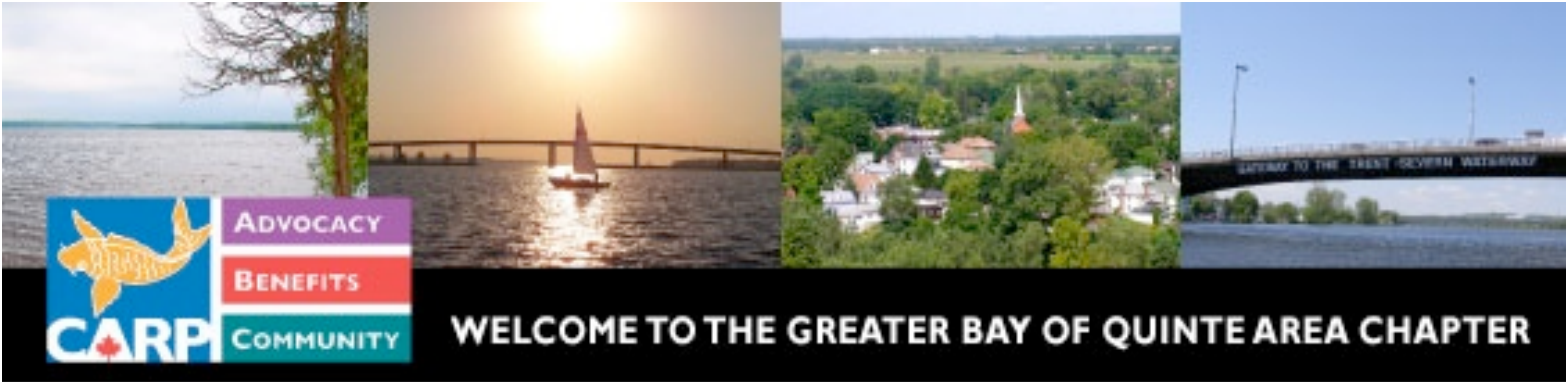


2014 Spring Newsletter

Welcome to the

Greater Bay of Quinte Area

Chapter 39



Chair's Comments



Hasn't this been a winter? How did I get to this tender age and have never heard nor used the words "frost quake". Winter arrived early and with a vengeance and refuses to loosen its grip. Our Great Lakes are nearly frozen over - the biggest freeze in two decades. However, by limiting evaporation, it may help replenish lake water levels. Let's hope so.

The 2014 Spring Equinox is on March 20th. I am so looking forward to spring. I am also looking forward to the wonderful events and activities that your hard working board and committees have organized for you. I am looking forward to seeing you there. Please come out and support your local chapter – the Greater Bay of Quinte Chapter #39. We need more volunteers, sponsorships and members. By helping, we will be able to provide more events and also to continue CARP's advocacy on your behalf.

See you soon!
Mary

CARP Raised Flags and Awareness on National Seniors Day

CARP Flags were raised across the country this past Tuesday, October 1st, 2013 as over 45 CARP Chapters simultaneously took part in their own flag raising ceremony across Canada in honour of National Seniors Day!

Each chapter was very successful in their community outreach efforts as local City Mayors and City Councillors attended and played an active role in these ceremonies.



Seniors Day
Tuesday - October 1, 2013
Raising our flag



CARP - Greater Bay of Quinte Area - **Chapter 39**



Hope to see you

This Year Seniors Day & AGM

Wednesday, October 1, 2014 (10:00 am - 2:00 pm)

QUINTE GOLF CLUB

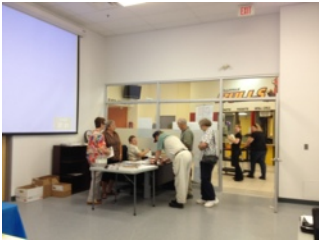
HWY 2, TRENTON

Presentation

ESTATE PLANNING (Probate Fee) - with Richard Wright LLB.

+ Additional Speaker (details to follow)

Chapter 39 - 2013 Annual General Meeting



Chapter 39 registration desk at the Seniors Fair & Quinte Home and Renovation Show.

Swing by and say hello.



Seniors Fair

Thursday March 27, 2014

Free Admission, Quinte Sports & Wellness Centre, 265 Cannifton Road. 11am-3pm

Information On: Health and Fitness, Housing, Retirement and nursing homes, Home Support, Safety and Fraud, Travel, Health & Beauty, Service Clubs, Information on Recreation Activities, Seminars & Demonstrations, Complimentary Snacks, Tea and Coffee.

Quinte Home and Renovation Show

March 28, 29, 30, 2014

Quinte Sports and Wellness Centre

265 Cannifton Road Belleville, Ontario

Lots of Greats Prizes to be Won!

Friday 12-9 Saturday 10-6 Sunday 10-4



These events were held at the Quinte Sports & Wellness Centre, Tuesday October 1, 2013.

Guest speakers

Michelle Falone from the Ontario Government

“Fraud Smarts”

Warren Powell, Pre-Planning Director from Burke Funeral Home

“Getting Organized”



This Event was held Tuesday, October 22, 2013 2-4 PM

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

Presented by Kristy Mills, Disaster Management Coordinator for Kingston and Quinte for the Canadian Red Cross in association with Lois Hodgins from the Department of Philanthropy from the Canadian Red Cross.

Quinte Gardens Retirement Residence, 30 College Street West Belleville.

Light refreshments was served.

Calendar of Future Events

CARP Greater Bay of Quinte Area Chapter 39 invites you to join us for an informative event, "Understanding Hospice Care", presented by Gwen Cleveland RN, BScN, MEd, Executive Director at the Bridge Hospice. Please join us Thursday, March 13, 2014, from 2-4 pm at the City of Quinte West Council Chambers, 7 Creswell Dr., Trenton. Admission is free but donations are gladly accepted. Light refreshments will be served. Everyone is welcome.

MARCH 13, 2014

"Understanding Hospice Care" - Thursday, March 13, 2014 from 2-4pm
City of Quinte West Council Chambers
7 Creswell Drive
Trenton

APRIL 8, 2014

"Get up to Speed" - Tuesday, April 8, 2014 from 2-4pm
with Victoria Webster, Author of the Senior Drive Guide
Quinte Gardens Retirement Residence "AMICA"
30 College St. W.
Belleville

MAY 7, 2014

Fashion Show and Wine Tasting - Wednesday, May 7, 2014 from 1-4pm
Quinte Gardens Retirement Residence "AMICA"
30 College St. W.
Belleville

JUNE 17, 2014

Hearing Event - Listen Up - Tuesday, June 17, 2014 from 2-4pm
Quinte Gardens Retirement Residence "AMICA"
30 College St. W.
Belleville

August - GOLF TOURNAMENT *

September - BOARD & CARD GAMES SOCIAL *

* Details to follow



[Get Involved in Your Community](#)

We are looking for volunteers who are dedicated to helping in their community, having fun, and meeting new friends.

What a great way to give back while making new friends!

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, please contact us.

[We need a Newsletter Editor and a Sponsorship Recruiter.](#)

Chapter # 39

The Board

Mary Robertson: Chair

Louise Warr: Vice-Chair

Lorraine Harvey: Secretary

Denise Franklin: Treasurer

Liz Reid: Director

carpbbq@gmail.com

613-475-9478

CARP website www.carp.ca/bbq on FaceBook www.facebook.com/carpbbq

Telehealth Ontario

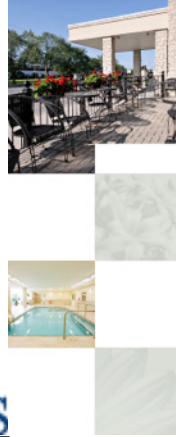
1-866-797-0000

24 Hours a Day

7 Days a Week

It doesn't hurt to call.





Quinte Gardens, well known in the Belleville area as a full-service retirement residence now introduces the Amica brand and Wellness & Vitality™ operating philosophy to this already well-established retirement community. With nursing staff on duty at all times, different levels of care are available depending on individual needs — from independent living to assisted care. We offer a wide range of services and amenities not available elsewhere, including an on-site physiotherapy clinic, salt water aqua-fitness pool, a beautifully landscaped one-acre garden and much, much more.

Amica at Quinte Gardens is the Quinte region's finest retirement residence. We invite you to come in for a tour and see for yourself how Amica has made the Quinte region's best retirement choice, even better! If you haven't seen the new Amica at Quinte Gardens recently, a whole new experience awaits! Visit today.

Pierce Ivan, General Manager, and Christine MacKenzie, Community Relations Manager of Amica at Quinte Gardens welcome you, and would be pleased to give you a personal tour. If you have the time, join us for lunch! Please call 613-966-5815 to arrange your tour or for more information.

CARP Greater Bay of Quinte Area Chapter 39 would like to say:
THANK YOU for the use of the meeting room.



How do you Remember a "Whole Life" in a Few Short Days?

A well done Personalized Tribute that honours the "Whole Life" is the most important first step in the Grief Journey and has an enormous impact on your Family, Friends and Community.

Burke Funeral Home offers many opportunities to memorialize a "Whole Life" in our modern, well appointed facility. Our caring Funeral Professionals gently guide Client Families through various memorial options during Funeral Arrangements or Pre-Need Arrangements to ensure every comforting option is considered. Facing grief is such personal and unique experience for each of us. The many details involved in Funeral Planning can distract us from its healing purposes.

Funeral Directors and Funeral Support Staff are available every day, all day to provide immediate and dignified care for the deceased and to make helpful suggestions to those left behind by helping carry the burden of Funeral Planning.

Pre-arranging Funeral Options can alleviate unexpected costs at the time of your Family's emotional crisis. To effectively freeze funeral costs at today's prices and help your family make decisions concerning your own Funeral Needs, please contact our office and ask for our experienced Pre-Need Funeral Director Warren Powell. He will carefully record your wishes and provide you with payment options that guarantee your wishes are observed and the beginning of your Family's Grief Journey is less difficult.

So, how do you remember a "Whole Life" in a few short days?

By asking the Funeral Professionals at Burke Funeral Home to assist you in honouring your Loved Ones during times of loss.

Burke Funeral Home ~ 150 Church Street, Belleville K8N 3B9 613-968-6968

CARP Greater Bay of Quinte Area Chapter 39 would like to say:
THANK YOU for the use of the meeting room.

bathsolutions™

affordable transformations. beautiful solutions.

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 to view an array of options.

It's never too early to create a
safe bathroom environment.



Walk-In Bathtubs

Maintain your bathing independence with easy access and simplicity.

Comfort Height Toilets

Make it easier to sit and stand with chair height toilets.

Shower & Bath Safety Seats

Avoid slippery situations and bathe with increased stability.

Bathtub to **Shower Conversions**



Bathtub to shower conversions make it easier for someone who has limited mobility to take a shower. If you or someone in your household is finding it difficult to step over the side of the bathtub, we have several options that could make the bathroom safer and more convenient. With our barrier-free bathtub to shower conversion systems we can make your shower accessible by wheelchair or walker. Even if you're just looking to replace your old unused bathtub, converting your old bathtub to a new shower can be easy and affordable.



Barrier Free Showers

Access your shower by wheelchair or walker.

Shower & Tub Grips

Maintain a firm grip while entering or exiting.

Safety Step

Easy, step-through access for added mobility.

Create a bathroom to last a lifetime.
Bathe Smart. Bathe Safe.

