


cfuw fcfdu THE POWER OF WOMEN WORKING TOGETHER
LA PUISSANCE AU FÉMININ ENSEMBLE POUR RÉUSSIR

January Virtual General Meeting
"Tools to Heal and Retrain your Brain"
Using Expressive Arts Therapy, Cognitive Behavioural Therapies and Neurofeedback




Georgia is a professional visual artist and expressive arts therapist in private practice. She creates abstract expressionist artworks, and facilitates arts-based healing workshops.

Georgia Fullerton, ExAT

Wednesday, January 11, 2023 - 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.

Happy New Year. I hope everyone had a safe and happy holiday season.

2022 was a year of many problems around the world. In Canada we are struggling with high interest rates and inflation, sky rocketing food prices and increased poverty and homelessness. Having spent some time recently in the downtown Oshawa area, I have certainly seen more people living in the streets and a huge increase in food bank use.

Let's hope 2023 will bring better things.

A positive is that there has been some headway to help climate change with the ban of plastic straws, cutlery and bags.

We are all saddened by the passing of long-time club member **Pat B** (pictured on the right). Our condolences to family and friends.



Quote of the Month

"Success is not final. Failure is not final. It is the courage to continue that counts."

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Important Dates

January was named for the Roman god Janus, known as the protector of gates and doorways and who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future.

Jan. 16 - Martin Luther King Jr. Day

Jan. 22 - Lunar New Year

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.

Pat B, a member of our club since 1974, died on December 19, 2022. She will be missed.

ADVOCACY

MELANIE K.

END OF YEAR UPDATE FROM SENIORS FOR SOCIAL ACTION ONTARIO

The Advocacy committee is pleased to share this update from SSAO's Dr. Trish Spindel which we received because we agreed to support SSAO in their endeavor to change the way seniors are viewed and supported in Ontario.

Seniors for Social Advocacy Ontario is incorporated as a social advocacy organization with over a thousand members in every corner of Ontario. Its goals are to advocate for alternatives to the current mass institutionalization of elders in the absence of a continuum of alternative supports and services that could help them to age in place. These include a greatly enhanced home care program with a paid family caregiver and direct funding option. Both would be especially important in rural areas.

SSAO supports bringing services to elders where they live in naturally occurring retirement communities, community housing buildings, and their own homes and communities rather than forcing them to be uprooted and sent miles from their social support systems and familiar surroundings to receive support.

SSAO also advocates the creation of small, non-profit memory care residences in every neighborhood across the province to better serve elders needing residential care and trauma-informed support which is often important for those with dementia.

We are pleased to say that both the Federal and Provincial governments are showing increased interest in the ideas that SSAO has been advancing.

In late December the co-founders of SSAO met with three Assistant Deputy Ministers in the provincial government to have an informal conversation about alternative approaches to prevent the mass institutionalization of elders. The ideas were well received. Senior policy staff from both the provincial and federal governments will be attending an important session featuring **Professor Christine Kelly of the University of Manitoba who will be**

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discussing Directly Funded Care Programs in Canada on January 27th. SSAO is very pleased to see this interest in a program that it has been promoting for some time now.

PACE (Programs of All Inclusive Care of the Elderly) type programs are also gaining traction with the announcement of elder housing with care built in in Kenora being the first indication that the Ministry of Long Term Care is prepared to consider progressive alternatives to help elders to age in place. The Federal government is also beginning to show interest in this type of program, and in Burlington, the PACE program is being expanded with Ontario Health Teams starting to play a more significant role.

The Senior's Ministry in Ontario has shown an interest in examining ways to combat ageism and showed particular interest in a recent editorial on that topic by SSAO. Becca Levy, a Yale psychologist has done a considerable amount of work on this subject, and readers are urged to read her book **Breaking the Age Code**. She will be approached in the new year about a possible presentation to SSAO members, and the communications company handling SSAO's planned PR campaign for the new year will also be relying on some of her work.

Humber College's Office of Research and Innovation is working closely with Seniors for Social Action Ontario and others to collaborate on projects to amplify elders' voices in aging research with respect to issues that they have identified are important to them. Students from Humber College's Degree Program in Community Development are planning an online Town Hall in February to hear directly from older adults about what they consider to be their priorities as they age. **SSAO would like to invite everyone to join our e-mail list, found on our website in order to be informed of future events like this, as well as free online seminars on topics of concern to elders.**

<https://www.seniorsactionontario.com/>

SSAO is also pleased to be working alongside FARFO (La Fédération des aînés et des retraités francophones de l'Ontario) in supporting each other's advocacy efforts, and also plans closer ties to Reimagining Dementia: A Creative Coalition for Social Justice, which is an international organization advocating for a more humane approach to dementia. This is in addition to an ongoing collaboration with the Ontario Caregiver Coalition.

Bell Retirees and OPSEU Retirees have also started assisting SSAO's efforts with public support for our positions on their web pages.

SSAO is honored to have the support of the Canadian Federation of University Women (Oshawa Chapter), the Accessible Housing Network, and Toronto's Raging Grannies in promoting more progressive approaches to aging at all levels of government.

SSAO members have been invited to take part as Senior Advisors to Home and Community Care Support Services (HCCSS) and several members have shown a strong interest in this. SSAO has met with HCCSS's community engagement lead who has supported SSAO taking part.

SSAO was approached to work with a communications company that has offered its services pro bono because it supports our focus on aging in place, and a planned PR

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campaign will be launched in the new year based on excellent feedback supplied by SSAO members.

A lot is happening and we are hoping that much of it will result in positive changes for older adults in 2023. Elders have voices and it is important to raise them now as we speak for ourselves and become a force to be reckoned with!

Dr. Spindel will be our club speaker on Wednesday, March 8th on “Institutionalization is a Feminist Issue”. A fitting title for International Women’s Day.

If you have not yet joined SSAO please do so. It is important to change the system for our future but also for our children and grandchildren. Please sign up for the zoom presentation on January 27th. Show the senior policy staff who will be attending we care and are interested.

The next meeting of the Advocacy Committee is on Monday, January 16th at 2 pm via Zoom. Contact Donna H to get the Zoom link if you wish to attend.

SCHOLARSHIP

SHARRON B.

Ontario Tech University CFUW Endowment Report for 2022

Nishat Zaidi was our award winner from Ontario Tech University for 2022. Nishat, a student in Legal Studies in the Faculty of Social Science and Humanities was awarded \$4,000.

“Thank you so much for the very generous and kind gesture. I do not have words to express how happy and grateful I am to receive this award. You are doing such an amazing act by financially helping students, which will have many great impacts on their education and well-being. With this support, I will continue to work hard and achieve all the goals I have set for myself this year and the following years. Once again thank you!”

Fiscal Report for 2021-22

Opening Book Value at April 1, 2021	\$120,299.78
In year donations	\$30.00
Interest and Dividends earned	\$2,852.19
Capital Gains Realized	\$1,311.55
In year Disbursements to Students	\$4,000.00
Closing Book Value as of March 31, 2022	\$120,493.52

HOLIDAY DINNER

HEDY G.

On Wednesday, November 30, twenty-five members gathered at KB Food in Whitby for our annual holiday dinner. We had our own private room where we were able to chat, sing and be merry. Many thanks to Lina Z for the touching friendship grace, to Carol S for her tribute to Joan M, to JoAnne P for leading us in holiday tunes, to Catherine R for the lovely poinsettia door prizes, and to those of you who donated to the YWCA gift drive.

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2023 PROGRAM**SHEILA S.**

- Feb 8 **Hate Crimes & their Impacts on Communities** - Dr. Barbara Perry
 Mar 8 **Institutionalization is a Feminist Issue** - Dr. Patricia Spindel
 Apr 12 **City of Greens: Sustainable Urban Agriculture** - Ryan Cullen
 May 10 **Annual General Meeting and Potluck**

INTEREST GROUPS**LINA Z.****LADIES WHO LUNCH****Friday, January 27th - 12:30 pm****aZian Cuisine** at 1365 Wilson Road North, Oshawa (NE corner of Taunton & Wilson)Contact **Lina Z** at linazatzman1@gmail.com if planning to attend.

“Whether you crave for the exotic tastes of Asia or just want to treat yourself to the satisfying natural flavours of fresh cuts of fish, meat and vegetables, you need look no further than aZian. Our chefs bring you the best recipes from China, Japan, Thailand and Vietnam, prepared with the most enticing herbs, spices and sauces. A gastronomic adventure awaits!” www.azian.ca

Hedy G will organize the February lunch. As there is no co-ordinator for this group, if you wish to arrange a future lunch, please inform Barbara L when a date and place have been selected and she will send an email to the members. If possible, let Jone W know so that she can add it to the Newsletter.

BOOK CHAT**JANE R.**

Wednesday, January 4th 10 am Host: Melanie K

Discussion Leader: Janyce C

Book Selection: **THE CREAK ON THE STAIRS** by Eva Bjorg Aegisdottir.**READING GROUP 1****BARBARA L.**

Tuesday, January 17th 1:30 pm Host: Sheila L

Discussion leader: Sandy P

Book Selection: **FIGHT NIGHT** by Miriam Teows

*Elaine L, Janet N, JoAnne P,
 Barbara L, Sheila L, Sandy P, Sheila S
 Photographer: Jone W*

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IT'S A MYSTERY**MARY K.**

Monday, January 30th

1:30 pm

Host: TBA

Discussion leader: Lina Z

Book Selection: *THE DARKEST EVENING* by Anne Cleeves**MYSTERY LOVERS' BOOK CLUB****JANET B.**Monday, February 13th

7 pm

Zoom Meeting

Discussion leader: TBA

Book Selection: *THEIR LAST SECRET* by Rick Mofina

New members are welcome to join us for these virtual meetings. Future meetings:

March 27th - *The Darkest Evening* by Ann Cleeves

May 29th - *Denial* by Beverley McLachlin

WALKING BUDDIES**MELANIE K.**

We will meet on January 12th and January 24th so save the dates.

BRIDGE BUDDIES**KAREN D.**

Bridge Buddies will meet at Northview at 1:15pm on January 9th and January 23rd.

Please let Karen D know if you are unable to attend.

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.

CFUW WEBSITES

Main website:

www.cfuw.org

Ontario Council Website:

www.cfuwontcouncil.org

The Ontario Council newsletter is available on-line on their website.

The CFUW Club Action newsletter is available via the sign-up link on their main website.

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 February newsletter items to barblewis@rogers.com

Items for the February newsletter should be received by Thursday, JANUARY 26th.

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