

March 2012



Message from the Chair: Yasmin Kanji



It's a new year and we've been hard at work making the Calgary CARP Chapter a more active, strategic and focused body, to ensure that we achieve our mandates and provide value to our member, whom we value greatly.

At our last meeting, we had great discussions about what we believe this celebratory stage in life should look like in Calgary. We also took action and aimed to create CARP experiences in smaller communities on a more regular basis. Since then, we've taken it upon ourselves as a board to create a strategic plan to accomplish the goals we set for ourselves, including working to solidify

our mission and vision. We have also worked hard on board development, to ensure we are all in the optimal stage to represent the Chapter.

As we now move forward with our aim to have more events and increase our network, we are actively recruiting board members and we urge all interested members to email a resume and expression of interest to carpcalgary@gmail.com. We look forward to hearing your ideas and working together on our plans to increase CARP Calgary's presence and impact on the community. As always, we thank you for the privilege of representing your interests here on the CARP Calgary Board.

Sincerely,

Yasmin Kanji
carpcalgary@gmail.com

You Are Invited:

The General Meeting will take place from 1:00 to 3 pm on March 28, 2012 at North Glenmore Park Community Association.

We will be featuring a panel discussion on **Today's Long Term Care: Challenges and Opportunities**, featuring the following speakers:

1. **Barbara Le Marquand-Unich**
Director, Seniors Services
Subacute Care and Transition Services
Alberta Health Services
2. **Kathy Eyre**
MCF Housing for Seniors
3. **Myrt Butler**
C.A.O. Bishop O'Byrne Housing for Seniors Association

We appreciate your participation and would encourage your views and time on how we can position Calgary to take leadership in this celebratory stage of life.

Do you know how to steer clear of the cons?

In honour of Fraud Prevention Month, here are six things you can do this March to help keep you and your loved ones safe from fraud. (Excerpt from article from www.50plus.com)

March is Fraud Prevention Month. We know fraud is a serious problem, but we don't know the exact scope of this problem because many people don't report it.

However, it doesn't matter what other people do — or say they do — according to surveys. Fraud isn't something that happens to "other people". Chances are you've received a few fraudulent emails or phone calls in the past year. You may have encountered fake online ads or questionable posts on social networking sites — or maybe someone has come knocking at your door.

Want to avoid becoming a statistic? We already know the basics — like not sharing sensitive information, and questioning those too-good-to-be-true offers. However, Fraud Prevention Month is a good time to check in with other strategies you might be overlooking. Here are six things you can do this month to help protect yourself and others.

- #1 Brush up on common scams and the warning signs
- #2 Change your passwords and PINs
- #3 Order your credit reports
- #4 Shred unneeded documents
- #5 Talk to your loved ones about fraud
- #6 Report it

For complete article including resources and explanations of the above protection measures, visit

<http://www.50plus.com/money/6-things-you-can-do-this-month-to-prevent-fraud/158939/>

Are you on Facebook?

If yes, follow the CARP fan page! If not, here are some reasons why you may like it.

Many Canadians assume that Facebook and other social media sites are the domain of the young, and that those of retirement age have little to gain from visiting them. The truth is, these sites started as a means for the young to socialize with one another, and for a long time they have featured social connection as their main attribute. Nowadays, they serve many more purposes than simply reconnecting with old friends and keeping an eye on one's children (or grandchildren!). More importantly, the assumption that older generations aren't interested and engaged in social media is now more inaccurate than ever. It is now widely known that seniors are the fastest growing user segment on Facebook. Seniors may be creating accounts and logging in with the purpose of reconnecting with friends, but they are spending more and more time learning and interacting with the world around them. Facebook is an excellent platform to stay engaged with organizations and causes you care about, to keep track of articles from all your favourite publications, and to follow individuals that inspire you or teach you something. For example, as an active CARP member, simply "liking" the CARP Facebook page allows you to see daily updates on new developments, innovative benefits and what other members are thinking and doing at any given time.

So we challenge you to give it a try, and if you're already on Facebook, follow the CARP page at www.facebook.com/CARP. We hope to see you there soon!



CARP Membership – Power of 10

A CARP membership is a great asset, and a very reasonable price. In fact, most members say that it pays for itself within the first service or benefit used. Of course, you knew that...that's why you're a member! The real question is, why aren't we letting all of our friends know, so they can save the same way we do? We're hoping that each of our member households can let 10 of your friends know about CARP and the benefits you've enjoyed. As we grow, we're gaining strength in our advocacy and in our ability to negotiate increasingly valuable benefits for our members, but this can only continue if we grow together.

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Find quotes and information at: www.carpinsurance.ca

The CARP Auto & Home Program offered by The McLennan Group Insurance Inc., and life and health plans by The McLennan Group Life Insurance Inc.

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Here are the details on how membership works:

The Calgary Chapter has charged a membership fee ever since it began. This is a fee charged in addition to a members National membership. We require members to be a National member before joining the Chapter. The Chapter membership is currently \$6.00 per person for one year or \$15.00 for three years. We encourage people to join for three years as it reduces our work. We go on a individual basis as we have a lot of single members. A second member in a household coming a long for a free ride has not been a problem. Couples pay \$12.00 for one year or \$30.00 for three years. We hope you'll tell your friends and direct them to our website to become members. To become a member, please contact carpcalgary@gmail.com or register online at <https://secure.cdsglobal.ca/carp/subscriptions/single>.

Please note: Our charge has been very nominal and is used to support the cost of the newsletter and General Meeting cost. We have built up a small reserve to support the cost of special projects the Chapter may undertake.

2011 CARP Annual Advocacy Report:

An account of what we have achieved (Article taken from the CARP website at <http://www.carp.ca/2011/11/11/carp%E2%80%99s-2011-advocacy-report/>)

2011 was a real watershed year for CARP Advocacy. Even in a year of political and electoral turbulence the major planks of our advocacy platform were addressed at all levels. The Annual Advocacy Report is now available for download – it provides members with insider information about what we achieved and how we got there.

The secret ingredient, of course, was the active engagement of our members in shaping our policy and conveying these priorities to their politicians. The Annual Advocacy Report is more than an account of what we have achieved – it lays out the CARP Vision and outlines how we use all the tools at our disposal to get you results on the most important issues that affect older Canadians today. Whether you love politics, media and grassroots activism or whether you are curious about what the advocacy department does for you, this is sure to be a satisfying read.

To request a hard copy, please email advocacy@carp.ca or write to the CARP National office at 30 Jefferson Avenue, Toronto, Ontario M6K 1Y4

Read the report at <http://www.carp.ca/2011/11/11/carp%E2%80%99s-2011-advocacy-report/>

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Making Healthy Relationships a Priority

(Article taken from Manulife Financial's Living Well e-newsletter, recommended by CARP)

It may be surprising, but social relationships have the potential to affect long-term health as much as getting adequate sleep, having a good diet, and not smoking. Research is showing that relationships impact our mental and physical health, health habits, and even mortality risk.

In simplified terms, people who have satisfying relationships with family, friends, and their community tend to be happier than those who don't, which could result in fewer health problems and a longer life - adding an average of three years, according to some researchers. In contrast, people who do not have close, healthy relationships may be more prone to experience such adverse effects as depression, later-life cognitive decline, high blood pressure, heart disease, delayed cancer recovery and increased chance of premature death.

It makes sense when you factor in the impact that stress can have on our overall well-being. Stress has been linked to sleep problems, weight gain, heart disease, depression - the list goes on. When faced with stressful situations, couples may produce less stress-related hormones than single people. Though marriage itself can cause stress, a healthy relationship between spouses or close friends may enable them to handle other stressors in their lives. They seem to be able to maintain an inner calm. Just having someone you can talk to can be a stress reliever.

We also need healthy relationships to stimulate our brains. Without connections to others, our brain functioning may actually decrease over time. Dementia risk has been found to be lower in seniors with a variety of satisfying contacts with friends and relatives.

The benefits of healthy relationships extend to how our immune system functions. A lack of positive, trusting relationships seems to decrease immune system functioning, whereas those who have happy relationships appear to have greater immunity and quicker recovery time from illness.

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The benefits of healthy relationships are so great that even if someone already has a medical condition, such as coronary artery disease, they are at less risk of dying than someone with the same condition who is socially isolated. That isolated person's risk of cardiac death is over two times greater than if they have good social connections.

And don't rule out the power of "peer pressure." Relationships can also influence our lifestyle choices such as whether we choose to practise good eating habits, exercise, drink alcohol, smoke or engage in risky behaviours - all of which will impact our health or risk of mortality.

Making healthy relationships a priority is an important way to help protect your long-term health. Just as important - if you have negative relationships impacting your life, weed them out if possible. Their physical effects can be as damaging to your health as if you smoked 15 cigarettes a day. Bad relationships may actually be more harmful than not exercising and twice as harmful as obesity. Take steps to protect your overall well-being by establishing and maintaining active, healthy relationships with family, friends and people in your community.

The article can be found online at:

http://www.affinityinfo.ca/carp/20120209/20120209_landing1_en.html



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this plant lives in sun
or shade, but you like
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We are committed to diversity as an equal opportunity employer.

A: Lily of the valley thrives in the shade.

This Form is for New Members - Pass to a Friend**APPLICATION FOR MEMBERSHIP IN CARP CALGARY CHAPTER**

(CARP – A New Vision of Aging for Canada)

Payment \$ _____ Cash _____ Cheque _____

Name: Spouse's Name:

Address :

Postal Code: Phone #: E-mail:

Date of Application: Signature:

Membership Fees: One year - \$12.00/couple or \$6.00/single.
 Three years - \$30.00/couple or \$15.00/single.

Please return your Application and Membership Fees to:

CARP Calgary Chapter**Suite 351, 440-10816 MacLeod Trail S.E., Calgary, AB. T2J 5N8**

Ph: 403-256-1181

Your membership card will be mailed with your next newsletter.

If you wish to have it sooner, please enclose a stamped, self-addressed envelope.

(Please note: You must have a separate membership with CARP National)

Call For Volunteers

NEWS FLASH! CARP isn't just for seniors and boomers, and it's an organization that is growing very quickly. We have a lot of great ideas and we know we need the participation and input of all generations in order to truly make it a success in a multi-generational city like Calgary. Our new Mayor Naheed Nenshi is a great example of the power of getting the youth involved, and what better cause than the helping to secure a good quality of life for those that raised them? We welcome voluntary participation from any age and any skill set, if you are interested or passionate about making a difference or if you know someone who would be a great fit, please get in touch with us at carpcalgary@gmail.com. Thank you in advance for being OUR advocates!

Membership Inquiries**30 Jeffersib Avenue Toronto, ON M6K 1Y4****Member Support: 800-363-9736****Toll-Free: 888-363-2279****Email: support@carp.ca****CARP Calgary Chapter 403-256-1181****Email: CARPCalgary@gmail.com****WWW.CARP.CA/CALGARY****2011- 2012 CARP Calgary Chapter Board of Directors**

The Board of Directors holds regular meetings on the second Wednesday of every month except for July, August and December

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