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CARP - "A NEW VISION OF AGING FOR CANADA"

Fall 2014 Volume 4 Issue 2

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***Chair's Report***



*Welcome members new and familiar!*

*It has been a summer of transitions. A new board has been formed and as we draw on skills and knowledge of the past we look to the future. It will be a time of increased voice for seniors; the numbers in the over 50, 60 and other age cohorts will result in changes in so*

*many areas.*

*So much of the news has focused on health care. While costs will continue to rise and long-term residency will be a growing concern, the retired population is in fact a healthier and more robust group than ever before. Alternate delivery methods, good diet, exercise, and awareness make today's retired population equally a huge asset in our community and country.*

*Naturally the political landscape will be reoriented. Involvement at municipal, provincial and federal levels will both acknowledge and respect this fast increasing segment. Many of us will work longer; some of us will retire*

*Continued page 2*

**CARP SUDBURY Board of Directors**

Hugh Kruzel, Chair	705 522 4358
Kevin Shanahan,, Vice Chair	705 969-5791
John Lindsay, Vice Chair	705-525-7526
Sandra Desjardins, Secretary	705-969-1777
Ken Desjardins Treasurer	705-969-1777
Mary-Ann Dikran;	705 692-5735
Brenda Tessaro	705 523-2605
Irene Sacchetto	705-560-2511
Deborah Hill;	705 671-2285
Keith Argent	705-693-7007
Brenda Reid	705-673-6687
Patricia Douglas, Past Chair	705-669-0045

***How can YOU help CARP Sudbury ?***

***Are you ready to help ?***

- ◆ Become a member of our telephone committee
- ◆ Join the Board of Directors
- ◆ 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*

The majority of us will spend more time out of the workforce than in it. Volunteerism will also be our strong contribution to everything we touch, use, enjoy, and believe in. Our neighbourhoods will be richer for it.

This is a segue into a request.

No organization can function without the valuable input of so many. The board would gladly embrace anyone who would be willing to form committees, sit on panels, or take on a leadership role. In less than 7 months we will be looking for replacements for those who have served 2 or 3 (or more) years in some capacity on the board of your local CARP chapter. Then again in 2016 and every year forward we need to consider succession planning in seamlessly maintaining advocacy, out-reach, representation, and voice.

Meetings held at Science North and our valuable guest speakers are important venues and points of gathering. Bring your friends and neighbours. I must also mention The Travel Club for it builds strong bonds of friendship while introducing new ideas and fresh landscapes. Our flag-raising event on October 1st recognizes the importance of the senior in society. There is so much we have done, and so much we can do. Come and join us!

Hugh Kruzel

**THOUGHT FOR THE DAY**

A married man should forget his mistakes. There's no use in two people remembering the same thing!



Keep up with current CARP Sudbury activities by checking our website [www.carsudbury.ca](http://www.carsudbury.ca)

And CARP National at [www.carp.ca](http://www.carp.ca)



Men have feelings too, for example, we feel hungry.

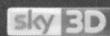


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## Introduction to the Shared Care Team at Maison Vale Hospice in Sudbury

The goal of the Shared Care Team is to provide quality hospice palliative care in the location of the client's choice.

The team of health care providers works in collaboration with the client's primary team, which includes the client's family physician, North East CCAC and other health care providers. The team manages the physical, emotional and spiritual needs, and the needs of the client's family, in the client's home, in consultation with other health care providers, the team coordinates the client's care and provides education and additional support services to enable the client to live and die in the location of his/her choice and the team provides grief and bereavement support, through one-on-one interactions and group discussions.

The Shared Care Team will accept clients who are part of the North East Community Care Access Centre and who have a prognosis of 12 months or less, as determined by the family physician. Our focus is on clients who have a non-cancer diagnosis or clients with cancer who are not associated with the North East Cancer Centre and their Symptom Management Clinic.

Clients can be referred to the Shared Care Team by their primary care physicians, by a nurse practitioner clinic, by NE CCAC and nursing providers and by long-term care nurse providers. A referral made by you or a family member will trigger a call to your physician to discuss the integrated role of the team. *Michelle Quirion Director of the Shared Care Team*

## *CARP Sudbury Advocacy*

CARP Sudbury has taken initiative and acted on the following:

### Mayoralty Candidates Meeting Oct 9, 2014

In partnership with Friendly to Seniors and The ParkSide, CARP Sudbury sponsored an all candidates meeting having 9 of the 10 wanabe Mayors attending. We had approximately 180+ attendees with plenty of local media coverage.

### Sam Bruno P.E.T. Scan

CARPSudbury supports the Sam Bruno P.E.T Scanner Fund by donations and by attending the annual Gala fund raiser.

### Alzheimer

The October Board Meeting was at the Alzheimer Society . We presented a cheque for \$2,250. to this worthwhile group.

*More information and links to various media interviews, newsworthy efforts and articles are located on our website [www.carpsudbury.ca](http://www.carpsudbury.ca) under Advocacy . You can obtain a paper version of our initiatives in detail upon request.*



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## *Events Calendar*

- Nov 29 Inez Jasper Gala Dinner/Concert—Lockerby Legion
- Nov 29 Sudbury Symphony—Seasonal Classics
- Dec 3 Special Presentation at Minnow Lake Legion ( see ad on page 7)
- Jan 29 Next CARPSudbury meeting at 12:30 Science North  
Angele Portras—Topic- Living Your Obituary
- Mar 25 CARPSudbury Meeting at 12:30 Science North  
Annemarie May— Organized Alternatives
- May 28 CARPSudbury meeting at 12:30 Science North

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## *Membership Report*

Deborah Hill - Membership Director

The membership fee to join our local chapter is \$5.00 a year per person. I will notify you by mail or email when your membership expires. If you prefer to receive your membership renewal notice by regular mail rather than email, please contact me.

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 my the new address [sudburycarpchapter@gmail.com](mailto:sudburycarpchapter@gmail.com). Please mark this address as safe so it will not go into your junk mail.

Note that National fees are paid separately from local fees and each organization has its' own membership card. Don't forget to indicate Sudbury #9 as your local chapter.

### **Wed Dec. 3rd ... Noon to 3 p.m. Canadian Legion Branch 76 - Minnow Lake.**

Lunch and presentation by Elizabeth McNab, Executive Director of the Ontario Coalition of Senior Citizens Organizations.

Title of Presentation: **Roadmap for Information Decision Making as we Age: To show how we make decisions as we age to remain independent"**

Format: Lunch, Presentation and Interactive Workshop.

Lunch will be supplied courtesy of Friendly to Seniors - Sudbury.

Limited to 60 participants. To reserve lunch e-mail John Lindsay [johnl.fdi@gmail.com](mailto:johnl.fdi@gmail.com) or call: or 705-525-7526.

See our websites [www.carp.ca/sudbury](http://www.carp.ca/sudbury) and [www.carpsudbury.ca](http://www.carpsudbury.ca). You can also get regular podcasts from radio station AM740 called "Zoomer Week in Review". You can listen to them on the web site [www.zoomeradio.ca](http://www.zoomeradio.ca).

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

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

## The Pilot and the Priest

A priest dies and is waiting in line at the Pearly Gates. Ahead of him is a guy who's dressed in sunglasses, a loud shirt, leather jacket and jeans.

Saint Peter addresses this cool guy, "Who are you, so that I may know whether or not to admit you to the Kingdom of Heaven?"

The guy replies, "I'm Jack, retired airline pilot from Houston."

Saint Peter consults his list. He smiles and says to the pilot, "Take this silken robe and golden staff and enter the Kingdom." The pilot goes into Heaven with his robe and staff.

Next, it's the priest's turn. He stands erect and booms out, "I am Father Bob, pastor of Saint Mary's for the last 43 years."

Saint Peter consults his list. He says to the priest, "Take this cotton robe and wooden staff and enter the Kingdom."

"Just a minute," says the good father. "That man was a pilot and he gets a silken robe and golden staff and I get only cotton and wood. How can this be?"

"Up here- we go by results," says Saint Peter. "When you preached - people slept. When he flew, people prayed."

## Life after Death

"Do you believe in life after death? "The Boss asked one of his new employees.

"Yes sir" the new employee replied.

"Well then, that makes everything just fine" the Boss went on, " After you left early yesterday to go to your grandmother's funeral, "SHE stopped in to see you!"

*Support your CARPSudbury 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.

October 8, 2014



Board members presenting a cheque for \$2,250 to Alzheimer Society Sudbury-Manitoulin Executive Director Lorraine LeBlanc ( 2nd from R)

## Why does CARP recommend ListenUP! Canada?



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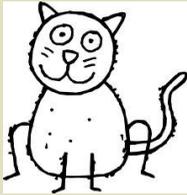
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Our little Johnny and  
 $2+2+2=7$

Teacher: If I gave you 2 cats and another 2 cats and another 2, how many will you have?

Johnny: Seven, Sir.

Teacher: No, listen carefully... If I gave you 2 cats, and another 2 cats and another 2, how many will you have?

Johnny: Seven, Sir.

Teacher: Let me put it to you differently. If I gave you 2 apples, and another 2 apples and another 2, how many would you have?

Johnny: Six.

Teacher: Good. Now if I gave you 2 cats, and another 2 cats and another 2, how many would you have?

Johnny: Seven!!! SIR!

A very angry Teacher: **Where do you get seven from?!?!?**

A very angry Johnny: Because,.... I've already got a dang cat!!!

  
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### P.E.T. SCANNER GALA

Another successful Gala was held October 23 at the Caruso Club to a packed hall of 400 attendees. CARP was present with a table of 8 to support the annual event and present its cheque of \$2,250. This year proved to be the most successful yet with over \$150,000 dollars being raised. Thanks goes out to the United Steel Workers for its very generous support of \$65,000 as well as to National Home Services for its donation of \$36,400.

The Sam Bruno P.E.T. Steering Committee continues to work diligently toward the acquisition of a P.E.T. Scanner for the citizens of Sudbury & all of northeastern Ontario. We all live in an era of soaring health care costs & will continue to do so with our aging population as various cancers & Alzheimer's disease become more prevalent. We must adopt the philosophy of "short term pain for long term gain" as we move forward in the purchase of a PET scanner.

No longer can the healthcare system financially afford to subject patients to misdiagnoses, unnecessary surgeries, ineffective treatments and unnecessarily lengthy hospital stays because our doctors are not provided with the most effective diagnostic equipment possible. When the system spends more money on transportation to get patients to treatment than the cost of the treatment and specialist put together, it is not spending health care dollars wisely. In many cases sadly enough, the end result, in addition to staggering costs to the system, is patient death. These practices are no longer acceptable. We look forward to CARP's continued support in making a P.E.T. scanner for our hospital become a reality.

Brenda Tessaro - Sam Bruno P.E.T. Scanner Steering Committee

*Support your CARPSudbury Chapter*

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

Purchase you Ultimate Dream home ticket from a CARPSudbury Member

## Redneck Vacation

Billy Bob and Luther were talking one afternoon when Billy Bob tells Luther, "Yaw know, I reckon I'm 'bout ready for a vacation. Only this year I'm gonna do it different. The last few years I took your advice about where to go. Three years ago you said to go to Hawaii. I went to Hawaii and Earlene got pregnant. Then two years ago you told me to go to the Bahamas and Earlene got pregnant again. Last year you suggested Tahiti and darned if Earlene didn't get pregnant again."

Luther asks Billy Bob, "So, what you gonna do this year that's different?"

I'm takin' Earlene with me."



**Help our featured friends  
Feed the birds this winter**



**This is what happens when your kids take away your driver's license.**

### Some interesting websites

The Parkside	<a href="http://www.theparksidecentre.ca">http://www.theparksidecentre.ca</a>
Science North	<a href="http://www.sciencenorth.ca">http://www.sciencenorth.ca</a>
CARPSudbury	<a href="http://www.carpsudbury.ca">http://www.carpsudbury.ca</a>
Sudbury Theatre STC	<a href="http://www.sudburytheatre.ca">http://www.sudburytheatre.ca</a>
Theatre Cambrian	<a href="http://www.theatrecambrian.ca">http://www.theatrecambrian.ca</a>
Sudbury Symphony	<a href="http://www.sudburysymphony.com">http://www.sudburysymphony.com</a>

### *Support your CARPSudbury Chapter*

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

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Pay What you Can 25 Jan 2 PM matinée (\$10 suggested minimum) Runs until Feb 01. Plus MUCH More



### Theatre Cambrian

Check out their website or brochure. So many activities.....

### Sudbury Symphony

Seasonal Concert

Nov 29



Maplewood Cres,  
Garson

### Canada!!!!

On the sixth day, God turned to Archangel Gabriel and said,

"Today I am going to create a land called Canada. It will be a land of outstanding natural beauty. It shall have tall majestic mountains full of mountain goats and eagles, beautiful sparkling lakes bountiful with bass and trout, forests full of elk and moose, high cliffs overlooking sandy beaches with an abundance of sea life, and rivers stocked with salmon."

God continued, "I shall make the land rich in resources so as to make the inhabitants prosper, I shall call these inhabitants Canadians, and they shall be known as the most friendly people on the earth."

"But Lord," asked Gabriel, "don't you think you are being too generous to these Canadians??"

"Not really," replied God.. "Just wait and see the **Winters** I am going to give them!"



AGM May 2014



September Meeting 2014



Your new 2014-15 CARPSudbury Board



Chair Hugh and Vice Chair John at Mayoralty Candidates Meeting sponsored by CARP



Mayoralty Candidates Meeting sponsored by CARP



From the CARP Activities 2014