



Brockville and Thousand Islands Chapter



Dawn Edgley,
Brockville and 1000 Islands Chapter Chair
Representative Eastern Ontario

Board Update:

Our local CARP chapter is entering its 5th year of serving almost 1,000 CARP members in Brockville and surrounding area and 2015 is gearing up to be our best and busiest year to date.

Age Friendly Communities: In Leeds and Grenville we are not exempt from the impact of population aging and our chapter is taking an active role in creating awareness of what this means and by launching the Age Friendly Communities initiative. In 2013 the City of Brockville passed a resolution to support the 'age friendly communities' initiative joining cities and communities across Ontario dedicated to making their communities more age-friendly. In the upcoming year we will work to engage CARP members, community members, stakeholders and like-minded organizations to identify the opportunities and challenges. Our goal is to work together so that people of all ages in Brockville and surrounding areas are working towards a future of healthy, happy and safe living in our communities, which, benefits all ages.

Membership: A priority for our chapter in 2015 is to continue to build our membership and develop the ways we communicate and engage with our members. We aim to ensure that everyone has easy access to up-to-date information.

Volunteers: Volunteers and member engagement is vital to being an active chapter that our members are proud to be part of. Please see the following page for more information and consider becoming part of our volunteer team!

When our membership grows, our voice strengthens. People who are CARP members are helping to make the greatest difference. Whether you join CARP to be a voice of advocacy, support the work of our local chapter or to enjoy the benefits CARP members receive, being a member of our chapter makes all the difference.

"Our best resource is people, our greatest asset is our voice"



MEET OUR BOARD



Chair: Dawn Edgley
Treasurer: Ryan Carroll
Directors:

Doreen Barnes
Matt Wren
Deborah Steele
Lendra Latham
Harold Hess
Sandra Devaney
Jeneatha Oxley

The Brockville and Thousand Islands CARP Chapter





Volunteer with us and help create a new vision of aging in our communities to ensure safe, active, healthy and happy living.

Join us for our monthly breakfast and be part of the conversation!

We are in need of your talent, experience and passion to support outreach in our community and the daily operations of our chapter.

If you have 2-5 hours a month or can volunteer occasionally we would love to hear from you!

Membership Support: Welcome new members, engaging members, database management, event and information announcements

Chapter Meeting/Event Organizers (twice per year): Help with the planning and execution of two annual events for chapter members and future members, represent CARP at local expo's and community events

Community Champions, Chapter Liaisons: Elder Abuse Prevention, Age Friendly Communities, Federal Election 2015, Supporting our community partners

Age Friendly Community Initiative: Surveys, engaging seniors, speaking to local groups and clubs, steering committee volunteers

Join us at our next board breakfast!

RSVP:

Email: edgley.carp@gmail.com or

CALL: (613) 802-0424

Age Friendly Communities Symposium RECAP



KEYNOTE PRESENTER

Dr. Samir Sinha, MD, DPhil, FRCPC, Expert Lead, Ontario Seniors Strategy. Director of Geriatrics, Mount Sinai Hospital

A symposium to create awareness about the world health organizations, age friendly community's initiative for Brockville and area was held at the Brockville Convention Centre.

Four outstanding speakers who are experts in their field came to Brockville to share their knowledge and experiences with us.

We are happy to have the opportunity to share these talks with you!



VIEW PRESENTATIONS HERE:



Age Friendly

Communities, Pipedreams or Possibilities

Dr. Samir Sinha MD, DPhil, FRCPC, Expert Lead, Ontario Seniors Strategy, Director of Geriatrics, Mount Sinai and the University Health Network Hospitals.



Age Well, Your Choice!

Dr. John Puxty

Associate Professor and Chair of the Division of Geriatric Medicine in the Department of Medicine at Queen's University.



Age Friendly Peterborough

Chris Kawalec, Social Plan

Coordinator, City of Peterborough

Once the highest number of senior's residents in the country and heavily dependent on manufacturing, Peterborough is pioneering the way communities can drive economic growth by embracing their aging community.



Change the World, The Power is within YOU

Manon Thompson, Regional Consultant, Elder Abuse Ontario ONPEA

The Ontario Network for the Prevention of Elder Abuse

LETS TALK 50+

Population Aging is one of the most talked about and debated topics of the 21st century. As the baby boomers continue to age en masse, and as people's lifespans extend, it has never been more important for adults of all ages to be engaged. It is said that population aging will have social and economic impacts never before seen but what we know is that the outcome is in our control.

55% of people living in Leeds in Grenville are over the age of 45. At the aging peak estimated to be in 2030, those 45 today will be 60 years of age.

Lets Talk 50+ is a new way for the Brockville and Thousand Islands CARP chapter to educate, motivate and deliver articles of interest, entertainment and 'must know'.

Articles are written by local professionals who understand the challenges and opportunities that face aging adults in our community and across the country. All articles provide an opportunity for questions.

Have an idea for 50+ Talk? [CLICK HERE AND LET US KNOW](#)

	Gen Y	Gen X	Baby Boomers
How they like to communicate	Texting, cell phones and IM	E-mail, IM and cell phones	E-mail, cell phones and face to face
Approach to problem solving	Form a team to brainstorm a solution. Use the web and social networking for research.	Think up a list of solutions on your own, then call a meeting to discuss.	Think about what's worked in the past and how it can be replicated, then call a meeting to discuss.
What they're worried about	What they're worried about	Work/life balance, stability, whether they're appreciated	Stability and retirement
Respect for them means	Having their ideas valued by co-workers	Having their professionalism and growing knowledge valued	Having decades of work experience and input still valued

50+ TALK Finance | Technology | Healthy Aging

50+ TALK FINANCE

The Tax-Free Savings Account (TFSA)

A tax-smart way to save



Lendra Latham,
Vice President and Financial Advisor with RBC Dominion Securities Inc. Member CIPF

On January 1, 2015, you can contribute an additional \$5,500 to your TFSA to benefit from additional tax-free investment growth. It can help you:

- Save for short-term goals like financing home renovations or long-term goals like retirement.
- Build additional tax-advantaged retirement savings above and beyond your RRSP.
[Click here to continue reading...](#)

50+ TALK TECH TALK

COMPUTER UPDATES, Do I click Yes or No!?



Will Thompson,
Owner of TECH TUTORS
<http://www.techtutors.ca>

Updates! It seems that computer programs are always updating, but which updates are important and which updates are not? In this article we will get you up-to-date, from Adobe to Windows Security. Most updates or patches (think a leaking boat) are security related, which means they are ... [Click here to continue reading...](#)

50+ TALK HEALTHY LIVING

MUSCLES, BONES and their role in Aging



Dagmar MacDonald,
RHN, CPT
Owner, Elements Fitness
www.elementsfitness.ca

Do muscles age? What if we are active now, will that be enough to sustain us in years to come? Will we have the strength and stamina to enjoy our retirement years?

We have often heard from fitness professionals that muscles don't know age, but that really is not quite true. Muscles most certainly do experience age-related changes, both in strength and size, but age over a continuum and the rate at which they change is affected by many variables. Sadly, [Click here to continue reading...](#)



BECOME A MEMBER OF OUR LOCAL CARP CHAPTER!



\$29.95

Regular Price: \$34.95

- 1 YEAR CARP MEMBERSHIP with monthly issue of Zoomer Magazine

CLICK HERE TO
BECOME A
MEMBER

\$14.95

Regular Price: \$19.99

- 1 YEAR CARP MEMBERSHIP without monthly issue of Zoomer Magazine

SUPPORT THE WORK AND MISSION OF CARP AND OUR CHAPTER GOALS

A portion of every new and renewed membership goes towards sustaining the operations of our local chapter. All funds raised are used to support our chapters' initiatives and events as well as the efforts of our partners and like-minded organizations locally.

WE ARE NON-PROFIT, NON-PARTISAN AND DEDICATED TO A NEW VISION OF AGING FOR CANADIANS

Our local chapter serves close to 1,000 members in Leeds and Grenville. Our advisory board volunteers know and understand the issues facing aging Canadians. When CARP members speak locally and across the country, politicians are listening.

GET INVOLVED! BE PART OF OUR COMMUNITY AND SUPPORT [CARPS MISSION](#)

AMAZING BENEFITS AND DISCOUNTS! Here are *just a few* of the discount CARP members receive:



[CLICK HERE TO SEE A FULL LIST OF MEMBERSHIP DISCOUNTS](#)