

CARP CONNECTOR CHAPTER 58



Fall Edition
2015

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JOIN US!!!

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Dementia COMMIT to ACTION

There are many items on the table when it comes to a discussion of dementia and its treatment applications. Awareness, therapy, diet, family and friend consultation/education, medication, community planning, facility planning, institutional planning are vital areas of understanding and evaluation.

An official Canadian Plan, via the Federal Government, has been discussed, but it is safe to say that we can term that as to be determined. Provincially, 25 new memory clinics are planned. This infrastructure should allow for a better and more flexible capacity to initiate a national approach. This will emphasize developments in housing, health, recreation, transportation and safety.

What is clearly on the table and in process is *Dementia Friends Canada*. This campaign has been organized and developed by the Alzheimer Society of Canada and The Public Health Agency of Canada. This holistic approach is attempting to reduce the stigma of dementia. Through engagement and awareness it is hoped that the feeling of exclusion is reduced. Members of society, not just family members and friends of sufferers, should become pro-active in learning and application. *Dementia Friends* is optimistic in its ability to create a growth in community partnerships.

The general understanding of Alzheimer's is that it is one type of dementia, and though aging is not a part of the condition, it is a major risk factor. There are over 50,000 Canadians under 50 suffering

from some type of dementia, and it can be dormant for over 25 years. The social and economic complexities are vast. It has been calculated that over 444 million unpaid hours of care have been given to dementia sufferers through casual caregiving. Over 40% of acute sufferers are on waiting lists for residential care.

The Coffee Break Campaign begins September 17. This involves the participation of organizations, corporations, restaurants/coffee shops, and even individual residents. Sign up for this or simply visit any of these events and your purchase will support Alzheimer Muskoka. Sign up at www.alzheimercoffeebreak.ca.

Caregiver support groups meet at Leisureworld Muskoka in Gravenhurst, the first Thursday of the month at 2 P.M., the Bracebridge United Church the second Thursday of the month at 10 A.M., at The Friends in Parry Sound the third Tuesday of the month at 1:30 P.M. and at Fairvern Nursing Home in Huntsville the fourth Thursday of the month at 2:00 P.M.

The Muskoka Health Hub Implementation Committee has announced and initiated a plan for servicing medical needs for under-facilitated areas of Muskoka. The hub planning committee is made up of representatives from the Algonquin Family Health Team, Cottage Country Family Health Team, North Muskoka Nurse Practitioner Led-Clinic, and the Muskoka Community Health Link. This will improve access to services in Port Carling, Port Severn and Dorset.

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Welcome to our first printing of the CARP Connector for the Muskoka/Parry Sound CARP Chapter #58. Our chapter was officially launched April 2015 by Moses Znaimer, President of the CARP National Organization. We were excited to introduce this chapter to the community because we have identified a number of critical issues facing our local seniors.

Throughout the province and specifically in our small community, affordable housing, financial security and health & wellness seem to be the three primary concerns. The CARP Connector will give you information addressing these issues and lots more as the demographics shift the way we conduct business.

We are not all about serious issues though. We have fun too. Join us October 31st for a trip to the Zoomer show 2015 downtown with free admission for all members. On the way home we are stopping for dinner at Mandarin, in Barrie for an "all you can eat" buffet. This will be a wonderful day and gathering for only \$60 for seniors and \$65 for adults. Gratuities not included. This is a great opportunity to visit the biggest tradeshow in Ontario highlighting seniors, products and services. Don't miss the opportunity to meet new friends and learn all about the new trends for the future.

Our membership meetings are held on the 3rd Wednesday of the month and we tackle topics that will engage and challenge your thinking. Our meetings are held throughout Muskoka and to find out more about the next meeting visit our website at www.muskokacarp.com



If you have the desire to volunteer and contribute, think about becoming a committee member or a Board member. Do you know a group that is looking for a guest speaker? We are happy to talk about the Chapter, our goals and plans for the future.

Let's increase our Chapter numbers by bringing a friend to the next event. If you bring a new member in you are eligible for a ticket in the draw for dinner in Muskoka. **Remember together we are stronger. Together we can change policies and politics ensuring a stronger, safer community for us all!**

Shelley Raymond
Chair, CARP Chapter 58

PLEASE EMAIL US YOUR ARTICLES, COMMENTS AND SUGGESTIONS

As a healthy and fairly active 75-year-old, I'd like to see more activities and exercise classes offered free or at a reasonable cost. A few years ago the district offered Nia classes to seniors in a number of locations. The free classes were a one-of but the instructor, Paula McIsaac, now offers them at a reasonable cost in five locations in Muskoka. Nia is not only great exercise; it's a lot of fun. There are many classes at the Sportsplex but if you want to take two or three a week the cost is prohibitive. I don't mean to sound like a grumpy, old woman complaining about everything but if I can stay active and mobile I'm a lot more use to society and myself. Having

suffered with severe and chronic pain for a long time I finally found four activities that eased it. I'm looking forward to resuming these in the fall and perhaps finding some new ones.

Public transportation is something else that needs to be addressed. I have a car but don't expect to be driving forever.

Sybil E. J. Jackson
Bracebridge



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Muskoka Authors' Association welcomes new writers!

Muskoka is proud of its rich artistic heritage, and many writers are a part of that, some well-known, others modestly writing in anonymity. The new Muskoka Authors' Association welcomes writers of all aspirations and experience. Our mandate is **AUTHORS HELPING AUTHORS**. We are excited about our great lineup of authors coming to give presentations and/or workshops on everything from memoirs to literary fiction to science fiction. Want to publish in the traditional method? Want to self-publish? We have seminars lined up to meet these inquiries. Literary agents and publishers will be here to bring along their insights to share with the group as well. These events, though professional, are also informal, which creates a comfortable environment for our members. This initiates open dialogue between the members and guest presenters.

Our highly successful literary festival of 2014, is being proposed again for 2016, bringing award-winning authors from across Canada to Muskoka. The precept of the MAA is the prospect of bringing together our strong Muskoka writing community under one umbrella to flourish, support, develop and enhance our respective writing careers. Originally, this organization was under the roof of the Canadian Authors Association, but it was agreed by members and the executive that our resources should be localized so the monies invested would directly benefit our writing community here in Muskoka.

Now we are born! At the moment, we have a number of wonderful but fragmented writing groups spread throughout Muskoka. By uniting these energetic members of the writing community we hope to enjoy the benefits that come from shared resources and focus, while still serving all the varied needs and interests of these groups. We offer weekend workshops and special events. Anyone interested can contact either Cindy Watson at 705 646 5595 (cwatson@watsonlabourlaw.com) or Wendie Donabie at 705 646 3663 (info@wendiedonabie.com).



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Dementia continued from page 3

CARP Canada has initiated a policy paper on Dementia focusing on patient-centered care. It requires that front-line workers be better trained and more specialized. This includes mandatory PSW training, specialized home care, long-term care, redesigned protocol, and a *dementia friendly* respite quarters design. There is a large gap between informal caregiving and professional long term care. Workplace caregiving and the establishment of Dementia Villages is an important step in communizing dementia treatment. The dementia patient must be **facilitated** with an environment that breeds familiarization and comfort.

Three-quarters of CARP members are concerned with the onset of dementia on a personal level.

If you have internet access, go to the Dementia Friends of Canada website to watch the short video and register as a friend. Most of all, commit to action.

www.dementiafriends.ca

David Bruce Patterson
Parry-Sound Muskoka Carp Chapter #58

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Power of Attorney Issues

What does the term assessor mean?

Assessors are persons who are authorized to conduct an assessment of a person's mental capacity for purposes such as appointing a guardian for property without going through the court process.

Do I need a Continuing Power of Attorney for Property?

A Continuing Power of Attorney (POA) for Property is a legal document in which a person gives someone else the legal authority to make decisions about their finances and their property. This continuing power is given to the person whom you identified to act on your behalf when you are no longer mentally capable to make the financial decisions yourself.

Do I need a Continuing Power of Attorney for Personal Care?

A Power of Attorney for Personal Care (POA) is a legal document in which one person gives another person the authority to make personal care decisions on their behalf if they become mentally incapable.

What does incapacity mean?

Under the Substitute Decisions Act, 1992 incapacity refers to mental incapacity. It means that the person is unable to understand information that is relevant to making a decision or is unable to appreciate the reasonably foreseeable consequences of a decision or lack of decision.

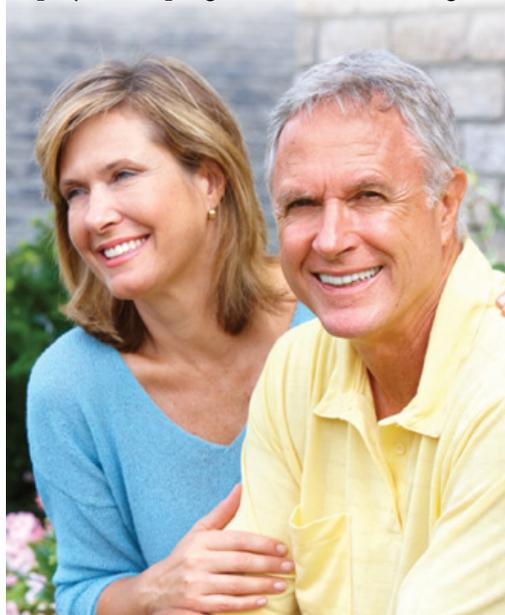
Facts About Injuries from Falling

- Seniors 65 and older are nine times more likely to suffer fall injuries as those of younger ages. Half of falls among seniors result in a minor injury and 5-25% lead to serious injury.
- Seniors represented about 13% (1.6 million) of Ontario's population in 2007 and this proportion is expected to nearly double to almost 25% (3.5 million) by 2031.
- Falls among Ontarians aged 55 and over accounted for \$962 million in direct and indirect costs in 1999.
- In 2005-2006, seniors 65+ made 150,470 visits to Ontario emergency departments and 30,478 were hospitalized. Unintentional falls accounted for 59% of all emergency visits and 79% of hospitalizations due to injury. The hospitalized cases accounted for more than 300,000 days in acute care hospitals with an average length of stay of 9.9 days. For hospitalized seniors, about 42% were discharged home (some with support services), 27% were transferred to a long-term care facility and 22% were transferred to another facility that provides inpatient hospital care.
- Women are at higher risk for fall-related injuries than men, partly due to their higher rates of osteoporosis.
- Fall-related injuries among those 65+ in residential care are far more frequent than among those living in the community. Seniors in care account for 7% of the population but 15% of fall-related hospitalizations for that age group. About half of all long-term care residents fall each year and of those, 40% fall twice or more each year.

- Between 1997 and 2002, over 7,000 Canadians 65+ died as a direct result of a fall, the majority of which occurred at home.

Yet, the good news is that falls among seniors are not inevitable; just like most injuries, they are largely predictable and preventable. A growing body of research is pointing to effective preventive measures that can keep the elderly healthy and active and less prone to falls. This coincides nicely with Ontario's Aging at Home Strategy, which is designed to assist people interested in remaining in their homes by providing home care, assistive devices, assisted living services and the like. These items also help prevent falls among older adults.

Effective fall prevention strategies address multiple factors and involve multiple different disciplines. Pharmacists, physiotherapists, physicians, home care workers, public health practitioners, city planners, family members, all have a role to play in keeping seniors from falling.



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By April Lewis

April is the local communications director for CARP, a national group committed to a 'New Vision of Aging for Canada.' She writes monthly.

PENINSULA ZOOMERS: A Hole-y War

The war is on.
Both sides are steadfast in their positions.
Weapons have been drawn.
There is no turning back as I fight my numerous nemeses. All in the shape of holes...dark cavities which taunt me.
Let me start with those ones on the golf green into which a little ball is to fall...kerplunk! Happy to be housed in its unfamiliar dark domain after many futile attempts at hitting it towards its final resting place.
Why the little opening is so far from the tee is beyond my comprehension. Why the fairway is seemingly endless as I strive to locate the flag which marks the spot of this tiny gap in the perfectly groomed verdant terrain.
And to add insult to injury, smack in the middle of the golf course is a larger aperture, a void, a chasm in the shape of a pond. This abyss which is apparently designed solely to gobble up my hot pink golf balls, mocking me with its voracious appetite and its desire to torment me.
I have my weapons in hand, whether it be a seven iron or a hybrid five iron, both meant to meet my opponent head on. Both fail. I haven't got a clue what to

do with Big Bertha or the driver as she is called. She drives me nowhere except to bedlam.
As for the pitching wedge...I pitch it with glee.
And the Ping putter...okay I get it. I am finally inches away from the elusive hole and voila...in it goes! I am elated. Par 3? You mean par 10.
I think I should stick to the *nineteenth* hole.
Now I remember why I gave up golf. Seriously, there must be a better and more constructive way to spend my time than chasing around a little ball.
Returning home, somewhat deflated, I feel it is time to lovingly nurture my postage stamp lawn instead as this will undoubtedly prove to be a far more gratifying experience.
I prepare the soil, reseed the lawn, fertilize and water it with love and attention.
Daily I observe my handiwork and am greeted with the verdant lushness of a renewed natural carpet which blankets the tiny space.
As the summer heat promises to prevail, I shall make sure I water it daily with the care and attention it deserves.
I feel a sense of accomplishment.

But as darkness falls, an uninvited nocturnal stranger arrives and burrows a hole deep into my grassy masterpiece.

A mole!

I awake to an ebony mound of dirt with a hole which reaches all the way to China, I am sure!

Undaunted, I reach for my weapons...a hose which I insert into the opening, hoping to drown him into submission. And a shovel to conk him on the head for good measure.

But my efforts prove fruitless.

Mr. Mole has eluded me and as I cover the filthy fissure, I tell myself...another hole... another day.

The next morning I rise to meet the day and my arch-enemy, only to find three more mounds of dirt the size of anthills.

Under which I find three more holes... three more bottomless openings into which I shove the hose. Shovel set aside, I opt for a different weapon. I have finally found a use for Big Bertha.

But to no avail.

Once again, Mr. Mole has proven to be a more cunning and resourceful adversary than me.

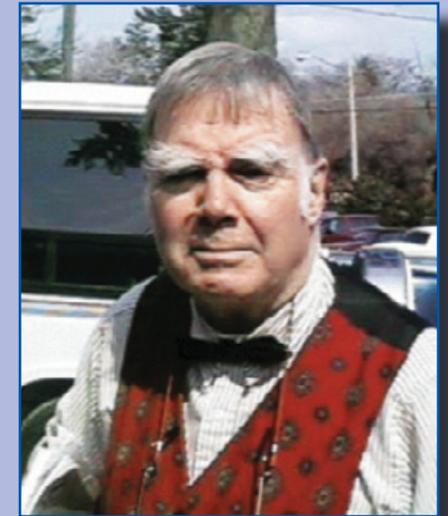
I have lost the hole-y war for the time being.

Back to the golf links I go...maybe I can replace the driver with my shovel!

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Muskoka's first community-owned food co-op is to open in Spring of 2016!

Organizers and supporters of Muskoka North Good Food Co-op, a community owned, non-profit grocery store and food hub, are food activists seeking to revolutionize Muskoka's food economy. MNGFC has a mission to provide our community with access to the best regional, sustainable, safe, and environmentally conscious food. MNGFC provides fair value to producers for their products and living wage models for its staff while promoting co-operative value and participation.

600+ families have invested to date. Everyone is welcome to shop at the Co-op, however a \$60 lifetime investment for your household will have many financial and social benefits. By becoming a member-owner you will be supporting a community that:

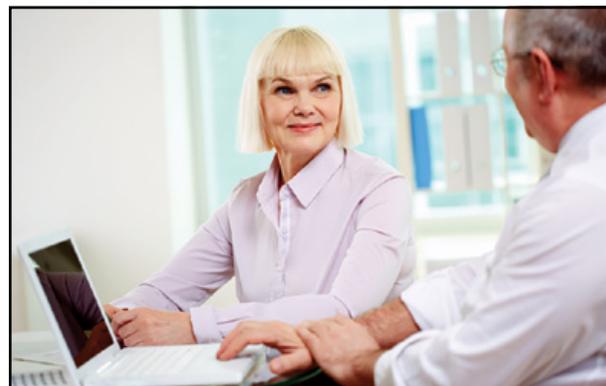
- Recognizes the importance of building a strong food-based economy;
- Thinks about food;

- Fosters a sense of community resilience, diversity, sustainability and care;
- Educates and shares ideas, knowledge, objectives and goals to all;
- Provides highest quality, affordable & natural foods and products in a beautiful and inspiring environment;
- Builds a growing membership who are served effectively;
- Promotes community interchange of ideas;
- Commits to a model of social justice through our actions

Internationally, local food movements are on the rise. Owners of Muskoka North Good Food Co-op aim to create a vibrant local food economy while providing safe, nutritious and environmentally responsible food for the people who live here. Please visit our website at www.muskokanorthfood.com for more information or call 705-380-3340 if you have any questions or comments.



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- CREATIV Festival** (Toronto)Oct 16, 2015
- Motown, The Musical** (Prince of Wales Theatre) Oct 28, 2015
- Sweet Charity** (Shaw Festival, Niagara-On-The-Lake) Oct 30, 2015
- Royal Winter Fair** (Exhibition Place, Toronto)..... Nov 14, 2015
- Mistletoe Magic** (Famous People Player, Toronto)..... Nov 18, 2015
- Sleeping Beauty on Ice** (Sony Centre, Toronto)..... Nov 21, 2015
- Kinky Boots-New Date!!!** (Royal Alex Theatre, Toronto). Nov 25, 2015
- White Christmas** (Dunfield Theatre, Cambridge)..... Nov 28, 2015
- Dirty Dancing** (Ed Mirvish Theatre, Toronto)..... Nov 29, 2015

MULTI-DAY TOURS

- A Nashville Country Christmas**(Gaylord Opryland Resort)..Nov 21-26
- Christmas in Brant County**.....Dec 2-3, 2015
- NHL Hockey-Leafs vs. Senators** (Ottawa).....Feb 6-7, 2016
- NASCAR @ Charlotte**.....May 2016

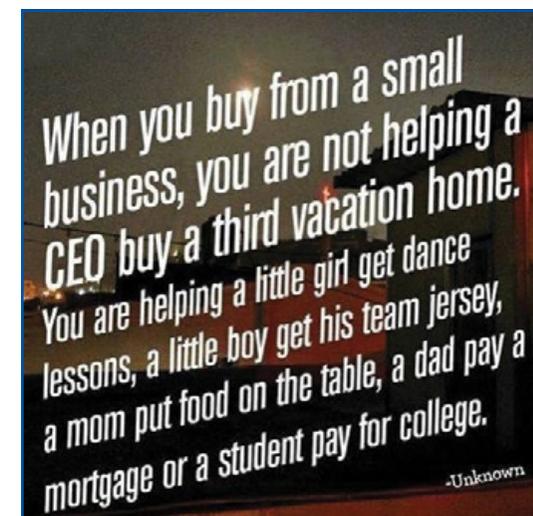
INTERNATIONAL DESTINATIONS

- Rome & The Amalfi Coast**(Call for more information)...April 2-11, 2016
- Canadian Rockies by Train** (with Via Rail's "The Canadian")..... Sept 26-Oct 4, 2016
- CMA FAN FEST in Nashville, TN** (CMT Award Show Included)..... June 7-14, 2016

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