

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Spring & Summer 2021 Newsletter”



Program Planning To Resume Activities Has Begun !

Although it has now been over 14 months since this group had to shut down all activities, there is good news to look forward to over the next few months:

1. Most of our group will have had their second vaccine shot by the end of September;
2. Later this fall, any adult anywhere in Canada who wanted a vaccine shot will have had that opportunity;;
3. Children 12 and up are now able to get their vaccine – with provinces looking at schools resuming regular classes in September; and
4. With over two million plus shots of vaccine arriving each week between now and the end of June, our summer should be more pleasant than we experienced in 2020.

Although we still have many months of various levels of Public Health restrictions ahead of us caused by variants and waves of infections that continue to spread in hot spots from this pandemic, there are positive signs that the worst may now be behind us.

Your Board of Directors meets quarterly to ensure that all fiduciary responsibilities are met in a timely fashion. Filing required submissions to the Canada Revenue Agency, maintaining insurance, and monitoring ongoing expenses continue. More updates will be sent later this summer.



Looking to resume international travel?

As soon as the spread of COVID-19 is under control and international travel can safely resume, will you be looking ahead to once again spending part or all of the winter elsewhere? Or resuming ocean cruises? Or perhaps resuming travel to Europe or elsewhere? I know that some Members have already begun to make tentative reservations for this winter and beyond.

Travel to another country – yes, including to our nearest neighbour the United States – may involve us having to undertake a few extra steps as part of our pre trip planning. The country we wish to visit sets the rules that travellers must follow if they wish entry to that country. Rules change from time-to-time, so let's all make sure that we are fully informed so as not to be disappointed at a border or when trying to book travel.

A country where the vectors of yellow fever are present, may require a traveller coming from an area where the World Health Organization has determined that a risk of yellow fever transmission is present to be quarantined:

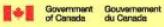
- 1) If the traveller is unable to produce a valid certificate of vaccination against yellow fever;
- 2) Until the certificate becomes valid, or;
- 3) Until a period of not more than six days, from the date of last possible exposure to infection, has elapsed. Should the travellers not be quarantined, they may be required to report any feverish or other symptoms to the competent authority and be placed under surveillance.

If a health care practitioner is of the opinion that the vaccination against yellow fever is contraindicated on medical grounds, the health care practitioner should provide the person with reasons, written in English or French, underlying that opinion, which the authorities on arrival should take into account. The health care practitioner should inform the traveller of any risk associated with non-vaccination and provide information regarding protection from yellow fever vectors.

Un pays où les vecteurs de la fièvre jaune sont présents peut exiger qu'un voyageur en provenance d'une zone dans laquelle l'Organisation mondiale de la Santé a établi qu'il existe un risque de transmission de la fièvre jaune soit mis en quarantaine:

- 1) Si le voyageur n'est pas en mesure de présenter un certificat valable de vaccination contre la fièvre jaune;
- 2) Jusqu'à ce que le certificat de vaccination soit devenu valable, ou;
- 3) Pour une période de six jours à compter de la date de la dernière exposition possible à l'infection. Les voyageurs qui n'ont pas été mis en quarantaine peuvent être tenus de signaler tout symptôme fébrile ou tout autre symptôme pertinent à l'autorité compétente et être placés sous surveillance.

Si le clinicien responsable est d'avis que la vaccination contre la fièvre jaune est contre-indiquée pour des raisons médicales, il remet à l'intéressé un certificat de contre-indication dûment motivé, rédigé en anglais ou en français, que les autorités compétentes du lieu d'arrivée doivent prendre en considération. Le clinicien responsable doit informer l'intéressé de tout risque associé à la non-vaccination et offrir de l'information sur la protection contre les vecteurs de la fièvre jaune.



CERTIFICATE
OF MEDICAL CONTRAINDICATION
TO VACCINATION

CERTIFICAT
DE CONTRE-INDICATION
MÉDICALE À LA VACCINATION

Issued to | Délivré à
Josephine Doe ①

Canada¹³⁷

Prior to COVID-19, many of us probably took for granted that we could travel to many countries – including the United States and Europe – without needing a Visitor's VISA or health records.

Recognize the type of document to the left? I recall having to have it with me in 1973 when I first travelled overseas.

Several countries are currently in discussions about travellers being required to present some type of vaccine passport – electronic, or a paper version.

It is just one more step to ensure that all who travel can do so safely.

CERTIFICATE OF MEDICAL CONTRAINDICATION TO VACCINATION

This is to certify that [name] Josephine Doe ②

date of birth 12 March 1970 ③ sex F ④

nationality Canadian ⑤

national identification document, if applicable Passport ⑥

whose signature follows Josephine Doe ⑦

cannot be vaccinated against (name of disease or condition)
Yellow fever ⑧

because of the following reason:
Severe allergy to eggs ⑨

CERTIFICAT DE CONTRE-INDICATION MÉDICALE À LA VACCINATION

Nous certifions que [nom] _____

né(e) le _____ de sexe _____


et de nationalité _____

document d'identification national, le cas échéant _____

dont la signature suit _____

ne peut être vacciné(e) contre (nom de la maladie ou de l'affection) _____

pour la raison suivante: _____

Contraindicated vaccine	Date	Signature and professional status of supervising clinician	Medical contraindication valid from: until:	Official stamp of administering centre
Vaccin contre-indiqué	Date	Signature et titre du clinicien responsable	Contre-indication médicale à partir de : jusqu'au :	Cachet officiel du centre habilité
Yellow fever ⑩	15 August 2007 ⑪	<i>John Smith R.N.</i> ⑫	25 August 2007 30 November 2007 ⑬	PHAC  ASPC ⑭

Barrhaven Seniors' Council

This is for you!

Are you missing your get togethers? Are you missing the treats? It doesn't have to stop! Sign up for our front door deliveries! Barrhaven Manor has been keeping in touch with seniors in the community by dropping off some goodies at their front door!

Simply send an email to amie.jackson@reveraliving.com, or call 613-823-2525 and ask for Amie.



Some door delivery options:

- brain games
- dinner or lunch delivery
- crafts
- self care goodies
- tasty dessert
- puzzles, sudoku, wordsearch

revera
Retirement Living
Your kind of place

Our Members really enjoyed your weekly treats at our events! Look at their latest video: <https://www.youtube.com/watch?v=IEHNjxEei2w>
Thanks, Barrhaven Manor, for your continued support !

CANADIAN TUPLIP FESTIVAL

As soon as the “stay at home” order from the government is lifted (tentatively May 20th), we will all be able to get outdoors to some of our favorite activities – albeit ensuring face coverings and physical distancing.

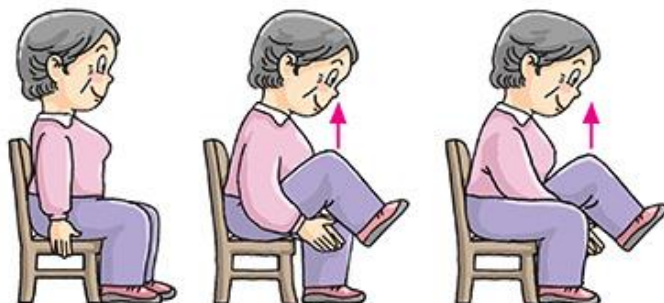
It looks like it’s going to be a quiet springtime in Ottawa. In an announcement in April, organizers confirmed that the in person **Ottawa Tulip Festival is cancelled**, and that all of the events, displays, and entertainment will be moving online once again.

While the festival is no longer scheduled to go ahead, **thousands of flowers have already been planted across the city.**

Fans of the festival are asked to stay home and experience the gift of tulips through their immersive virtual experience at www.tulipfestival.ca



FREE YEAR ROUND SENIOR CHAIR EXERCISES CONTINUE !



Several seniors are enjoying the continuation of the Chair Exercises through Zoom.

The program is now offered several times per week. Instructor Pankti makes these sessions very enjoyable for all.

For times and other details, please contact Pankti at panks0513@gmail.com



NOW OPEN AT BARRIE WALK TOWN CENTRE

A new concept in senior living that offers a care-free luxury lifestyle with our **seniors apartments**; or choose the complete peace of mind of a **5-star retirement residence**.

Live life to the fullest and enjoy the perks and services of a full-continuum of care lifestyle while maintaining your independence.

613-738-0330 waterfordliving.ca

SENIORS APARTMENTS · RETIREMENT LIVING · ENHANCED CARE · MEMORY CARE

We look forward to working with Francine once again in the coming months once restrictions to gatherings are fully lifted.

Portions of email I received earlier this week from the [Prime Minister's Web Site](https://pm.gc.ca/) (<https://pm.gc.ca/>)

Proposed pension Increases For Some Seniors



A safe and dignified retirement for Canadian seniors

May 3, 2021

Ottawa, Ontario

To give more than three million seniors greater financial security and put more money in their pockets as they advance in their retirement, Budget 2021 proposes to increase the Old Age Security (OAS) pension by 10 per cent for seniors **75 and over as of July 2022.**

It also proposes a one-time payment of **\$500 in August 2021** to OAS pensioners who will be 75 or over as of June 30, 2022.

Remember This Location?



BARRHAVEN SENIORS' CENTRE

Most of our programs will once again operate from this building located at 700 Longfields Drive - on the east side of the intersection of Longfields Drive & Highbury Park Drive.

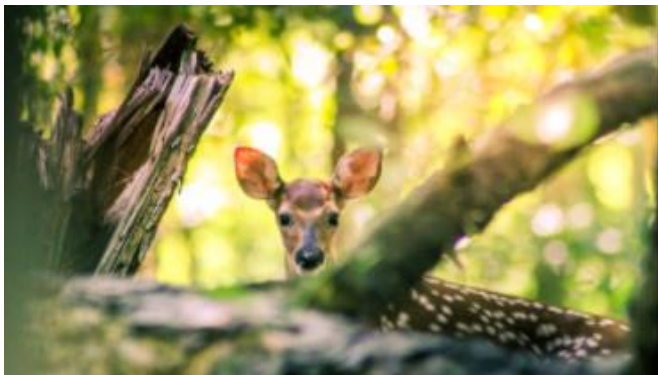
All of our materials were put into storage by Parks

when the building was closed due to the pandemic.

The President is in regular communication with City Parks and received this update from them in recent days: **"...we certainly hope that the Barrhaven Seniors Centre will be able to start back up at Ken Ross in October, fingers crossed!"** Watch for email updates from me as Public Health Orders permit the start of in person gatherings once again.



I received an email from the National Capital Commission advising their summer schedule for tourists. When Public Health restrictions are lifted, you can visit the park on the following days:



Parkway access: Gatineau Park parkways are reserved for active use most of the time in 2021.

This will be balanced with motor vehicle access on Wednesdays, Saturdays and Sundays from 1 pm until 30 minutes before curfew.

The North Loop of the Gatineau Parkway, between parking lots P8 and P9, remains accessible to motor vehicles every day until the end of June, while work is being undertaken on Chemin du Lac-Meech. As Champlain Lookout is undergoing rehabilitation work, it will not be accessible until the end of May. Please take [current closures](#) into account when planning your visit.

A couple of activities have continued throughout this past year, online or through Zoom, and are making flexible plans to continue in the fall – either virtually or in person. Watch for information in our “Fall 2021 Newsletter” about these and other programs that will be offered.

Send your suggestions for in person or online activities to barrhavenseniors@gmail.com





Tai Chi



Free Virtual Sessions for Seniors

Tai Chi is an ancient form of martial arts, now mainly used for exercise to maintain wellness.

It involves a series of movements (sitting or standing) done in a continuous, slow, gentle and focused manner.

May - June 2021

Chair Tai Chi - Wednesdays starting May 5 (11 am - 11:30 am)
Does not require standing

Simplified Tai Chi - Thursdays starting May 6 (10 am - 11 am)
For gentle movement

24-Step Traditional Tai Chi - Mondays starting May 3 (10 am - 11 am)
For those who have done the Simplified Tai Chi and would like to move to the next level. Requires more balance and coordination

**To register or for more information contact
Susan 613-295-3721 s.kuruvilla@pqchc.com**



Employment and
Social Development Canada

Emploi et
Développement social Canada



South Nepean Satellite
Community Health Centre
Centre de santé communautaire
satellite-Sud Nepean



NROCRC
Community Resource Centre
Nepean • Rideau • Osgoode

Cette affiche est disponible
en anglais seulement

Received from Councillor Jan Harder's Office:



April 23, 2021

Good day Jan,

Let me start by thanking you for all your efforts to make Ottawa a beautiful and safe place to live. It is true that the latest stay-at-home order has presented us with significant challenges, but we will get back to our regular lives soon. More vaccines are arriving, and summer is on the horizon.

The Eldercare Foundation of Ottawa has been busy planning a new virtual event. We want to share the details with you. But first, a little history...

You may know that in 2019 our friend, ardent supporter, board member, and now Honourary Chair, Betty Hope-Gittens completed the Camino di Santiago (800 kms across France and Spain), in 36 days. She raised over \$200,000.00 in donations for the Eldercare Foundation and each one of the homes that you administer or work with was gifted with significant funds to spend on projects aimed at enhancing the lives of Ottawa seniors living in not-for-profit, long-term care homes.

This year, we want to carry on the tradition of walking for those same seniors – we will, however, not be travelling all the way to Europe! Instead, we plan to walk right here in the Nation's Capital and invite you to join us for the **2021 Virtual Betty's Walk** taking place on June 5th and 6th, 2021 between 9:00 am and 9:00 pm. All are welcome and teams are encouraged. The event is, of course, being organized in accordance with all City of Ottawa public health guidelines.

This year we are virtual and there are no set courses. Participants can choose to walk individually or as part of a team wherever they like, and for whatever distance they like, over the event weekend. Individual and team fund raising goals can be set. Those who cannot participate in the event are invited to make a donation. All funds raised will go to support programs that enhance the lives of seniors living in Ottawa's 13 not-for-profit long-term care homes.

It would be wonderful to see you, your family, your staff, and their families participate. Perhaps you would consider creating a team and inviting constituents to walk with you. Mayor Watson has issued a challenge to you which you can locate on the event website under the heading EVENT DETAILS: <https://bettyswalk.eldercarefoundation.ca> A walk kit will be provided to participants and the fee is \$10.00.

Please do let me know if you have any questions or concerns. I would be pleased to respond or organize a zoom meeting.

Sincerely,
Oriana Trombetti
Chair, Eldercare Foundation

We are looking ahead to 2022 to resuming a wide range of our popular events, such as:



UPCOMING BUS TRIPS

We are fortunate to have as one of our sponsors, Ottawa Valley Tours. They offer a variety of flexible destinations; and provide this group with a financial contribution. Many thanks!

Activities that “may” resume when safe to do so include:

Monthly Outings:

Ladies Lunch; Men’s Breakfast; Open Membership Meals

Week Day Events:

Monday afternoons – Poetry and Play Reading

Tuesday afternoons – Bridge

Wednesday mornings – Take A Break “Drop In”

Wednesday afternoons – Euchre

Thursday afternoon – Cribbage & Scrabble

Friday afternoon – Canasta

Other activities will no doubt be added over the next year!

Volunteers are the foundation for the running of our Programs !

Program Co-Ordinators run the events and open/close the building. Attendees are encouraged to help at events by setting up the coffee/tea etc. We are looking for volunteers who can help to organize and expand programs and services once we can resume in person meetings.

Have a safe and happy Spring and Summer.

Our “Fall 2021 Newsletter” will be emailed in August.