

BENEFITS

COMMUNITY



SUDBURY CHAPTER

CARP - "A NEW VISION OF AGING FOR CANADA"

Spring 2013 Volume 3 Issue 1

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Chair's Report

Like most of you, I am looking forward to spring – warm weather and NO SNOW! Lucky you if you went south for part or all of this winter!

A warm welcome to all our new members! I hope with time that you will get more involved in our chapter activities.

In February, our chapter and CARP became embroiled in a news media frenzy over a tip line or "snitch line" as some called it, for senior drivers. I was interviewed locally, provincially and nationally. See "Tip Line", pg. 9 for the full story. Every talk show for at least a week featured this story. One caller called in about her 69 year old father who in her opinion should no longer be driving. Being in my late '60s, I suddenly began to wonder, "Am I old?" I certainly do not think of myself as being "old", as did many seniors who called in. See some definitions of "Old Age" on page 3.

Governments seem to be finally waking up to the reality that our population is ageing, but are they prepared ...of course not

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CARP SUDBURY Board of Directors

| | |
|-----------------------------|---------------|
| Patricia Douglas, Chair | 705-669-0045 |
| Brenda Tessaro Vice Chair | 705-523-2605 |
| Deborah Hill. Vice Chair | 705-671 -2285 |
| Sandra Desjardins Secretary | 705-969-1777 |
| Ross Anderson, Treasurer | 705-855-3602 |
| Cora Turcott | 705-524-8008 |
| Patricia Bradley | 705-566-0479 |
| Irene Sacchetto | 705-560-2511 |
| Keith Argent | 705-693-7007 |

How can YOU help CARP Sudbury ?

Are you ready to help ?

- ◆ Become a member of our telephone committee
- ◆ Join our newsletter stuffing bee crew
- ◆ Help out with the CARP information booth at various community events
- ◆ Sell tickets for our major fundraisers such as the CHHA "Ultimate Dream Home"
- ◆ Promote advocacy issues and actions

**Meet new people, help build our Chapter and have fun !
Contact one of the CARP Sudbury Directors.**

Chair's Report *Continued from page 1*

– even though the demographics were available back in the '80s! Which level of government actually does long term planning? I attended an interesting forum entitled "Designing a More Seniors-friendly Community" on March 6. Is Sudbury tuned in to this so called "senior tsunami" or not? Read about this forum on page 10
As you know, our chapter has been lobbying for a program called PACE which would help in keeping fragile seniors in their homes longer. I am pleased to report that our lobbying has paid off. See the page 7 .

Our Annual General Meeting is on Wednesday, May 22. Our keynote speaker is Dr. McElhaney, a geriatrician who is an international expert in the care of seniors. Her presentation is entitled: Adding Life to Years: Keeping Your Glass Half Full. Mark this date on your calendar. See page 3 for details.

On behalf of the Board of Directors, I want to thank everyone for supporting our chapter by attending our meetings, keeping your memberships up to date and for all your positive comments throughout the year. We are one of the best, if not the best, chapter in Canada, and it's all because of you, our loyal members.

Thanks so much!

Patricia (Pat) A. Douglas, Chair



Janet E. McElhaney, MD, FRCPC, FACP, is the Medical Lead for Seniors Care and Consulting Geriatrician at Health Sciences North Hospital in Sudbury, Ontario. She is also a Professor of Medicine Professor, Northern Ontario School of Medicine. In September, 2012, she was awarded the Health Sciences North Volunteer Association Research Chair in Geriatrics. She is a renowned clinician and researcher, recognized globally for her contributions to research directed at the Elderly. Dr. McElhaney's research interests include the impact of immunosenescence on the immune responses to vaccination, immunologic biomarkers of protection mediated by vaccination, and how vaccination plays a role in preventing disability in older adults. To date, she has published over 70 peer reviewed papers in prestige journals, more than 170 invited presentations, 2 books and 5 book chapters. Dr. McElhaney serves on editorial boards of Vaccine and the Journal of Immunology and is an Advisor to the European Scientific Working Group on Influenza, numerous advisory boards in Canada, the US, Europe and Asia. She is a member of the newly created Conference Board of Canada Council on Healthy Aging which will address the demographic challenges of baby boomers, retirement years and increased life expectancy. Dr. McElhaney studied at the University of Alberta, Faculty of Medicine from 1982 to 1986 and received her MD degree with honors. She completed her residency in Internal Medicine from 1986-1989 and her Fellowship in geriatric medicine from 1989-1991 at the University of Alberta.

17TH ANNUAL GENERAL MEETING/LUNCHEON

Wednesday May 22. 2013

HOWARD JOHNSON PLAZA

50 Brady St, Sudbury ON

Doors open at 11:am

The Annual General Meeting starts at 11:30 am, followed by a luncheon buffet..

The price is \$18.00 each (includes tax and gratuity)

GUEST SPEAKER: Dr. Janet McElhaney, Geriatrician HSN

TOPIC: "Adding Life to Years: Keeping Your Glass Half Full"

Tickets are available from

Irene White - 705-566-5686 igwhite@sympatico.ca

Sandra Desjardins - 705-969-1777 sandradesjardins@comfortkeepers.ca

Pat Douglas - 705-669-0045 pa.douglas@sympatico.ca

Brenda Tessaro - 705-523-2605 tessa@cyberbeach.net

Ross Anderson, - 705-855-3602 - poitrasanderson@hotmail.ca

TICKETS PRINTED COURTESY OF MERIT TRAVEL

Support your CARP Sudbury Chapter

Here's another way to support your CARP Sudbury Chapter.

At our General Meetings, we hold a 50-50 draw, so bring some change and support your Chapter while having a chance to win some cash.

From CARP (See our website www.carp.ca/sudbury)

There is a regular podcast from radio station AM740 called "Zoomer Week in Review".

Volunteers



Definition for OLD AGE:

I agree that we all want to live longer but none of us want to grow old. As they say, "being old is better than the alternative".

I prefer these other age quotes:

"You know you are getting old when the candles cost more than the cake." [Bob Hope]

"Old age is fifteen years older than I am. [Oliver Wendell Holmes]

I am 69 years old and retired, so I suppose I am considered old. In our politically correct times, I am called either a "senior citizen" or "chronologically gifted". I like the latter the best!!!

There are three signs of old age.>> loss of memory and.. I cannot remember the other two."
[Red Skelton]

Your Chronologically Gifted Chair, Pat Douglas

PS from the male editor

If given a choice from "old man", "senior citizen", "curmudgeon", "dinosaur", "geezer", "pops" or "senior", I prefer "Grandpa".

CARP Sudbury Advocacy

Designing a More Seniors-friendly Community

On March 5, I attended a special public forum at Science North called “Designing a More Seniors-Friendly Community”. After listening to a number of speakers, I began to question whether Sudbury was “a senior friendly community”.

Most of us, at least 85% of the “empty nesters” want to stay in our homes as we age. This is called “aging in place housing”. I enjoy the privacy of living in my own home, and so does my pet family comprised of 1 dog and 2 cats. Yes, I could renovate my home even have a ramp built, but what would I need when I am really old. Remember, my mother is still living in her own home at 92 years of age – with help of course – so I have “good genes”.

So what would I need from the community in order to “age in place”? Keep in mind that I have no family support living here. My closest son lives in Barrie, ON. Needless to say, I am worried about my future! Will I have adequate home care, transportation services, health care, and meals? Will my doctor do a home visit when I need him or her? Are you worried about your future? Speak up! Change will not take place unless we, as seniors, demand it.

Submitted by, Pat Douglas

PACE (now called STAT—“Seniors Short Term Assessment and Treatment”).

“My Home, not a Nursing Home” Families want elderly members to stay in their home rather than have to go into a nursing home. As a result of this movement, a program called PACE (Program of All-Inclusive Care of the Elderly) was established. Patricia (Pat) A. Douglas, Chair Sudbury CARP Chapter is pleased to announce that Greater Sudbury will have a PACE program in operation by April or soon after.

The Sudbury Chapter had been advocating for such a program in the City of Greater Sudbury since 2011. Sudbury with its high population of older seniors requiring hospital care looked to the PACE program as a means to prevent their illnesses from exacerbating and their immediate need for nursing home placement shortly after being discharged from the hospital. PACE would alleviate this problem by keeping these seniors in their homes longer and perhaps never requiring nursing home care. Transportation to and from the PACE care centre will be provided.

If you want more information about PACE, contact Pat Douglas or any CARP Board member.

Events Calendar

- ♦ The AGM (Annual General Meeting) is May 22, 2012 at the Howard Johnson Plaza Hotel Sudbury—see the details on Page 3

The Travel Club has three more adventures planned including 3 bus trips:

- ♦ The Erie PA trip in June 6 - 9 Tickets are available now
- ♦ Plays and Market Bus Tour—St Jacobs September 13
- ♦ The Zoomer Show in Toronto in October 26, 2013. More details are coming
- ♦ Canada New England 7 Night Cruise September 2014

BOARD OF DIRECTOR'S POSITIONS

If you have good ideas then we need you on our board of directors. This is your opportunity to have a say in how our chapter operates.

If interested, please speak to a member of the nominating committee: Nominations are due no later than Tuesday, May 7, 2013.

NOMINATING COMMITTEE 2013

Brenda Tessaro Phone: 705-523-2605 tessa@cyberbeach.net

Keith Argent Phone: 705-855-3602 keithandlana@fibreop.ca

Sandra Desjardins Phone: 705-692-4236 sandradesjardins@comfortkeepers.ca

CARP Sudbury would like to acknowledge McLennan Insurance Company who sponsored our lunch and "Ripley's : Believe It or Not" event at Science North on April 12.

The guest speaker was Edward Meyer, Vice President, Exhibits and Archives and Curator of the Ripley collection.



Sudbury Gardening Festival
Saturday May 25, 2013

9:30 am to 4:00 pm Parkside
Centre

(140 Durham Street, Sudbury)

FREE ADMISSION THROUGHOUT THE DAY

Membership Report

Deborah Hill

Membership Administrator

Carp Sudbury #9 Chapter currently has 728 members. National CARP membership for the Sudbury area is 2169 members. Our goal this year is to encourage more national members to join our local chapter. The membership fee to join our **local** chapter is \$5.00 a year per person. For that you can attend 6 meetings between September and June and receive 2 newsletters. Members will be e-mailed or phoned to remind them of upcoming meetings and topics of interest to our members. Membership forms will be emailed or mailed when your membership will expire. **Note that National fees are paid separately from local fees and each organization has it's own membership card** . When renewing your National Membership, please remember to indicate **Sudbury #9** as your local chapter. This will allocate \$3.00 of your National fee to us. Our membership table is available at all meetings, where I can answer your questions, renew your membership or sign you up as a new member. For any queries, I can be contacted at 705-671-2285 or by email at sudburycarpchapter@sympatico.ca

MEMORIES

Back in the 1960's like many university students, I used to go to the pub, occasionally that is, on Friday night. This one night we headed to the Brockdan Hotel. Playing that night was this guy playing his guitar and stomping on this piece of plywood. I thought that this was the strangest thing! I was told that when this board wore through that he would hand it out as a souvenir. No I do not have this board, but I did buy one of his autographed LPs! People were laughing. I wondered at the time if the people were laughing at him or with him. Little did I know that this singer would become a Canadian icon – our own Stompin Tom Connors – who sings Sudbury Saturday Night ...*"The girls are out to Bingo and the boys are gettin' stinko And we think no more of Inco on a Sudbury Saturday night."* May he rest in peace!

Stompin' Tom Connors died on March 06, 2013 near Peterborough..

Warmly submitted by Pat Douglas

If you have memories that you would like to share with readers, please forward them to Keith , our Newsletter Editor, at keithandlana@fibreop.ca

We are always looking for interesting stories or trips that would interest other CARP members

CARP Website

On the website under Advocacy and Health there are several good articles that may interest you. These were initiated or advocated by our own SudburyCARP

[CBC's The Current: Are police targeting elderly drivers in Sudbury?](#)

This is about the proposed snitch line

[CARP Sudbury will take Part in new Seniors' All-Inclusive Care Program](#)

This is the new PACE (Program of All-Inclusive Care of the Elderly) programme at Health Science North

Just go to the CARP website and search for (1) "Sudbury police" and for (2) just search "Sudbury PACE"

www.carp.ca

Sudbury Theatre Centre

The Sudbury Chapter of CARP has started a theatre group for members interested in attending the Sudbury Theatre Centre. The group rate is \$8.50 per person for a matinee performance. A minimum of 10 people is required to get this group rate. People must wait in the lobby as a CARP group for the theatre staff to call the group name and usher you to your reserved seats.

Contact for this CARP group is:

Iris Unsworth at 705-566-6392 or email imiris@bell.net

The 1st play was attended by 10 CARP members on Oct 5th and another play was enjoyed by another 16 on Friday Nov 9. We have also enjoyed Bunch of Munsch, Sunday, Dec. 2, 2012 Same Time Next Year, Thurs, March 7, 2013 The Clockmaker, Thurs, March 28, 2013
**Join us at 11:30 a.m. for
Suds—The Rocking 1960's Musical Soap Opera, Friday, May 3 or Thur. May 9 2013**

CARP Sudbury Members

Be sure to keep your current email address on file with us. You will then receive a copy of the CARP Sudbury Newsletter by email "in colour".

If you like this method of receiving the newsletter, please consider removing your name from our mailing list. This will reduce our costs and free up funds for other expenses.

Recycle your Zoomer magazines by bringing them to any office or business that has a waiting room where magazines are available. Obtain permission from the office staff first and if OK, blacken or remove your name and address. Also, leave the membership form intact and write "Chapter 9" on it so that our Chapter gets the CARP National allocation.



[Feb 19 at our Drive Wise Seminar at Science](#)

Senior Drivers' Tip Line

In February, the Greater Sudbury Police, OPP, Sudbury-Manitoulin EMS, Sudbury-Manitoulin Dementia Network and Sudbury-Manitoulin Alzheimer's Society collaborated to form the North East Dementia Network Coalition Safe Driving Task Group. As a result of this program, people could call Crime Stoppers anonymously about a senior's driving, and this call would be followed up by a plains clothed police officer who would visit this senior. The backlash was immediate, very controversial and was fuelled by the news media.

When I heard the angry callers on the CBC Radio, I decided to invite Constable Linda Burns, who apparently was responsible for this program, to conduct a CARP Drive Wise session and to explain what this Task Force was all about. Drive Wise is an OPP video showing safe driving tips for seniors that CARP has sponsored through the years. A CBC reporter was in attendance.

This anonymous Tip Line has been discontinued and the Task Force, now called a Coalition, "will regroup and move forward", as Police Chief Elsner said during a meeting that I recently had with him and OPP Inspector Mark Andrews. Please note that you could always call Crime Stoppers to report a bad driver, young or old.

As a result of all this controversy, CARP has called on Glen Murray, the Ontario Transportation Minister to establish new policies and protocols for driver training and safety that are based on assessing competence to drive safely rather than age. The Minister plans on meeting soon with Susan Eng, VP CARP to discuss this request. We need improvement programs and intervention regulations that will root out unsafe drivers of all ages.

Pat Douglas

FINALLY -- HERE IS THE DEAL ON CARP DISCOUNTS AT SCIENCE NORTH:

- ◆ 20% discount - admission tickets to Science North and Dynamic Earth at any time. If a special exhibit, i.e. 'Ripley's Believe It or Not' is included in the admission ticket, which it is, then you get the exhibit as well for the general admission price. If an exhibit is NOT part of the admission ticket, there would be an additional charge to get in if you wanted to visit both areas.
- ◆ Discounts to the IMAX and the gift shop are benefits exclusive to Science North members ONLY. But, Science North will make special offers available for CARP members from time to time.
- ◆ Lunch special at Elements on the day of our general meetings : \$7 taxes included (soup 'n sandwich) or 10% off anything on the menu.



Here is a group picture of the MERIT cruise

Looking at the group picture from the left hand side ,starting at the top and working down.

1-Olive Supple, 2-Diana Mulcahey, 3-Marthe Restoule, 4-Helga Augustin, 5-Rachel Beaudry, 6-Monica Gagnon, 7-Judith Powell 8-Pat Bradley, 9-Murray Goddard, 10-Carolyn Goddard, 11-Arthur Dowdall, 12-Maryjo Dowdall, 13-Gord Jacques, 14-Diane Jacques

Looking at the group picture from the right side, again starting from the top.

1-Jeannine Delmastro, 2-Tony Delmastro, 3-Jacqueline Longlad, 4-Keith Jones, 5-Carol Jones, 6-Jeannette Brousseau, 7-Rodney Cleaver 8-Deborah Cleaver, 9-Ann Murray, 10-John Beynon, 11-Kelly Heikkila, 12-InaRae Beynon, 13-Lana Argent, 14-Keith Argent, 15-Petrina Lawrie, 16-John Brown, 17-Nello Mozzon, 18-Mary Mozzon

Missing in the group picture are Andre Bourdua and Lorraine Page.

ERIE PENNSYLVANIA JUNE 6-9, 2013



ERIE PLAYHOUSE THEATRE ~ ERIE ART MUSEUM ~ ERIE MARITIME MUSEUM DUTY FREE SHOPPING ~ AND MORE!

Join us for a fabulous spring trip to Erie to experience the history and culture in Pennsylvania.

\$550.00 per person, double occupancy

Package Includes:

- Deluxe motor coach transportation with pick up and return from Sudbury
- 3 nights' accommodation (Homewood Suites by Hilton Erie)
- Breakfast Daily
- Erie Art Museum Admission
- Erie Maritime Museum Admission
- Tickets to the Erie Playhouse Performance ft. Grease the Musical
- 2 Group Dinners (Old Country Buffet- June 6 & Golden Corral- June 7)
- Erie Travel Guide
- Services of a Host
- Taxes

*Rates are based on double occupancy. Single occupancy \$200. Future CARP Members add \$20. Booking Deadline is May 1, 2013.

MERIT TRAVEL
266 Caswell Drive, Sudbury, Ontario, Canada P3E 2N8
(705) 564-9990 x 6904 (866)-885-8846 x 6904 FAX (705) 564-9552
Email: kelly.heikkila@merit.ca



whyatt.com.au

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Join Us

Plays and Market Tour

Tour details:

Depart Sudbury mid morning Friday in order to arrive on time to check in at the Hampton Inn in Kitchener. Group dinner. Breakfast included at the hotel. Saturday Jacob's Market until 4pm. Earlier transfers available back to the hotel. Dinner on own, Travel to Drayton for the 8pm performance of "Legends of Harmony" - a tribute to Great Guy Groups - Four Seasons, Four Aces, Beach Boys. Breakfast at hotel the next morning and then return to Sudbury.

Inclusions: Host, return bus transportation from Sudbury, two nights accommodation, one theatre ticket, group dinner on Friday night, daily breakfast at the hotel, taxes.

Cost: CARP members \$400.00
Future members \$420.00

Deposit of \$150.00 required at time of booking. Final payment August 1st.

***minimum 30 people required for tour to run. Payments fully refundable if tour does not run. Single and triple rooms available upon request.

Merit Travel Sudbury

C-A-R-P! I wanna join the C-A-R-P!



The Retirement Village People

Sudbury CARP Travel Club - *Cruising* by Pat Bradley

Members of CARP were set to go on a No Fly Caribbean Cruise on Wed. Jan 30th @ 9am - but was met with freezing rain and slippery roads. That did not stop CARP members getting to Merit Travel. Even the bus driver James from McCoy Bus Lines out of Kingston had arrived. No one was going back home, all 33 of us got on the bus to find out that all highways leading to Sudbury were closed. So we went to Southridge Mall Food Court. There .after a few cups of coffee . We ended up socializing, taking group pictures (which will be in the newsletter]) playing cards and eventually having lunch. At 1pm we were able to get on highway 69. For the next two days we drove through whiteouts, snowfalls and high winds. Thankfully we arrived at our destination Cape Liberty where our ship The Explorer of the Seas was waiting at the dock. .We spent 9 wonderful days on this ship with great entertainment every evening, excellent food and beautiful weather. There wasn't anything that you could want for, the ship staff would get it for you. immediately The service was bar none. We went on four different islands, Puerto Rico. St Thomas and Hispaniola (Dominican Republic and Haiti) . Some of us went on private tours but most of us went shopping and touring the ports of call in small groups. It was a well organized trip, enjoyed by all of us. Many new friendships were made, as well as catching up with old friend.

Special thanks goes out to Kelly from Merit Travel and to the bus driver James who drove through snowstorms and whiteouts to get us to our ship. picked us up and got us home safely.



ARRRRR Matey! - A bevy of Beauties! From the left Jackie, Kelly, Diana, Pat and Marthe.