



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



**ANNUAL GENERAL MEETING  
& POT LUCK**

*Food & Friendship*

- Come for supper, friendship and the AGM
- Bring a dish to share (appetizer, main course, salad or dessert)
- Bring **servicing utensils** for your dish
- Bring your own plates, cutlery and mug/glass
- Bring a plastic bag to take your dirty dishes home
- Hot and cold non-alcoholic beverages will be served
- The church's dishes and cutlery will not be used for sanitation reasons
- Enter the church parking lot from Centre Street (south end of church)
- Enter the church through beige door off the parking lot at south end
- Do not donate any books since there will be no book sale

**Wed, May 10, 2023. Dinner at 6:00 P.M.**  
**St Mark's United Church 201 Centre St S Whitby**

## PRESIDENT'S MESSAGE

CATHERINE R

The flowers are finally popping up and it is starting to warm up. Our Club year is almost at an end. Hope to see everyone at our pot luck supper and AGM on May 10th.

### Important Dates in April

May 4	CFUW Elder Action Day
May 5	Red Dress Day, honouring missing and murdered Indigenous women, girls and two-spirit people
May 14	Mother's Day
May 22	Victoria Day

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## Quotes of the Month

*“There is always light. If only we’re brave enough to see it. If only we’re brave enough to be it.”*

Amanda Gorman

*“If you want to lift yourself up, lift someone else up.”* Booker T. Washington

*“You’re braver than you believe, stronger than you seem and smarter than you think.”* A. Milne

## 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 who will advise all members through an email from Barb L and send an appropriate card on our behalf.

## PROGRAM

## SHEILA S



*Speaker Ryan Cullen with Dianne H and Marilyn F-L at April's Meeting*

## ADVOCACY

## DONNA H

### OUR WISH LIST FOR AGING IN PLACE

*The Advocacy Committee members are sharing their learning experiences on the topic of Aging in Place.*

*Submitted by Catherine R - AGING IN PLACE - IN HOME TECHNOLOGY*

New technology can help seniors remain in their homes safely. It can help them retain their independence and offer their loved ones peace of mind. Of course, there would have to be consent and agreement between all parties as some of these may seem intrusive or invasive of privacy.

Some of these include:

**-Pendant alarms** which can alert caregivers to falls have been around for a while, but now hi-tech watches can do even more and may be more acceptable. In addition to fall detection, they may include a 24/7 two-way voice communication emergency call system and heart rate monitor. Some can be used with a landline or cell phone, include GPS and can be used outside.

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- A **“Find my Friends” app** can allow a caregiver to see the location of their loved one on a map,
- **Activity-based sensors** in the home as well as cameras, can reassure contacts or family members that the senior is carrying on their regular daily activities.
- Medication alarms and dispensers** can automatically provide the correct pill at the correct time. Reminders can be chimes, blinking lights or voice notifications. Some even notify a caregiver if a dose is missed.
- Security systems** can turn lights, heating/cooling systems and some appliances on and off which can improve safety, especially if the person has mobility issues.

**Wish:** If someone chooses to utilize these, the products should be eligible under the home renovation grant or the Assistive Devices Program or at least deductible on income tax.

*Submitted by Catherine R - AGING IN PLACE - FINANCIAL CONCERNS*

As women tend to live longer, many senior females are living on their own on a single income. With rents for a one-bedroom apartment as high as \$2000 a month, this can become unaffordable, particularly if the person relies only on government pensions. Adding to that is the rising cost of food, gas and utilities which can leave some seniors barely able to survive. Some are living in small basement apartments that may not even have proper exits, smoke alarms, etc. and can be very isolating. They may be far from stores, transit, and social activities. More than ever, many seniors now depend on food banks and thrift stores for basic necessities.

**Wish:** Alternative housing models and affordable housing options are needed to address these issues.

*Submitted by Hedy G - MY WISH LIST FOR AGING IN PLACE*

- Begin to transition from large scale facility spaces to small-scale, flexible spaces such as shared homes, more supportive housing options in neighbourhood locations under the auspices of non-profit and municipal providers.
- Investing more in home care and initiating a user-centred funding program to individuals and families.
- Attracting more nurses and PSWs back to home care by closing the pay gap between home, LTC and hospital work.

*Submitted by Janet N - My wish list for the future: housing units with walk-in shower stalls; single storey townhouses; charging stations at condos, retirement homes, and apartment buildings; and a living wage for our support workers.*

*Submitted by Donna H - MEETING AN UNEXPECTED ACQUAINTANCE*

A few days ago, I stopped at a local nursery unable to resist the urge to see and smell spring plants after a long cold winter. A fellow shopper recognized me and introduced herself as a PSW Student who had worked in my Special Education class at the Durham District School Board some 20 years ago! At that time, I was a Certified Secondary School Teacher and a Registered Nurse. I was able to offer, with the approval of the School Board, health care placement experience within my classroom. Our class offered placement to 28 Co-op students and PSW's in training over the years.

My former student proceeded to tell me how much she has enjoyed her PSW career and all the employment opportunities she has had assisting others. Her husband recently left a stressful job to become a support worker as well. In their retirement they are planning to remodel their home to provide housing for two seniors to age in place. Our conversation was emotionally uplifting.

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It reminded me that the planning and decisions made by the Ontario government to replace the patchwork of Health Care Aide Programs in the province with the government approved PSW Program was a step in the right direction. I taught one of the upgrade programs that allowed experienced Health Care Aides to upgrade to PSW Certification. The Ontario Government introduced a program that in the long term has had a great impact on the lives of Certified Caregivers, their families and the clients they now serve.

We do need to continually make changes in our Health and Community Care. We must ask ourselves where is it we want to go? What is our destination? We will need a map to reach our destination. That means listening to all on the journey of change to build a better care system for all. That is my wish for our health and community care in Ontario, planning and consultation for the future.

*Submitted by Melanie K - MY WISH LIST FOR AGING IN PLACE*

We all have basic needs for survival but for a life of quality we need more. Those quality of life needs seem to be harder to come by as we age. These are some of the things I believe will make this easier.

- We need certainty that we can remain in our homes because they are built with universal design in mind. Building codes should be changed to require every unit in all new apartments and condominium buildings be of universal design to maximize the possibility for anyone of any age or ability to live there.
- Services need to be where aging seniors live and congregate...those naturally occurring communities. We need to live in proximity to those we love and whose company we enjoy so we can maintain those lifelong connections and keep receiving those hugs we all need.
- We need wage equity for workers providing home care and community supports so they are paid as much as those in hospitals and long-term care homes. Don't make me train someone new each time.
- We need variety in our lives... activities that bring us pleasure and that we get to share with others. Bridge, Pickleball, CFUW, book groups, lunch with friends.
- We need to be valued and appreciated for what we contribute to those around us. Our social history, our experience, our creativity in problem solving.
- We need to continue to grow and learn. We need to be consulted and involved in any decision that affects us. To truly be alive we need an element of risk. Let me decide how much of a risk I want to take on.

## INTEREST GROUPS

*LINA Z*

## BRIDGE BUDDIES

*KAREN D*

Bridge Buddies will meet at Northview at 1:15pm on **May 8<sup>th</sup>**. Please let Karen know if you are unable to attend. May 22<sup>nd</sup> is cancelled due to the Victoria Day Holiday.

## READING GROUP 1

*BARBARA L*

Tuesday, May 16<sup>th</sup>

1:30 pm

Host: Elaine L

Discussion leader: Sheila L

Book Selection: **FRENCH BRAID** by Anne Tyler

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**IT'S A MYSTERY****MARY K**Monday, May 29<sup>th</sup>

1:30 pm

Host: Pat D

Discussion leader: Janet N

Book Selection: *A GAME OF FEAR* by Charles Todd**MYSTERY LOVERS' BOOK CLUB****JANET B**Monday, May 29<sup>th</sup>

7 pm

Zoom Meeting

Discussion leader: TBA

Book Selection: *DENIAL* by Beverley McLachlin

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

**LADIES WHO LUNCH**

*CFUW members and guests at Tuscan Wolf in Whitby on March 31, 2023.*

**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.

*Submitted by Jennifer C* For those who watch the TV show “**Jeopardy**”, Dr. Juveria Zaheer (my daughter-in-law), who spoke to our club on International Women’s Day in 2022, is going to be competing on the show on Monday May 8<sup>th</sup> at 7.30 p.m. on the CBS channel.

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**GENERAL MEETING MINUTES APRIL 2023**

**CFUW Oshawa and District  
St. Mark’s United Church, Whitby**

**General Meeting  
Also available on Zoom**

**Date: April 12, 2023, 7:00 p.m.**

*CFUW Oshawa and District, acknowledges the lands and people of the Mississaugas of Scugog Island First Nation, which are covered under the Williams Treaties. We are meeting on the Traditional Territory of the Mississaugas, a branch of the greater Anishinaabe Nation. We are dedicated to honouring Indigenous history and culture, and are committed to moving forward in reconciliation, respect and partnership, with all First Nations, Metis and Inuit.*

Recording Secretary - Jennifer C  
Catherine R welcomed 28 guests, including 4 guests, to the meeting.

**Speaker: Ryan Cullen** - City of Greens: Sustainable Urban Agriculture  
Introduction: Marilyn F-L Thank you: Dianne H

50/50 Draw  
**Break**.....

**Business Meeting**

- 1. **Call to order** - Catherine R  
The meeting was called to order at 8.25 p.m.
- 2. **Additions to Agenda** - None
- 3. **Approval of Minutes** of March 8, 2023 as circulated in the Newsletter  
Moved by: Jennifer C    Seconded by: Pat D Carried
- 4. **Business arising from Minutes** - None

**5. Treasurer’s Report**

CFUW Oshawa and District Financial Statement April 12, 2023  
Balance as of March 8, 2023 \$7,140.05

**Receipts**

Book sales – March 27.00  
50/50 draw – March 12.00

**Disbursements**

Program honorarium – April 75.00  
Hall rental – April 130.00  
General Account bank balance \$6,974.05

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**Scholarship Trust Fund:**

Previous balance \$588.55  
Happy Bucks – March 4.00  
Current balance \$592.55

Approval Moved by: Hedy G Seconded by: Pat D Carried

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## 6. CFUW News

**National** - AGM July 8 and 9 on Zoom.

**Ontario Council** - AGM May 13, 8:30 - 11:30 a.m. on Zoom- Joy Hurst, the new National President is the keynote speaker and she will talk about her vision for the organization. Registration now open - anyone can attend.

## 7. Committee Reports:

- a) **Membership** - Barbara L – no report
- b) **Program** – Sheila S – no speaker for May meeting
- c) **Publicity** - Jone W – the April meeting notice was posted at the usual venues – National, Ontario and local CFUW clubs, City of Oshawa and Durham Region events calendars, Oshawa and Whitby libraries and 10 community groups on Facebook.
- d) **Newsletter** - Jone W - the April newsletter was issued at the beginning of the month. The deadline for report submission for the May issue is Wednesday April 26.
- e) **Scholarship** – Sharron B - We will be inviting representatives from Durham College and OTU as well as scholarship winners to our AGM as usual.
- f) **Advocacy** - Donna H – next meeting April 17 on Zoom. In the next newsletter, committee members will each submit their “wish lists” for LTC and Aging in place- what they would ideally like to see happen.
- g) **Social** - Karen D – Attendees should sign up for the AGM Potluck in May before leaving the meeting.
- h) **Interest Groups** - Lina Z – no report
- i) **Archives** - JoAnne Prout – no report

## 8. New Business

### a) Resolutions 3, 5, 6

- **Resolution 3 Immigration Detention**

Motion to support resolution – Catherine R, In Favour - 18, Opposed – 1, Carried

- **Resolution 5 Lyme Disease**

Motion to support resolution – Melanie K, In Favour – 19, Opposed – 0, Carried

- **Resolution 6 International Trade Agreement**

Motion to support resolution - Donna H, In Favour - 17, Opposed – 0, Carried

### b) AGM and Potluck - May 10, 6:00 p.m.

c) **Use of last names in minutes and newsletters** – Proposal from Jone W that we revert to using last names instead of initials of our members on club documents such as minutes and newsletters. The version of the newsletter that goes on our website will use only last name initials and no personal emails. There were no objections from attendees.

d) **Nominations Report** - Donna H – The nominations committee is working to fill all positions. On the committee are Donna H and Barbara L and volunteers, Janet B, Elaine L and Dianne H. Positions still needed are President, Vice President and General Recording Secretary.

e) **Annual Reports** of all committees - due April 26 to Melanie K

## 9. Announcements/Upcoming Meetings/Events

(Also see other events in the newsletter)

April 21 at 12:00 p.m. - Lunch at White Apron Restaurant - RSVP to Melanie K

April 26 - Board meeting 1:30 p.m. on Zoom

May 10 - AGM and Potluck at 6:00 p.m.

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10. **Adjourn:** at 9.15 PM.

### CFUW WEBSITES

Main website: [www.cfuw.org](http://www.cfuw.org)

Ontario Council Website: [www.cfuwontcouncil.org](http://www.cfuwontcouncil.org)

CFUW Oshawa & District <http://cfuw-oshawa-and-district.weebly.com>

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*

**Items for the June newsletter should be received by FRIDAY, MAY 26<sup>th</sup>.**

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