

March Virtual General Meeting
"Happily Ever Older"
Revolutionary Approaches to Long-Term Care
with Moira Welsh, *Toronto Star* Reporter & Author



Moira will be discussing the work of the homes in Europe and North America that she visited: their philosophies, the people leading change, and the desire for new ideas in community living.

Wednesday, March 9, 2022 - 7:00 P.M.

Zoom Link will be emailed to club members.

Guests welcome. Email your request for a Zoom Link to cfuw.oshawa@gmail.com

CFUW Oshawa and District
cfuw.oshawa@gmail.com
www.cfuwoshawaanddistrict.com



PRESIDENT'S MESSAGE

CATHERINE R.

We've had a colder, snowier winter this year, but Spring is only 3 weeks away. Social activities are starting to open up again. So, there is a lot to look forward to! On March 8, we celebrate International Women's Day. Ontario Council will spearhead a concerted publicity campaign on their social media outlets to recognize the day.

Your Club needs you! We are currently recruiting new members for our Board and Committees for 2022/2023. Please consider volunteering. Job descriptions are available for all positions.

An Invitation:

Various Clubs are putting on special events to celebrate International Women's Day.

Join the Afghan Women's Centre of Montreal & CFUW”

Monday March 7- 11:00 am.- 1:00 pm. Click here to register:

<https://us02web.zoom.us/meeting/register/tZcvc-2orj8tHd3MFEEQuSs7oyODlhhbBbDMI>

Calls for Action**Support Afghan Women**

If you'd like to send a letter to Sean Fraser, Minister of Immigration, Refugees and Citizenship to show your support for Afghan women and to amplify the calls to action launched by the Canadian Women for Women in Afghanistan (CW4WAfghan) , please visit CW4WAfghan's website here: <https://cw4wafghan.ca/advocatenow/>

Quote of the Month

“Knowing is not enough, we must apply. Willing is not enough, we must do.”

Important dates

March 1 Zero Discrimination Day

Mar. 8 International Women's Day

Mar. 17 St. Patrick's Day

March 20 Spring Equinox

March 21 International Day for the Elimination of Racial Discrimination

March 31 International Transgender Day of Visibility

FRIENDSHIP**MAUREEN A.**

Significant news about a member (serious illness or injury or death of member, or death of her spouse or child) should be reported to Maureen A. who will advise all members through an email from Barb L. and send an appropriate card on our behalf.

A card of sympathy has been sent to Janet Beaton on the death of her stepsister, Sally.

ADVOCACY**DONNA H./MELANIE K.****Family and friends as caregivers****Do you know how much value a family caregiver contributes to the economy of Ontario?**

- 27.1% of the population in Ontario are caregivers.
- they contribute 2,519 million hours a year
- this is worth 42.8 billion in economic value.



RAPP (Research on Aging, Policies, and Practices) at the University of Alberta.

A caregiver is someone who looks after a sick, frail or disabled relative, friend, or neighbour. Supportive programs and services are available to help caregivers cope with their responsibilities and may include self-help, informal counseling, recreation, and resources.

Research is going on in Canada's universities to try and figure out exactly what might be helpful. Preserving physical health, mental and emotional health, and financial wellbeing of the caregivers tops the list.

Technology can benefit both the caregiver and help the person needing care. There are apps and devices to help with community safety, maintaining a safe and secure home, personal health and safety, daily living skills, household and domestic skills, finance and budgeting skills. The importance of taking time for yourself as a caregiver has been well documented. There is help.

Links to resources for caregiver supports:

<https://www.centraleasthealthline.ca/listServices.aspx?id=10164®ion=CentralEast>

<https://www.communitycaredurham.on.ca/>

https://www.oscc.ca/en/things-to-do/Caregiver-Support-and-Services.asp?_mid_=1422

<https://www.caredove.com/alzheimersocietyofdurhamregion/service/detail/sid/686>

<https://ontariocaregiver.ca/>

<https://211.ca/about-211/>

<https://www.mcmasteroptimalaging.org/>

Advocacy for home and community supports for aging in place.

“Women may be the one group that grows more radical with age.” Gloria Steinem

Since September the Advocacy group has been informing you about different aspects of aging in place. Perhaps what you have learned has made you want to ensure those that make the decisions about this topic know how you feel and what you want to see for yourself and your loved ones as you get older.

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There are many ways you can make your voice heard. Seniors for Social Action Ontario <https://www.seniorsactionontario.com/> suggests these ways you can help:

- Write letters to the editor of your local and national papers such as the Globe and Mail and Toronto Star, especially when long-term care related articles or Op Eds appear. letters@globeandmail.com lettertoed@thestar.ca



- Contact your MPPs and express your opposition to institutionalization and support for funding Home Care and staffed non-profit residential services in the community where people live. Just click on their names for their contact information <https://www.ola.org/en/members/current>.
- Contact the leaders of both Opposition parties horwatha-co@ndp.on.ca. steven@ontarioliberal.ca.

- Write to the Premier of Ontario and Minister of Long Term Care and copy their Chiefs of Staff. Minister of Long term care: paul.calandra@pc.ola.org. cc to Chief of Staff blair.hains@ontario.ca. Contact Premier Doug Ford premier@ontario.ca. cc to Chief of Staff James.Wallace@ontario.ca.
- Reference SSAO articles about what Ontario could be doing instead of building more institutions. You will find them on their website. https://www.seniorsactionontario.com/files/ugd/50033d_bf5d75a3e5064720b6375fb436dbc865.pdf

The **Ontario Election is Thursday June 2 2022**. Many organizations will be issuing election advocacy kits.

- Care Watch Ontario <https://carewatchontario.com/>
- C.A.R.P. <https://www.carp.ca/>
- CFUW Club Action newsletter ...can be sent directly to your inbox.
- CFUW Ontario Council Advocacy <https://cfuwontcouncil.org/advocacy/>

The Advocacy Committee will be meeting will be on Zoom Wed. March 23, 2022 at 2pm. We will discuss our future plans regarding the topic, Aging in Place. If you would like to attend this meeting email Donna H for a link to the meeting.

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INTEREST GROUPS**MELANIE K.****“IT’S A MYSTERY”****MARY K.**

Monday, March 28th 1:30 pm Location: TBA
 Discussion Leader: Lindy K.
 Book Selection: *THE LOST MAN* by Jane Harper

MYSTERY LOVERS BOOK CLUB 2**JANET B.**

Monday, March 28th 7:00 pm Location: TBA
 Discussion Leader: TBA
 Book Selection: *OBSIDIAN (DREADFUL WATER #5)* by Thomas King

READING GROUP 1**BARBARA L.**

Tuesday, March 15th 1:30 pm Virtual Meeting
 Discussion Leader: Sheila S.
 Book selection: *THE SONG OF THE JADE LILY* by Kirsty Manning

MORNING COFFEE AND BOOK CHAT**MELANIE K.**

Wednesday, March 2nd 10 am Virtual Meeting
 Discussion Leader: Janyce C.
 Book Selection: *WHAT STRANGE PARADISE* by Omar El Akkad
 Wednesday, April 6th 10 am Discussion Leader: Lindy K.
 Book Selection: *CURTAINS: ADVENTURES OF AN UNDERTAKER IN TRAINING*
 by Tom R. Jokinen

LADIES WHO LUNCH**LINA Z.**

Friday March 25, 2022 at 12 noon
Hot Rocks Creative Diner
 728 Anderson St. Whitby, ON L1N 3V6
 Please notify Donna H. before March 20th if you plan to attend.
 This eatery is accessible with lots of free parking.
 Checkout the link for menu options. <https://www.hotrocksdiner.com/m/>

We still need volunteers to coordinate lunch for April and May.
 Contact Lina at 905.576.0381 or email linazatzman1@gmail.com

WALKING BUDDIES *MELANIE K.*



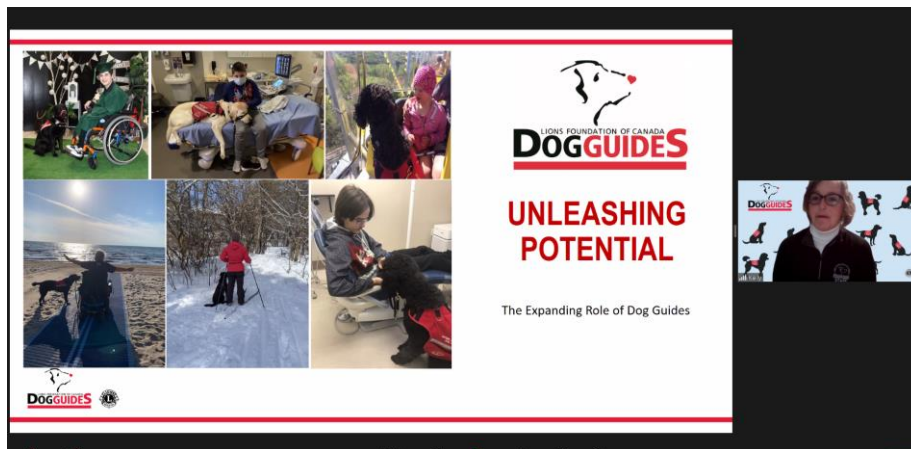
Donna, Dianne, Melanie & Hedy at Greenwood Conservation Area, Feb 10th

March may come in like a lion and go out like a lamb and for that reason we will decide where to walk closer to **Thursday March 10** and **Tuesday March 22**. So save the dates and join us wherever our wandering takes us. I'll email you a few days ahead. *Melanie K*

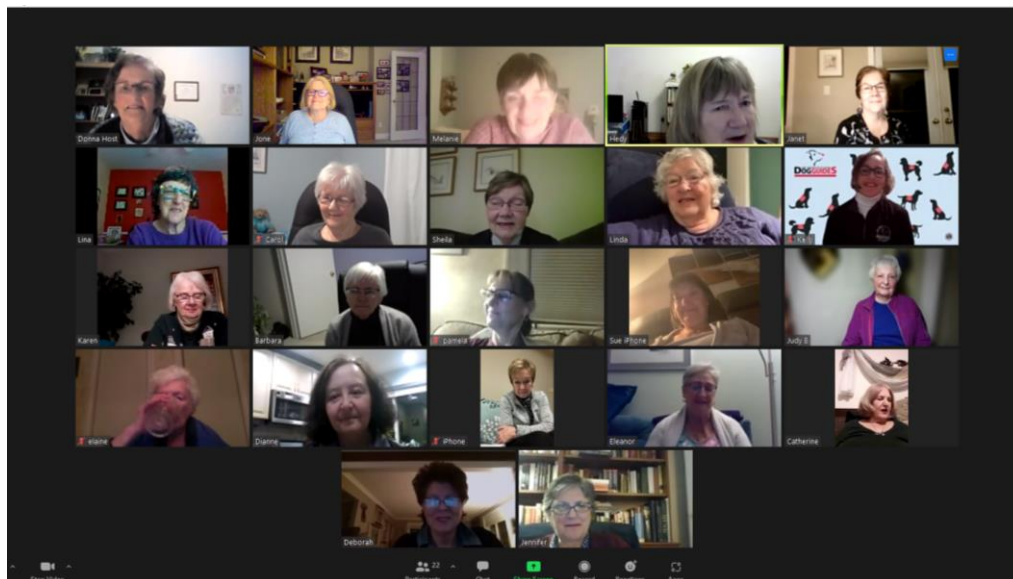
NOTE OF THANKS FROM JONE – After our enjoyable walk at the Greenwood Conservation Area on February 10th, my SUV became stuck in the unplowed parking lot. Donna and Melanie had moved their cars to the exit but then remained with me to try to dislodge my car while waiting for my husband and CAA. They stayed with me for over an hour until my husband arrived and freed my car. (CAA came shortly thereafter but would not enter the snow-filled parking lot.) **THIS IS THE PRICELESS JOY OF BRING A CFUW MEMBER!** You instantly have 41 local friends (and hundreds of provincial and national friends) who will help you out, keep you company, or provide advice when needed or asked. I'm so delighted to be a member of this club.

PROGRAM *SHEILA S.*

- Apr 13 **Rouge National Urban Park,**
Hon. Pauline Browes, former Minister of State for the Environment
- May 11 **AGM**



Speaker Kelly Russell on The Ever-Expanding Role of Dog Guides



Club members and guests at virtual general meeting on February 9th

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FOR YOUR BENEFIT JONE W.

This is an information feature providing networking news from and for our members. This includes announcing local business affiliations of you or your loved ones, and charity/volunteer work that you are involved in that needs support from the public. Send submissions of ½ page or less to Jone W. Business notices will be posted once annually.

The criteria for submission to *For Your Benefit* are:

1. that this information is of benefit/interest to our members, and
2. you are involved/passionate about it.

TORONTO INDIGENOUS HARM REDUCTION (TIHR) – Hedy G.

My daughter-in-law, Tristan, is helping TIHR in Toronto and is asking for help in collecting old smart phones. Indigenous people who are houseless in Toronto are always in need of unlocked smart phones. It’s important for them to stay connected for continuous support from TIHR and other supports, to book appointments, and for their safety. If you have one and would like to donate it, I will make arrangements to collect it.

GENERAL MEETING MINUTES FEBRUARY 2022

Date: February 9, 2022 7:00 PM Virtual Meeting on Zoom

CFUW Oshawa and District, wishes to acknowledge the lands and people of the Mississaugas of Scugog Island First Nation, which is covered under the Williams Treaties. We are meeting on the Traditional Territory of the Mississaugas, a branch of the greater Anishinaabeg Nation, which includes the Algonquin, Ojibway, Odawa and Pottawatomi people.

Host - Donna H. Co-Host - Melanie K. Recording Secretary - Barb L.

Welcome to all and introduction to any new members and guests

Speaker: Kelly Russell, Lions Foundation - *The Ever- Expanding Role of Guide Dogs*

Introduction: Sheila S.

Thank you: Carol T.

Break.....

Business Meeting (Recorded)

1. Call to order - Catherine R, at 8:17 pm
2. Approval of minutes of January 12, 2022 as circulated in the Newsletter
Moved by: Lina Z. Seconded: Melanie K. All in favour: Carried
3. Business arising from Minutes: none
4. **Treasurer’s Report** - Hedy G.
Balance as of January 26, 2022 **\$8,525.92**

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Receipts

CFUW opt out refund	\$890.00
Rental refund from Kingsview United Church	\$250.00

Disbursements

Program honorarium	\$75.00
General Account bank balance	\$9,590.92

Scholarship Trust Fund: **Current balance** **\$465.55**

Approval moved by: Hedy G. Seconded: Janet B. All in favour: **Carried**

5. CFUW News

March 8 is **International Women's Day**. Some clubs are having special speakers or virtual events. Perhaps we can put something on our web page acknowledging the day. The theme this year is "Gender equality today for a sustainable tomorrow". Catherine R. will ask JoAnne P. to put an acknowledgement on our website.

a) **National:** We received our **GW fees rebate** - \$890.00. Suggest that the Board come up with options for its use and then discuss with all the members.

- Catherine listened in on part of the **Long-Term Care Study Group**. The mandate for the federal Ministry for Seniors includes a statement to support seniors who want to age in place. Meeting notes forwarded to Advocacy.
- The following events are best accessed in the latest National CFUW **newsletter** (February 3). If you aren't receiving the newsletter, go to CFUW.org and sign up as a member; then you can access the Members Only section any time to find the newsletters and have them delivered to your device. Information on the activities of clubs across Canada as well as National's programs is posted there. Ask any Board member for the password.
- CFUW is a co-sponsor for calls to action by the **Canadian Women for Women in Afghanistan** regarding safe exit from Afghanistan. If you are interested in this campaign, visit the CW4WAfghan website.
- February 22, 2022: Webinar to address the status of **Indigenous perspective in the Canadian education system**. You will need to register for this event. It runs from 6:30 to 8 pm.
- **Plastics Pollution:** You can add your name to a petition supporting the United Nations' plans to create a new ambitious treaty to end plastic pollution. This would be a worldwide program. If you sign up using the link, you will be taken to the AVAAZ website where you can sign the petition.

b) **Ontario Council:** Catherine attended a Central Region Presidents' meeting led by Judith Pownall on January 27. Clubs report that attendance on Zoom has been good and there are some advantages. We need a new Regional Director for Central Region as Judith is taking another position. There are 12 clubs in the Region- your club nominates you and then there is a vote.

- Catherine also attended a webinar on **Climate Change** which will be shared in next month's newsletter.

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- The **Election Tool Kit** is now available on the OC website. It was suggested that we target young people as they have the worst voter turnout.

6. Committee Reports

- Program** – Sheila S. - The program for April 13 has changed because the proposed speaker (on lavender) doesn't do Zoom. The new speaker will be the Hon. Pauline Browes on the Rouge national urban park. Hedy G. (for Advocacy) said that the March 9 speaker will be Moira Welsh, the author of *Happily Ever Older*, on aging in place.
- Publicity** - Jone W. asked for the information on the April program by mid- March so that she can make the flyer for distribution. She already has the relevant information for March.
- Newsletter** - Jone said items may be sent to her for the March newsletter up to February 14. After that, items should go to Barbara L. who will be finalizing that newsletter. All items must be received by February 26.
- Scholarship** - Hedy G. has contacted Ontario Tech University and Durham College about a possible indigenous award. Durham College is interested. OTU has not responded to date.
- Advocacy** - Donna H. said the group will meet virtually on Monday, February 14 at 2 pm. There will be a speaker on aging in place. Interested members should ask Donna for the link.
- Social** - Karen D. - Kingsview UC has refunded our deposit. Administrator Elizabeth will ask their Council to consider making an exception for us time wise, allowing us to meet from 7 – 9 pm, to be out of the building by 9:15. Our things are still stored there, and we do have the option to return.
- Interest Groups** – Melanie K. - Six members are participating in the walks. They were excited about their walk the following day in Greenwood Conservation Park. Lina Z. said that lunch out was a definite possibility for March. Donna will arrange.

7. New Business

- Nomination Committee** - Past president Donna H, membership convenor Barbara L, and member at large Dianne H. will contact all members to ask how they will serve in 2022-2023.
- A **General Secretary** is needed for March, April and May meetings.

8. Announcements/Upcoming Meetings

General Meeting	March 9 at 7:00 pm on Zoom
Board Meeting	March 30 at 1:30 pm on Zoom

9. Meeting adjourned at 8:48 pm (end recording)

Happy Bucks

NEWSLETTER

JONE W.

Only the last name initials of members are published in the newsletter.

You may refer to your roster for contact information.

Please submit all newsletter items to whitbywebsters@rogers.com.

Items for the April newsletter should be received by Monday, March 28.

International Women's Day – March 8



Don't stop believing

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