

June 5, 2017 Meeting Highlights

Announcements

☛ **Horace Knight** was pleased to present the Harvey Rutledge Music Award at Etobicoke Collegiate. This year's recipient will be attending Queens University in the Fall. An older brother won the same award two years ago! It is wonderful to see how much the award is appreciated.

MEMBERS NEWS

HAPPY BIRTHDAY

Derek Jeffery, August 1
 Ruth Williams, August 2
 Jo Burns, August 11
 Barnaby Ross, August 19
 Dan Gallo, August 26
 André Dugas, September 1
 Joanne Gallo, September 8
 Susan Clarkson, September 9
 Gabe Rucchetto, September 29

HAPPY ANNIVERSARY

Nancy & Joe Polito, July 5
 Rosemary & Bev Best, August 10
 Faye & Bill Stuart, August 17
 Anne Marie & Arthur Scuzillo, Sept. 3
 Helen & Bob Loveys, September 27

Special Guest

Barnaby Ross introduced **Gary Hepworth**, Etobicoke's founding chair of Canadian Association of Retired Persons (CARP) and winner of numerous community service awards. CARP has over 4,000 members in Etobicoke alone. It represents people over 50 years of age, helps to navigate health care and advocates to influence government decisions.

Currently 15% of the population are seniors. By 2026 it will be 21%. Planning is important to avoid having to make a decision in a crisis. Gary's suggestions include: get all documents prepared (Will, POA, Advanced Care Plan); spend time researching home care services; have an advocate; research post hospital care options; research retirement homes, assisted living facilities and long-term care homes.

Gary gave everyone a comprehensive handout of suggestions and helpful resources. Here are a few of the contacts:
 CCAC/LHIN - Phone 310-2222

www.healthcareathome.ca
 Long Term Care Association (listings & info)
www.oltca.com
 Advocacy Centre for the Elderly (legal advice)
www.ancelaw.ca
 Alzheimer's Toronto (education, training, advice)
www.alzheimertoronto.org
 Toronto Paramedics (in case of emergency form)
www.torontoparamedics.com

Gary's advice is plan for yourself while you are able to do so or someone else will do it for you.

Community Service

One Can Make a Difference

In Memory of Bob Craft

*Bob Craft passed away on July 3rd, 2017.
 Bob joined the Sunnylea Kiwanis Club in 1993.
 He was the club president in 1996-97
 and treasurer in 1998-99.
 When the Sunnylea club closed, Bob and Alberta
 joined Kingsway Humber and Bob was soon our
 front desk man tasked with the job of greeting the
 members and guests.
 Donation will be made to the Kiwanis Music
 Festival in Bob's honour.
 Thank you Bob for allowing us to have been a
 part of a life well lived.*

BLOOD DONOR CLINIC VOLUNTEERS Bloor-Islington Centre

MONDAY OCTOBER 16, 2017

SHIFTS:

- 10:00 a.m. - 12:30 p.m.
- 12:30 p.m. - 3:30 p.m.

Please call Debbie Hardy at 416-255-6504 to volunteer.

UPCOMING MEETINGS

Monday September 11 • 12:15 p.m.
M.P. James Moloney
Etobicoke-Lakeshore
 Welcome Back!

Monday September 18 • 12:15 p.m.
Board Meeting
 Old Mill Restaurant

NO PROGRAM MEETING IN OCTOBER

Monday October 16 • 12:15 p.m.
Board Meeting
 Old Mill Restaurant

Monday November 6 • 12:15 p.m.
Indspire Scholarship & Bursary
Program for Indigenous Students
 Fiona Crean, Chief Operating
 Officer, Indspire

Monday November 20 • 12:15 p.m.
Board Meeting

Monday December 4 • 12:15 p.m.
4H Club
 Club Christmas Luncheon

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."
 Henry Ford