



LINK VOLUME 30 NUMBER 2

Next deadline: June 20, 2025

Spring 2025 Education Series

Virtual and In-person



Serving co-ops in Peel and Halton
Regions, and Dufferin County.



Serving co-ops in Durham, Toronto, and York Region.

Introduction

Spring 2025 Education Series

Scan to register



Welcome to our Spring 2025 Education Program!

We are holding both virtual and in-person workshops this Spring! Most workshops will be held virtually on Saturday mornings or Thursday evenings. Four workshops will be offered in-person on Saturday, May 3, 2025.

Registration will close at 9:00 am two days before each workshop.

To register for any of these events, go to www.chft.coop. If you have any questions about registration, contact **Vaijomiy Anandarajah** at reception@coophousing.com. If you have questions about the workshops, contact **Naomi Cho** at naomi@coophousing.com.

As always, thank you to our sponsors, Alterna Savings and Co-op Cost Cutters.

alterna savings



co-op cost cutters

Remaining virtual workshop dates at-a-glance

Date	Time	Format	Workshop
Thursday, April 3	7:00pm - 8:30pm	Virtual	Committee functioning
Saturday, April 12	9:30am - 12:00pm	Virtual	Addressing hoarding in your co-op
Thursday, April 24	7:00pm - 8:30pm	Virtual	Aging in place – we're all doing it!

In-person education day workshops at-a-glance (see page 4 for more information)

Date	Time	Format	Workshop
Saturday, May 3	9:30am - 12:00pm	In-person	Getting our co-op principles right
Saturday, May 3	9:30am - 12:00pm	In-person	Membership committee
Saturday, May 3	1:30pm - 4:00pm	In-person	Bullying – how to recognize, work with and protect against it
Saturday, May 3	1:30pm - 4:00pm	In-person	Working together to plan for success

Virtual workshops

Spring 2025 Education Series

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Connect to a world of co-op knowledge

Virtual workshop sessions will be held over Zoom. Participants will need to have access to the internet and a smart phone, tablet or computer.

If your co-op is a member of CHFT, PHCHF or your local federation (or CHF Canada if there is no local federation) registration for the workshops range between \$25 and \$100 per person for the first two people. There is a 50% discount for any additional people who register for the same workshop from your co-op.

Remaining Virtual Workshop Calendar

Committee functioning

Facilitator: Mary Ann Hannant

Thursday, April 3 | 7:00pm – 8:30pm

Fee: \$25 each for the first two participants.
\$12.50 for each additional participant from the same co-op.

Summary

Co-ops use committees to make decisions and carry out tasks. We will discuss

- the role of the committee,
- committee job descriptions, and
- communication with the rest of the co-op.

This workshop will also look at problems that committees may have and look for ways to prevent them.

Addressing hoarding in your co-op

Facilitator: Emily Ramirez

Saturday, April 12 | 9:30am – 12:00pm

Fee: \$75 each for the first two participants.
\$37.50 for each additional participant from the same co-op.

Summary

This workshop will help you understand the hoarding problem, the risks to your co-op and the liability it can create. Emily will provide practical advice for inspecting units for hoarding, applying a rating system, engaging hoarding resources and working towards a resolution.

Aging in place – we're all doing it!

Facilitators: Celia Chandler and Christine Mounstevan

Thursday, April 24 | 7:00pm – 8:30pm

Fee: \$25 each for the first two participants.
\$12.50 for each additional participant from the same co-op.

Summary

Join CHFT Aging in Place Committee Chair and board member, Christine Mounstevan, and CHFT staff, Celia Chandler, in a discussion about aging in place. Christine will share her experience of living in her co-op for 30 plus years and why, at 90 years old, she's not moving anywhere. Members, directors, and staff, please be ready to talk about the success stories and the challenges of making sure that co-ops have both the physical and community environment necessary for people to stay in the co-op as long as they're safe.

In-person event

Spring 2025 Education Series

Scan to register



Let's get together again!

Please join us for a day of learning and exchanging ideas at our in-person education event.



Saturday, May 3, 2025

9:30am to 4:00pm

**Oakham House, 55 Gould Street
Toronto, ON M5B 1E9**

If your co-op is a member of CHFT, PHCHF or your local federation (or CHF Canada if there is no local federation) registration for the Education Event is \$130 per person for the first two people registering. There is a 50% discount for any additional people who register from your co-op.

Your registration covers a choice of four workshops as well as pastries and coffee or tea in the morning, two breaks and a hot lunch.

No scents is good sense! CHFT has a no scents policy. Due to allergies, asthma and chemical sensitivities, we ask that no perfume, cologne, or scented products be worn to in-person events.

We have very limited space for this event and we expect it to sell out. To register, go to www.chft.coop. If you have any questions about registration, contact **Vaijomi Anandarajah** at reception@coophousing.com. If you have questions about the workshops, contact **Naomi Cho** at naomi@coophousing.com.

Morning Sessions (choose one)

Getting our co-op principles right

Facilitator: Susanna Redekop

9:30am – 12:00pm

Summary

CHF Canada is producing a new version of their document, 'Getting Our Co-op Principles Right', with consultants from Freedom Dreams Co-operative Education. This resource will help to bring the co-operative principles into the everyday lives and operations of housing co-op members, boards, and staff. The new document will be written for today's Canadian housing co-op context and demonstrates how the co-operative principles are aligned with values of justice, equity, diversity, decolonization, and inclusion (JEDDI). Come to this workshop to learn how to use the resource in your co-op to foster member engagement and sustainability practices.

Membership committee

Facilitator: Mary Ann Hannant

9:30am – 12:00pm

Summary

The membership committee's job is one of the most important ones in a co-op. The committee members are often the first members that applicants come in contact with. In this workshop we will

- discuss what makes a good member selection process,
- review the impact of the Human Rights Code, and
- discuss techniques for interviewing.

In-person event

Spring 2025 Education Series

Scan to register



Afternoon Sessions (choose one)

Bullying – how to recognize, work with and protect against it

Facilitator: Shawn Conway

1:30pm – 4:00pm

Summary

Strong opinions are common and healthy in democratic organizations like co-ops. But sometimes these opinions can cross a line and hurt people who think differently. This workshop will show you how to spot when passionate beliefs turn into bullying. You'll learn how to

- keep your organization democratic while protecting everyone,
- recognize different kinds of bullying, and
- handle situations where someone's strong views are harming others.

Working together to plan for success

Facilitators: Ashley Winders and Naomi Cho

1:30pm – 4:00pm

Summary

Want to help your co-op work better as a team? In this workshop, you'll try out activities that get everyone thinking and planning together. You'll learn fun ways to solve problems and improve how your group works together.

Register today for this limited opportunity event!



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Serving co-ops in Durham, Toronto, and York Region.

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NORC INNOVATION CENTRE AT CITY PARK

The NORC Innovation Centre (NIC) has a mission to support people who want to grow older in their own home. By bringing existing services, recreation, and neighbours closer together, the NIC hopes to create support systems that allow for healthy living in the community.

Alongside the Aging in Place committee, the NIC has worked to bring the monthly Community Paramedic Wellness Clinic to the PMG room at 31 Alexander. The clinic includes a 45 minute presentation on a new health topic each month. This was especially influential for resident Corrado Silvestri, who attended the presentation on Uterine Tract Infections (UTIs). Following the talk, Corrado was able to identify UTI symptoms of his own, seek medical care, and ultimately receive treatment.

Another resident, Achira Saad, was struggling to stay on top of her primary care, after her family doctor retired. After speaking with the Community Connector in the building, Achira was referred to a nurse practitioner who was able to address urgent concerns and help her navigate the healthcare system while waiting for a new family doctor.

These efforts couldn't take place without the people who best know the community and what it needs - City Park members! Healthy living can look different for everyone; your Community Connector, Amy, is at City Park to support you with:

- Resources for financial, housing, or mental health support
- A program or group idea
- Finding primary healthcare
- Staying active with exercise classes
- Getting connected to help at home
- Getting involved in the community

Have something else in mind? Get in touch!

Drop in to see Amy on Mondays, Tuesdays, and Thursdays from 11am-3pm at 51 Alexander on laundry level, near the washrooms, or get in touch via phone: 647-409-5482 or email: Amy.Lord2@uhn.ca

To learn more about the NORC Innovation Centre, visit www.norcinnovationcentre.ca



Research Study:



Have your say in designing accessible public spaces!



We are looking for people who use **mobility aids** to participate in a research study. We want to learn how dimensions of the spaces you use can be improved to make **public spaces more accessible** to navigate



Eligible Participants will:

- Use their mobility aid to perform maneuvers and reaching tasks
- Complete a series of questionnaires
- Receive an honorarium to compensate for their time and travel

Participants must:

- Be at least **18 years old**
- Live in **Canada**
- Regularly use a **mobility aid** during daily functional activities

For more info, contact alison.novak@uhn.ca or (416) 597-3422 ext. 7878
Please do not share personal information in response to this post.

Regular naps prevent old-age - especially if you take them while driving!

Marriage is a relationship where one person is always right, and the other one is the husband.

Bad officials are elected by good citizens who do not vote!

Anything not nailed down is a cat toy.

I support the three basic food groups: keg... bottle... can.

Beauty is only a light switch away.

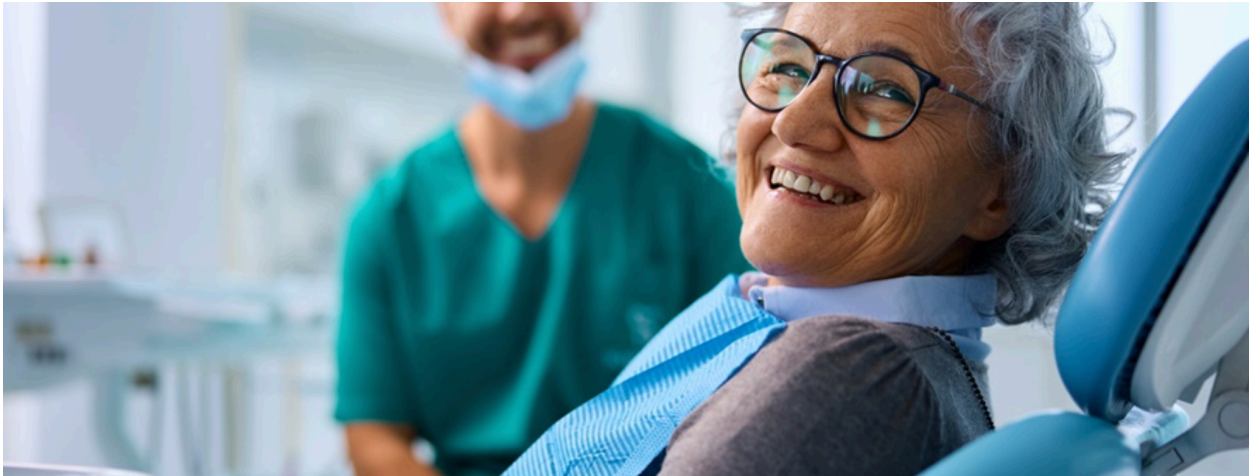
Nice to be here? At my age, it's nice to be anywhere. - George Burns



SURE SIGNS OF SPRING!



Photos courtesy of
John Gordon ~
51 Alexander



World Oral Health Day 2025: A happy mouth, a happy mind



March 19th was World Oral Health Day and this year's theme, "A Happy Mouth is a Happy Mind," explored the links between oral health and mental/emotional wellbeing. While many of us are aware of the importance of a healthy body for maintaining our overall cognitive health and wellbeing, the importance our oral health can be overlooked.

As we grow older, our oral health needs change. Maintaining a healthy mouth isn't just about keeping our pearly whites sparkling; it's about supporting our overall well-being and cognitive function. Good oral health can help us to:

- Eat with ease: Strong teeth and healthy gums allow us to enjoy a nutritious diet, which is crucial for brain health. Difficulty chewing or painful gums can limit our food choices, potentially leading to nutritional deficiencies that affect cognitive function.
- Speak with confidence: Clear speech and a confident smile boost our social interactions, which are vital for mental and emotional well-being. Isolation and social withdrawal can negatively impact cognitive health.
- Reduce inflammation: Gum disease (periodontitis) has been linked to systemic inflammation, which can affect various parts of the body, including the brain.

So, how can we ensure a happy mouth and a happy mind as we age?

- Regular dental checkups: Schedule regular visits with your dentist and hygienist. They can detect and address any potential issues early on.

- Proper oral hygiene: Brush your teeth twice a day with fluoride toothpaste and floss daily. Consider using an electric toothbrush for more effective plaque removal. If you have dentures, clean them thoroughly every day.
- Stay hydrated: Drink plenty of water throughout the day. Dry mouth is a common issue for older adults, and it can increase the risk of cavities and gum disease.
- Maintain a balanced diet: Choose nutrient-rich foods that support oral and overall health. Limit sugary drinks and snacks.
- Quit smoking: Smoking significantly increases the risk of gum disease and oral cancer.
- Discuss medications: Some medications can cause dry mouth or other oral health problems. Talk to your doctor or dentist about any potential side effects.
- Consider dental Implants or dentures: If you're missing teeth, consider dental implants or dentures to restore your chewing ability and smile.

Remember, the connection between oral health and mental well-being is a two-way street. Taking care of your oral health can positively impact your mental and emotional well-being, and vice versa.

This Oral Health Day 2025, let's prioritize our oral health and embrace the connection between a happy mouth and a happy mind. By taking proactive steps to care for our teeth and gums, we can enjoy a healthier, happier, and more fulfilling life.



**THE 86TH ANNIVERSARY OF A CHILDHOOD CLASSIC FOR MANY FOLKS
AT CITY PARK!**

Hope

A crow cawing
in a
mid-winter melt
... hope

Refuge

When challenges arise
big or small
near or far
inside or out

Where in the world
can we find
refuge

Is it in a place
a person
a hope
a memory
a prayer

Or maybe
in one's own
tender heart

Where in the world
do you find
refuge



John Pollard ~ 31 Alexander



PHAROAH ANTS - more of a problem here than you think.



These ants are light yellow to reddish brown in colour and about 1/15th to 1/12th inch in size. Basically, if you see one or more little (and I do mean 'little'!) moving reddish brown spots...that's them.

After speaking with a few folks here at City Park, I've learned that they are seeing them in their kitchens and bathrooms, but didn't take any action. That's the wrong thing to do! We use the best pest control company in the world (Orkin), and they can help eradicate these ants, though it is not very easy.

These ants love to nest inside walls and the colony is extremely difficult to locate. They feast on water (hence usually seeing them around the kitchen and bathroom sinks), sweets and proteins, grease etc. and are commonly found getting food from recycling bins, trash cans, stoves, dry pet food bowls, pantries and cupboards. These ants have the ability to suddenly appear in numerous spots because they have multiple nesting sites within an infested structure.

Control of Pharaoh Ants must be achieved using a slow-acting protein based bait (not the little tins you buy at the hardware store). The worker ants carry the bait to their nests and feed it to the queens and developing young. In this way, the colonies are gradually killed.

Please contact our Maintenance Co-ordinator maintenance.admin@cpco-op.ca who will schedule Orkin to place the clear gel where you are seeing them and will schedule follow-up visits. If you're still seeing them a month after your last treatment please tell Maintenance who will get Orkin to do it again.

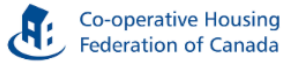
We need your help to eliminate these ants. Try not to kill them (I know it's very hard not to, especially if you're preparing a meal on the counter and you see one on your work surface) - allow them to carry the baits Orkin uses back to their nests. Also try to keep your kitchen and bathroom spotlessly clean - the more vacuuming the better...just don't give the ants any spilled food to eat - make them eat the Orkin bait. Report all the ants you see and where - Orkin needs to place the bait in all those areas. Pharaoh Ant control is not easy and it's a bit tedious but with your help we can eliminate them.

~ ed

2025 ANNUAL MEETING

Toronto, Ontario • June 12-14

Building homes, changing lives



Co-operative Housing
Federation of Canada



Start planning for CHF Canada's 2025 Annual Meeting

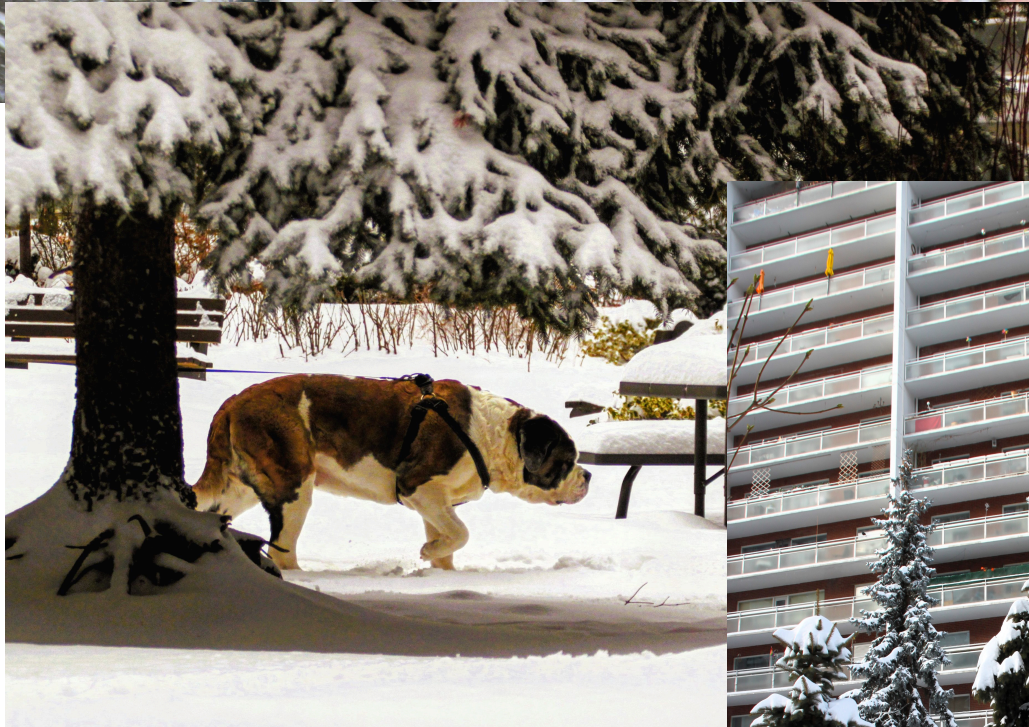
CHF Canada's 2025 Annual Meeting will be held in Toronto, Ontario from June 12-14. This annual gathering brings together co-op members, managers and staff from across the country for three days of engaging workshops, meaningful discussions, and networking opportunities.

Join us at this year's event! Take advantage of new workshops, engaging speakers, and valuable opportunities to learn from local champions and advocates. Leave inspired, energized, and equipped with fresh ideas to bring back to your co-op!

Registration opens soon! [Explore the newly-launched 2025 Annual Meeting website](#) to start planning - you'll find details on travel, registration, discounts and more.



WE CERTAINLY EXPERIENCED A TRUE CANADIAN WINTER THIS YEAR...DIDN'T WE?



*Photos courtesy of
John Gordon ~ 51 Alexander*



EATING WELL FOR A HEALTHIER YOU: NUTRITION TIPS FOR OLDER ADULTS

March was Nutrition Month, a time to focus on the power of food and how it impacts our well-being. As we age, our nutritional needs change, making it more important than ever to fuel our bodies with the right foods. Eating well can help maintain energy levels, support a strong immune system, and reduce the risk of chronic diseases. Here are some practical strategies older adults can use to make healthier choices and enjoy the benefits of good nutrition.

Prioritize nutrient-dense foods

As we get older, our metabolism slows down, and we may require fewer calories. However, our need for essential nutrients remains the same—or even increases. Focus on nutrient-dense foods that provide vitamins, minerals, fibre, and protein without excessive calories.

- Choose whole grains like brown rice, whole wheat bread, and oatmeal
- Opt for lean proteins such as chicken, fish, eggs, beans, and nuts
- Include colourful fruits and vegetables for a variety of vitamins and antioxidants

Watch your portion sizes

Portion control can help prevent overeating while ensuring you get the nutrients you need.

- Use smaller plates to manage portion sizes
- Serve meals in the kitchen rather than family-style to avoid second helpings
- Read food labels to understand serving sizes and nutritional content

Plan and prepare balanced meals

Planning meals in advance can help make healthier eating easier

- Meal prep for the week to avoid last-minute unhealthy choices
- Make a shopping list to stick to nutritious options
- Cook at home more often to control ingredients and portion sizes

Limit processed and sugary foods

Processed foods often contain high levels of sodium, unhealthy fats, and added sugars, which can increase the risk of heart disease, diabetes, and high blood pressure.

- Reduce consumption of packaged snacks, fast food, and sugary beverages
- Opt for natural sweeteners like fruit instead of processed sugar
- Choose unsalted nuts, fresh fruit, or yogurt for snacks instead of chips or candy

Maintain a healthy gut

Digestive health can change with age, making fibre-rich foods essential for keeping the digestive system running smoothly.

- Eat plenty of whole grains, fruits, vegetables, and legumes
- Include probiotics from foods like yogurt, kefir, and fermented vegetables
- Drink plenty of water to aid digestion.

Good nutrition is a key part of healthy aging. By making small but meaningful changes to your eating habits, you can improve your overall well-being, maintain energy levels, and support long-term health. This Nutrition Month, take the opportunity to reflect on your diet and make adjustments that will help you live a healthier and more vibrant life.

(<https://www.mcmasteroptimalaging.org>)

LIVING ALONE CAN BE HAZARDOUS FOR SENIOR HEALTH

The number of American adults who are living alone is increasing drastically. In 2020, approximately 27% of people aged 60 and older were living alone, according to the Pew Research Center.

Nearly 50% of women over 75 live alone and are increasingly socially isolated.

Adding to issues of loneliness, our minds and bodies may lose a step or two as we age. Physically, we become more fragile and less mobile. Memory decline and cognitive impairment can make everyday tasks more difficult. 42% of seniors with memory decline need help with household tasks, according to the Centers for Disease Control (“CDC”).

For seniors living alone, this can make them especially vulnerable to accidents and hazards in or around the home. Additionally, the fear of not being able to do things independently can take a toll on a senior's mental health and self-esteem. For that reason, it can be helpful to make living alone a collaborative experience between seniors and their loved ones. We sat down with Mark Nathanson, MD, a geriatric psychiatrist at Columbia, for tips on setting seniors up for success.

Falling, Showering, Cooking—Oh My!

One of the most significant hazards for seniors living alone is tripping and falling. According to the CDC, about one in four seniors— more than 14 million people— fall each year, causing hip fractures, broken bones, and traumatic brain injuries. These injuries cause 3 million trips to the emergency room every year.

“Make it a priority to go through your home or apartment looking for ways to reduce excess disability. Use night lights, get rid of those worn scatter rugs, and clear the hallways. Falling is a major source of chronic disability and can also lead to worsening isolation due to fear of going outside,” explains Dr. Nathanson. Difficulty with walking or balance, muscle weaknesses, or vision problems that make it harder to see obstacles can contribute to fall risks for seniors.

To help prevent falls, it's essential to:

- Keep walkways clear and well-lit.
- Remove any rugs or other items that could cause someone to trip.
- Carpeting helps as long as it is securely flattened, as slippery floors with hard surfaces can make landing from falls more serious.
- Wear non-slip shoes and use a cane or walker to help maintain balance.
- Remove clutter—from piles of papers and magazines to excess furniture and knick-knacks—which can be a major tripping or bumping hazard for seniors living alone.
- Help your senior organize, sort, donate, store, or discard any unnecessary objects to help make moving around easier with plenty of space to maneuver.

Although falls can occur anywhere, the bathroom can be incredibly slippery. To prevent falls in the bathroom, install grab bars or handrails near the shower and toilet. Non-slip mats should also be placed on the bathroom floor to prevent slipping. Investing in a sturdy shower chair with non-slip feet can also be helpful. Seniors also need to be mindful of cooking accidents, such as burns, cuts, and fires. There are some safety things you can help your senior do in the kitchen, including:

- Make sure the kitchen is well-organized and all cooking utensils and appliances are in good working order.
- Use timers as a reminder when food is cooking on the stove, never leave the stove unattended, and remain in the kitchen when cooking.
- Avoid loose clothing or long sleeves while cooking.

- Make sure there is a fire extinguisher in the kitchen and that it is easily accessible and easy to use.
- Preparing and freezing meals can save time and energy, and slow or pressure cookers can make cooking more manageable with less effort.

Keep it Simple

Another way to make tasks more accessible is to simplify everyday routines. For example, using a pill dispenser can be helpful for keeping track of medication and making sure the proper dosage is taken at the correct time. Also, clearly label medications with large lettering and write out the directions so there's less room for confusion.

Assistive technology can also be a game-changer for seniors living alone. Smart home devices, such as voice-activated assistants like Amazon's Alexa or Google Home, can assist with everyday tasks such as making phone calls or setting reminders. Medical alert systems can be helpful in cases of emergency. They allow seniors to call for help quickly and easily, even if they can't reach a phone.

"Learning to feel comfortable asking for help is easier said than done, as we all want to maintain autonomy as we age. Accepting assistance with cleaning chores and companionship are good ways to stay in the community, says Dr. Nathanson.

Staying Connected, Engaged, and Healthy

For many seniors, staying mentally and physically healthy isn't much different than it is for younger folks. Regular exercise can improve mobility, balance, and overall health. Walking, yoga, and swimming are low-impact activities on the body, which are especially helpful for seniors as they minimize the risk of injury.

Seniors living alone may face mental health challenges as well, so it is important to make sure to maintain a sense of connection. Regular phone calls or video chats with friends and family can help with feelings of loneliness, but beyond that joining a community group, social group, exercise class, or joining online forums can also provide opportunities for social interaction. Meditation or deep breathing exercises can help reduce stress and promote emotional well-being.

Social isolation and loneliness can be devastating to quality of life and physical and mental decline. Stay engaged with family, make an extra effort to communicate by phone, or learn to use computer technology to interact with friends and family. Join up with social groups, senior centres, educational opportunities, and places for exercise and recreation. Volunteer work is another good way to improve your sense of self-worth and importance in the world, says Dr. Nathanson.

Living alone as a senior can be a rewarding and fulfilling experience, but taking steps to stay safe and healthy is essential. The hope is to enjoy all the benefits of aging in place without sacrificing well-being. Remember, starting a safer and healthier life is never too late.

<https://www.columbiadoctors.org/news/living-alone-can-be-hazardous-senior-health>

As a weird experiment, in 2009, Professor Stephen Hawking organized a lavish party with lots of expensive champagne and hors d'oeuvres open to everyone, but did not announce it until the day after the party had taken place. As expected, no one attended the party. Professor Hawking was trying to prove and did so successfully, that time travel is not possible.



If you have friends, you live a longer and healthier life than people who are alone.

What do the following have in common: Viagra, Slinky, Penicillin, Potato chips, Pacemaker, Microwave ovens, Saccharin (an artificial sweetener), Fireworks, Corn Flakes, LSD as a drug, Ink-Jet printers, Post-it notes, X-Rays?
They were all invented by accident.

In the first years after its invention, basketball was played using a real basket that did not have a hole in the bottom part, so the ball had to be taken out of the basket after each score.

So far, every bearded US president has been a Republican.

In Chinese, you always list directions in a clockwise manner: East, South, West, North.

(Kostov, Nayden. 523 Hard To Believe Facts: Better Explained, Counterintuitive and Fun Trivia from the Creator of RaiseYourBrain.com (Trivia and Quizzes))

LINK is published quarterly as of January 2025.

The next LINK deadline is June 20, 2025.



Your LINK team -

Editor/Coordinator: Bob Harrison Drue

Contributors: Ursula Carter, John Pollard, John Gordon and yours truly (*ed*).

SUBMISSIONS TO LINK:

All members are encouraged to submit material of interest to the membership for consideration in LINK. All submissions must include your full name, building and apartment number. Kindly attach original unformatted MSWord or Apple Pages documents to your email -or- type your article within the body of the email and send it to us at:

CityParkLINK@gmail.com



Thanks for
reading this
issue of
LINK. Enjoy
your spring.

