

**Independent Living**  
**Apartments**  
**Fellow & Rebekah Manor**  
10A Brooks Street  
Barrie, ON L4N 5L3

**Life Lease Suites**  
**The Terraces**  
**at Heritage Square**  
92 Dean Avenue  
Barrie, ON L4N 0M3



A MESSAGE FROM OUR CEO

I am delighted that we are in the season of spring. It is a season of both tradition and change. One of the reasons for my delight in spring is that it marks the beginnings of something new. Nature takes on a new look and is beautiful to behold. We note that nature does not resist but rather accepts and embraces the inevitable changes. As with nature, humankind experience seasons of change.

Some of the changes are pleasant while others may not be so. But if we hang in there, the bad times turn to good, the long dark nights turn to lighter, longer days, the rains pass, and the flowers bloom. It is with this vision of change that I am pleased to share with you many new initiatives and projects in the works. Which is why our Newsletter will now be going out four times a year. We have much to share, and especially exciting is our Butterfly Project, more details of which can be found on page 4.

I believe that as we move towards a more open and public approach to the work we do here, the stories and connections of our residents will touch the hearts and souls of the citizens of our City, and each one of you as well.

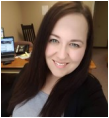
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Garry C. Hopkins, CEO



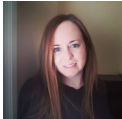
NEW FACES AT HERITAGE PLACE

Micheline Robichaud is our new Manager of Revenue Development. You can reach her at mrobichaud@ioof.com, 705.728.2389 ext 315, or stop by her office Tues–Thur.

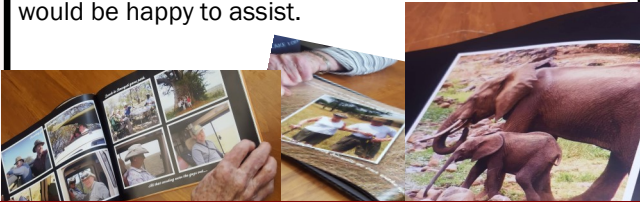


Stephanie Hopkins is our new General Accountant and can be found in the finance office of Heritage Place.

“Growing up in the area and having many of the same core values made IOOF Seniors Home an ideal place to work and give a little bit back to the community in a small way.” You can reach her in the offices Mon–Fri. or at shopkins@ioof.com



We are collecting short stories to share on our social media and newsletters. Each and every one of you has a story to tell. You have loved, you have lost, you have succeeded, and you have struggled, and you have survived it all. We want to hear about it all: a fond moment, a memory you cherish, a funny tale, a brief glimpse into history. Please submit to Jillian Sli-ter or Micheline Robichaud in the Revenue Development office. If you need help scribing your story, we would be happy to assist.



My African Safari

It was 2009, I had been living alone for 17 years (my husband passed away in 1992), and I decided it was time for me to make a move and sell my house, and so I moved to the Manor at IOOF in April of 2010.

It was in that summer of 2010 I decided it would be nice to travel to some exotic place. After talking to my sons, who shared my enthusiasm, we decided on an African Safari for my 80<sup>th</sup> birthday. So on February 11, 2011, six of us took off for what turned out to be the most fantastic of adventures.

After 22 hours flying, and a 6 hour stop in Amsterdam, we arrived in Arusha, Tanzania, and for the next 8 days we had every need attended to by our guide. We travelled in a land rover, stayed in comfortable accommodations, tree top cottages, and hard sided tents.

Each morning we were awoken by Maasai Warriors, while we enjoyed coffee and biscuits. Lunches were served in the desert or Serengeti, the game park, or wherever we happened to be that day. Dinner would be back out our home base for that evening.

We saw many animals: Lions, Zebras, Giraffes, Hippos, Monkeys, so many different kinds of Deer. We watched a Wildebeest give birth to her calf, while the other animals in the herd circled her and provided protection and warm for the new baby. We watched a lion sniff the tires of a jeep, lick it, and then bite it! We spent 3 days in Madagascar, we swam in the Indian Ocean, and we reveled in the majesty of the beauty all around us. We had so many amazing experiences.

This was truly the trip of a lifetime.

-Lyea H.

Ministry Service Area Office contacts

Uncertain who to contact about inspections? The Ministry has provided a new list showing the appropriate Service Area Office and contacts for every home. These key contacts can address questions or concerns about inspections and inspection reports. The IOOF Senior Homes is under the Sudbury SAO.

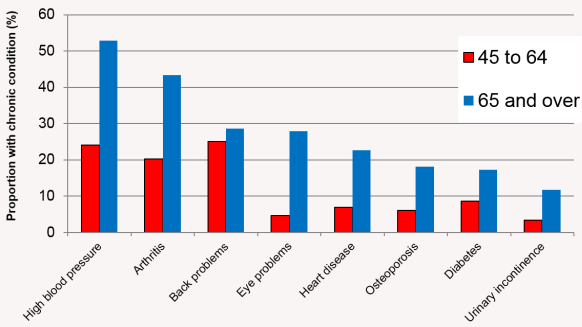
Brad Robinson SAO Manager, Sudbury.	brad.robinson@ontario.ca	705-564-7489
Monika Gray Inspection Manager, Sudbury SAO	monika.gray@ontario.ca	705-564-3137
Alain Plante Inspection Manager, Sudbury SAO	alain.plante@ontario.ca	705-564-3302

Ministry backgrounder on window safety

As spring approaches, the Ministry has prepared an update on window safety for long-term care homes. To ensure resident safety, the Long-Term Care Homes Act, 2007 (LTCHA) requires that windows must not open more than 15 centimeters. Specifically, section 16 of Ontario Regulation 79/10 requires that: Every licensee of a long-term care home shall ensure that every window in the home that opens to the outdoors and is accessible to residents has a screen and cannot be opened more than 15 centimeters. More information can be found on ltchomes.net

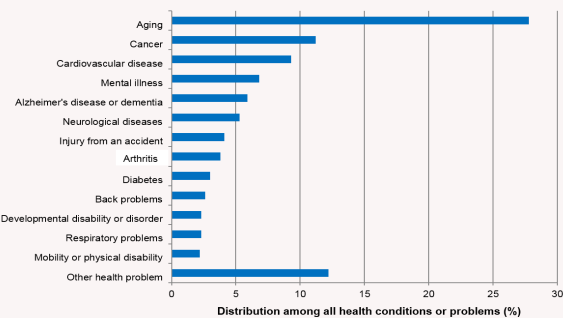
HEALTH AND AGING

Proportion of individuals 45 years of age and over with selected chronic conditions, Canada, 2008/2009



Source: Statistics Canada, Canadian Community Health Survey (2008/2009)—Healthy Aging.

Proportion of caregivers providing care, by reason, Canada, 2012

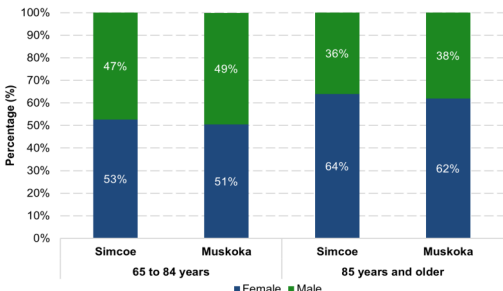


Source: Statistics Canada, Spotlight on Canadians, 89-652-X, September 2013  
Data Source: General Social Survey, (2012)

Canada has an aging population, and this has significant implications for the health care services they will need in the future.

By 2041, the population of seniors aged 65 and older in Simcoe Muskoka is projected to surpass 218,800, which is more than double the number of seniors from 2011.

Percentage of Males and Females at 65 to 84 years vs. 85 years or older, 2016



Data Source: Statistics Canada, 2016 Census.