

## Chapter 39



2013 Summer Newsletter

Sandbanks Provincial Park. ONTARIO come and enjoy our beaches.



Seniors Day in Brighton

Raising our flag - Chapter 39

Mary Robertson - Chair

Louise Warr - Vice-Chair

Denise Franklin - Treasurer

Mary McKeever - Secretary

Health and Rights Committee

Louise Warr (Chair), Minny Verburg, Sheila Gingras, Lorraine Harvey, Liz Reid.

Finance/Membership/Sponsorship Committee

Liz Reid (Chair), Deb Butler, Tony Del Matto, Denise Franklin, Mary Robertson.

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## Chair's Summer Message

I would like to thank our volunteers for their enthusiasm and dedication. June 21<sup>st</sup> is the official beginning of summer. Our board and committee members are taking the summer off from any planned events and will be returning in the fall. In our newsletter, our committee Chairs will provide you with upcoming events.

We have offered our membership many informative events over the past year and a half. Our volunteers have organized these events at different times of the day, different locations and days of the week. We have had a cast of fabulous speakers. We advertise them on our CARP website [www.carp.ca/bbq](http://www.carp.ca/bbq) on FaceBook - [www.facebook.com/carpbbq](http://www.facebook.com/carpbbq), on LinkedIn - [http://www.linkedin.com/groups/CARP-Belleville-Brighton-Quinte-West-3628264?trk=myg\\_ugrp\\_ovr](http://www.linkedin.com/groups/CARP-Belleville-Brighton-Quinte-West-3628264?trk=myg_ugrp_ovr), in the local newspapers, on our local radio stations, and community TV. We have over 2200 members in our Greater Bay of Quinte Area Chapter. Sadly, we only have a handful of people who attend these events. **Please do something for me?** Please send me an e-mail at [carpbq@gmail.com](mailto:carpbq@gmail.com) and let me know what topics of interest you have; what location you desire; what day of the week you prefer and what time of day works best for you.

Our Greater Bay of Quinte Area Chapter **#39** is **full** of educated, experienced, talented people who care about community. You are passionate about causes. And you are willing – even yearning – to contribute your expertise and skills to our organization. You are looking for meaningful, time-specific projects. You crave opportunities to show off your talents.

It's time for non profit leaders to begin to think differently. It's time to embrace the competitive advantage of our geographic area: our ability to engage talented people and pay them with *meaning* (we don't have any dollars ☺).

It's time to redefine volunteerism.

It's time to challenge conventional thinking in our area.

Let's stop bemoaning our lack of resources and start thinking about how to ignite the passion and talent in our community. Let's engage the abundance of talented people that are yearning to work with our organization.

Together, let's replace scarcity with possibility.

**Are you ready to join us?**

## *Congratulations to Mary - Our Chair*

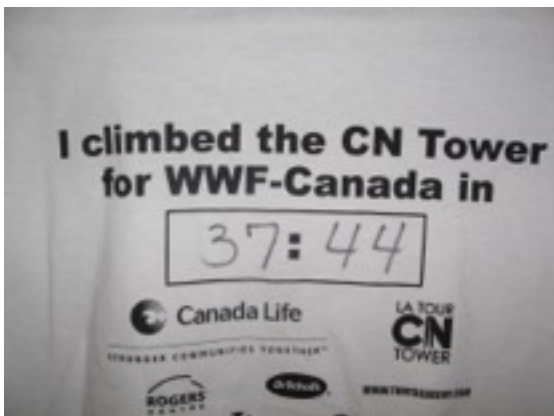
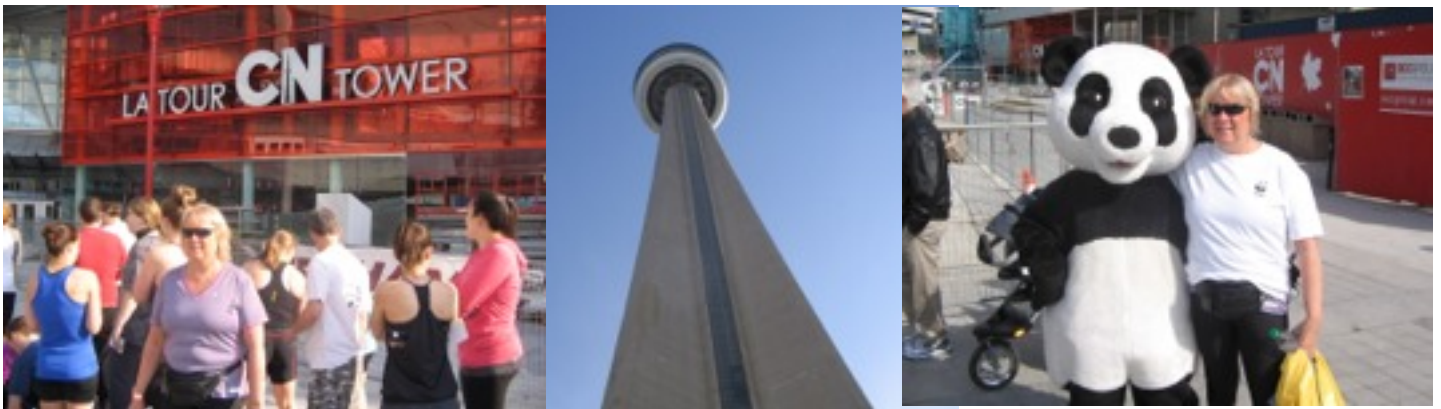


Mary Robertson, our Chair, is a member of the Quinte Dragon Boat Club. Their Heat C team won their 1st gold medal in Tampa Florida yesterday. Amazing! 🥳 The “C” team consists of paddlers aged 60+

What is the HEAT? The HEAT, established in 2007 is the most successful Grand Dragon (age 50+) program in Canada...and as far as we know, in the world. Since 2008 the HEAT has won World Championships in Penang, Malaysia; Macau, China; and most recently in Hong Kong in 2012. Mary and her husband, Doug Harrison, joined the new Senior C Heat program and started training last November. Their goal is to win qualifying races in Pickering, Toronto and Victoria. Ultimate goal is the World Championships in Ravenna Italy in 2014.

Check out this picture of their 1st gold medal and trophy. In the picture from left to right are Mary Robertson, Doug Harrison, Bob Marshall, Mary Linnett, Michael Warwick and Manny Directo.

## *Congratulations to Denise - Our Treasurer*



I was thrilled to support the **23rd Annual Canada Life CN Tower Climb for WWF-Canada!** Koodo's to WWF and the CN Tower crew. What a fabulous day and well worth the time and effort put in by all. Climbed 144 floors 1776 stairs one step at a time in 37.44 min. Totally hands free.... 2 security checks and lots of water at the top. Well done. Raised 1300. and yes got my free T-Shirt :-). A big thank you to all for your support. **WWF raised \$1,238,920 which was 95% of the event fundraising goal of \$1,300,000**, to help protect species at risk and the places they call home.

# Events held over the past year and a half.



Street-fest in Brighton



Quinte Home Builders' Show



CARP - Greater Bay of Quinte Area Chapter 39 hosted an informative event entitled "Alzheimers....Really?....Have Your Questions Answered". The presenter was Kristel Nicholas, Education and Support Coordinator for The Alzheimers Society in our region. She was part of a panel with Sol & Eileen Robbins who were speaking from their personal experiences of being a couple adjusting to one of them having Alzheimer disease. There were many questions asked from the floor and many good practical answers given. Light refreshments were served as well.



## Seniors' Day - Tuesday, October 1, 2013

You are invited to join us for a celebration

### Guest Speakers

Shirley Roberts

A Business Approach to Caring for Your Elderly Parents

Warren Powell

Pre-Planning Director at the Burke Funeral Home.

[Event details to follow.](#)

# More events are planned for you in the future

**Tuesday October 22, 2013 -**

**“ 72 Hours Emergency Preparedness.... are you ready????”.**

Presented by Kristy Mills - Disaster Management Co-ordinator for Kingston and Quinte for the Canadian Red Cross in association with Lois Hodgins from the Department of Philanthropy from the Canadian Red Cross. [Event details to follow.](#)

## Financial Seminar

Estate Planning,

Ontario Probate Taxes: New Rules for 2013.

[Event details to follow.](#)

**The Greater Bay of Quinte Area Chapter 39 would like to express our appreciation to Burke Funeral Home for the use of their Community Room to the Executive Committee of our chapter.**

**Thank You.**

### **Burke Funeral Home**

Proudly serving the Quinte area for over 70 years, Burke Funeral Home continues to meet the evolving needs of today's families through caring expertise and innovative ideas that promise more than you may expect from a funeral home.

Burke Funeral Home is committed to serving this community in every way we can. We're proud to provide the use of our spacious Community Room at **no charge** for local non-profit meetings. Call for details.

### **Reader's Choice Award**



For the second year in a row,  
Reader's Choice Award for #1 Funeral Home from the Belleville Intelligencer.



**On Tuesday, May 14, 2013,** CARP Greater Bay of Quinte Area Chapter 39 held an informative event, presented by Michele Meilleur, a nutritionist and homeopath. Michele spoke about making healthy and nutritious choices that are easy to do! She demonstrated the preparation of a green smoothie which was a big hit with the group.

Michele is the owner of Livingwell and specialize in nutrition and wellness coaching.

## More Than Just Brain Food

No longer just something your mother used to tell you, there are a significant number of studies that demonstrate that fish really is 'brain food'. In one particular study, high levels of DHA (an omega-3 fat found mostly in cold water fish) were associated with a substantially reduced risk of dementia and Alzheimer's disease in the elderly. In another recent study in the American Journal of Clinical Nutrition, the researchers found that eating an average of 10grams of fish was associated with better brain function and lower risk of being rated with 'poor cognitive function'.

Still another study in Surgical Neurology showed that participants suffering from non-surgical neck to back pain experienced improvement from supplementing with 1,200 to 2,400 mg of omega-3 per day. After an average of 75 days of supplementation, 59 percent of the participants discontinued their pain medications and 60 percent experienced less pain. While we don't recommend stopping any of your prescription medication without speaking to your doctor, these supplements have shown great promise.

If fish isn't your thing, investigate the use of a fish oil supplements with your Living Well Coach. Also if you are taking any blood thinning medication and want to take fish oil supplements, check with your doctor first as they can affect blood clotting. The best fish source of omega-3 fats are salmon, herring, mackerel and sardines.

## The Eyes Have It

Even though you may need to hold the newspaper away from you a little further or put your glasses on in order to read it, eyesight decline doesn't have to go any further, especially when it comes to age-related macular degeneration (AMD). AMD is the number one cause of blindness among people over the age of 50, but that statistic isn't written in stone. A study published in the Journal of the American Medical Association found that people who ate the most lutein and zeaxanthin (antioxidant-rich carotenoids found in colourful fruits and vegetables) had a 57% decreased risk of macular degeneration than the people who ate the least. Plus, lutein can actually improve your vision if you do have AMD. Good sources of these nutrients include collard greens, spinach and kale as well as orange peppers, squash, broccoli and egg yolks. But don't forget about tomatoes, watermelon and pink grapefruit that contain lycopene which can also help prevent AMD.

## Fiberific Healthy Breakfast

This satisfying breakfast will take you right through to lunch and give you a good dose of fibre, protein and good fats.

1 cup cooked steel-cut oatmeal  
5 walnuts, chopped  
1/2 cup fresh blueberries, washed  
1 tsp freshly ground flax seed  
1 tbsp pure maple syrup  
1/2 cup milk, rice milk, soy milk – optional  
Mix all ingredients into the hot cooked oatmeal or sprinkle on top. Take your time and enjoy this terrific start to your day.

**Saturday, June 8, 2013**

CARP Greater Bay of Quinte Area Chapter 39 held an informative event entitled “**A Senior Moment**”, presented by J.C. Carvalho, a certified fitness education professional, the owner and founder of OFM (Oxbridge Fitness Methods) Exercise Studio in downtown Belleville, specializing in exercise therapy and wellness coaching. J.C.’s presentation addressed the benefits and importance of exercise for seniors both young and older, as well as, the development of stronger bones and postural balance for healthy living.



# **BATH SOLUTIONS™**

*"the bathroom renovation specialists"*



We are pleased and very excited that Bath Solutions have joined our Chapter as our Premier Sponsor. Our locally owned Independent Authorized Bath Solutions Dealer is a full service company specializing in bathroom renovations of all sizes, from full scale to partial renovations. They can accommodate large and small budgets alike. Specialties include the installation of a beautiful custom fitted acrylic tub liner and matching bathwall system over your old worn fixtures. Professionally installed within a day, without damaging existing plumbing, tile, walls or flooring.

Attention CARP members!!! If you are in need of a bathroom makeover, Bath Solutions will honour a 10% discount.

Showroom: 45 Wilson Avenue, Belleville.

Visit this website [www.bathsolutions.ca](http://www.bathsolutions.ca) to view an array of options.

