

CHAPTER 25

LIMESTONE RENFREW

OTTAWA-CARLETON

UPPER CANADA



Summer 2025

www.armch25osstf.com

ARM Chapter 25 Newsletter Moves to a Digital Platform

If you wish to continue to receive your newsletter in hard copy via Canada Post, you might want to make your wish known by sending your message via email (ch25armevents@gmail.com and include "Newsletter" in the subject line) or telephone (613-680-0117 before 7 p.m.) and request a hard copy before you turn the page.

ARM Chapter 25 is pleased to announce an important change to how we share news and updates with our members. Beginning this year, our newsletter will move primarily to a digital platform. This shift reflects our commitment to environmental sustainability and reducing costs related to printing and postage, while allowing us to share information more quickly and include interactive content.

Under this new model, the ARM Chapter 25 newsletter will be published at least four times per year in a digital format, with at least one issue each year also available in print. Members will receive the newsletter directly by email, and it will continue to be posted on both the ARM Chapter 25 website (www.armch25osstf.com) and the ARM Council website for easy access.

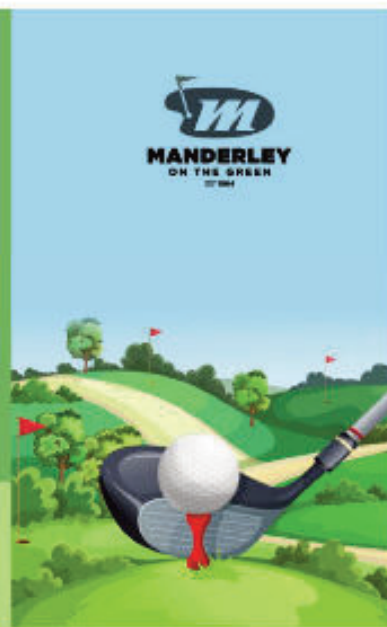
If you need to update your email, please send a message to ch25armevents@gmail.com and include "Update" in the subject line.

Your ARM Chapter 25 Executive Council

Thursday, September 11, 2025
2:00 PM

OSSTF Chapter 25 ARM 9-Hole Charity Golf Tournament

Manderley Golf And Country Club
5920 Prince Of Wales Drive, North Gower K0A 2T0



This is a fun best-ball tournament. Experience and playing level is absolutely not important. Come out to enjoy the afternoon, meet some wonderful folks and have a good meal. (COVID-19 protocols will be followed)

Sign up as a single, double, or any number and leave the rest to us. We hope you will be able to join us!

All fees
collected will
be donated to
charity!

Sign up

First name

Phone number

Last name

Email

☐ Golf and Dinner \$35 ☐ Golf only \$20 ☐ Carts \$12* ☐ Dinner only (5:00 pm) \$20

*Carts \$12 per person payable added to your registration fee.

To add additional people, please include their information on a separate page

Two ways to register

1. Mail the completed form and a cheque made payable to "OSSTF Chapter 25 ARM" to Clare O'Connell Noon at 4009 Rideau Valley Drive Manotick, Ontario K4M 0T8.

OR

2. Email the form and make an eTransfer to: chap2507@gmail.com

Questions? Please contact organizer Terry Gamble: gambleterry@gmail.com

Message from the President

Hopefully you are all staying cool. Canada's summers are notoriously fickle, so enjoy the beautiful weather when you can.

This will be my last message to you as President. I have submitted my resignation to the Executive. It has been my privilege to represent you locally and provincially for the last two years. I find that my life is so filled with travel experiences, that I feel I can no longer fulfill the duties this position requires. The new President and other Executive positions will be decided at the General Meeting and Luncheon, on October 8, 2025. Please see the information in this newsletter. We have a special speaker!

I have to thank our Executive: Terry Taller (Past President and Newsletter Editor), Clare Noon (Treasurer), Judy Miller (Secretary), Les Robinson (Webmaster), Norma Sharkey (registration and Zoom), Cheryl Cavell (virtual newsletter and membership), Bruce Baker (Kingston), Terry Gamble (Golf), Members at large: Cathy Bailey, Bill Heise for their support and relentless focus on serving our members.

Your Executive works hard to find speakers and activities that interest our members. They help produce a regular newsletter and meet to plan events. Your membership is valued, and we welcome suggestions for new activities. Our webmaster (Les Robinson) makes sure that the latest events are posted and members are well informed.

"Live the Life You Imagine"

Dina van den Hanenberg



On June 3, 2025, members of your Chapter 25 Executive attended the OSSTF District 25 Annual Retiree and Awards banquet (ARC) at the Blu Legacy Convention Centre in Ottawa.



Simple ways to protect yourself against identity theft

Identity theft involves stealing someone's personal information with the intent to commit a crime, most often for financial gain. From drained bank accounts to poor credit ratings and even legal issues, identity theft can have profound implications. You can outsmart fraudsters by understanding the kinds of information they're looking for and taking some simple yet effective steps to prevent identity theft.

Read more at www.otip.com/article189. #OTIPUpdate

Complete insurance solutions for the Ontario education community

Get personalized service and exclusive discounts for all your insurance needs. Plus, get a \$20 gift card of your choice when you get a car or home quote! Get a quote or call 1-888-892-4935 and mention this offer.

80+? 90+? 100+?? Well...

YES YOU CAN!!!

You, along with a guest, *can* join us for an 80s+ get together at the end of October or the beginning of November;

You *can* send along your info so you *can* be sent additional information;

If you are in an apartment or residence by yourself, you will be notified in sufficient time so you *can* make arrangements for ParaTranspo if necessary;

If you need to use a cane, walker or scooter, any place we select *can* and will be accessible;

If you have any kind of difficulty joining us, you *can* send along a message to taller@storm.ca and tell us your problem. We will do our best to work out some arrangement so you *can* join us.

To make it even more fun, we will have a guest come and talk to us. Our first guest will be a speaker to discuss cruises which both are appropriate for us in terms of atmosphere and cost. We *can* still travel.

So what do I have to do so I *can* join the group? Send the following information to taller@storm.ca: your name, your preferred mailing address, your email address and the name of anyone who might be accompanying you. The cost of the event will be borne by the chapter. You can also send a Canada Post message: T. Taller, 53 Selwyn Place, Kanata, ON K2K 1P1.

Even if you cannot join us in an event, join *can* and should anyway. Items of interest and applicable to those of us in our 80s, 90s and 100s will be sent out. Maybe even a joke or two.

If you are in a retirement residence without access to a computer, ask the residence manager to send along the information. There are already 14 of us registered but there are 200 of us. So join us. Remember...



YES YOU CAN!!!

ARM Biennial Conference 2025

After Welcomes, Awards, Minutes and Updates on Pension,
We heard about Ontario Teacher Recruitment and Retention.
Education Workers and teachers are in dwindling supply.
As Retired Educators, you can probably guess why!
We can help raise awareness through political action
To improve funding, support, safety, and job satisfaction.

We retired OSSTF folk support Public Education,
But for many, another worry is for the healthcare of our nation.
In 2023, ARM conducted a survey
Of members, to see what they had to say
About their experiences with community home care, and health.
The responses were compiled in a report with a wealth
Of information. PSW's are overworked, with inadequate pay
Which reduces the chances that many will stay
In the system. This shortage of workers, as one might expect
Has some very real consequences with a trickle down effect.

For those patients with money, they are paying instead,
While others are forced to a hospital bed.
According to Care Watch, for-profit in home care
Hit 64% of that provided in 2024.

Canadian Doctors for Medicare, like Dr. Bernard Ho,
Are brilliant advocates for what we all need to know:
Our healthcare system is under quiet attack
By forces for profit and we all must fight back!

A final presentation of interest was from Toronto Police
About the worrying trend that fraud is on the increase.
We heard about safety, fraud, violence, phishing scams and
crime,
The importance of strong passwords and taking verification time.

If these topics are of interest, then I would like to invite
You to check out the links posted on our Website.

My first Biennial Conference, like AMPA's of the past,
Made me proud of our Union. It won't be my last.

Cathy Bailey



Left to Right:

Clare Noon, Dina van den Hanenberg, Norma Sharkey, Cheryl Cavell, Les Robinson, Judy Miller, Bruce Baker, Cathy Bailey, Terry Gamble (missing Bill Heise, Terry Taller)

Before the Snow!!

As Fall arrives our thoughts turn to what might come after. Before that, your Chapter is hosting complimentary breakfasts close to you. It is your chance to renew acquaintances, talk about future plans and relax.

Wednesday, September 3, Ottawa East
Chances 'R Restaurant, East
540 Montreal Rd.
Ottawa
10:00 a.m.



Thursday, September 5, Kingston
Breakfast with Bruce
Morrison's Restaurant
318 King St. East
Kingston
10:00 a.m.
Contact For registration is
chap2501@ gmail.com.



Thursday, September 4, Ottawa West
Chances R Restaurant West
1365 Woodroffe Ave.
College Square Mall
Nepean
10:00 a.m.



This is a RSVP event. RSVP through the
following website:
www.armch25osstf.com/upcoming-events.

If you do not have a computer or internet,
please contact Norma Sharkey at 613-680-0117.

Prostate Tests

A PSA test is a blood test that measures the level of prostate-specific antigen (PSA) in a man's blood. PSA is a protein produced by the prostate gland, and elevated levels can indicate various prostate conditions, including prostate cancer. While a high PSA level can be a warning sign, it doesn't automatically mean a man has cancer. Further testing, such as a biopsy, is often needed to confirm a diagnosis.

Here's a more detailed breakdown:

How it works:

Blood draw: A healthcare professional will draw a blood sample from a vein, usually in the arm.

Analysis: The blood sample is sent to a lab, where the PSA level is measured.

Results: Results are reported in nanograms of PSA per milliliter of blood (ng/mL).

Interpreting results:

No specific cutoff:

There isn't a single PSA level that definitively indicates cancer or the absence of cancer.

Higher levels:

Higher PSA levels are generally associated with a greater likelihood of prostate cancer, but other factors can also cause elevated PSA.

Other factors:

Elevated PSA can be caused by conditions like prostatitis (inflammation of the prostate), benign prostatic hyperplasia (enlarged prostate), or even recent ejaculation.

Further testing:

If PSA levels are high, a doctor may recommend further testing, such as a digital rectal exam, additional PSA tests (like free PSA or PSA velocity), or a prostate biopsy.

Important considerations:

Not a definitive diagnosis: A PSA test is a screening tool, not a dia-

gnostic test.

Age-related: PSA levels tend to increase with age, even in the absence of cancer.

Individualized approach: The decision to have a PSA test and the interpretation of results should be done in consultation with a healthcare professional.

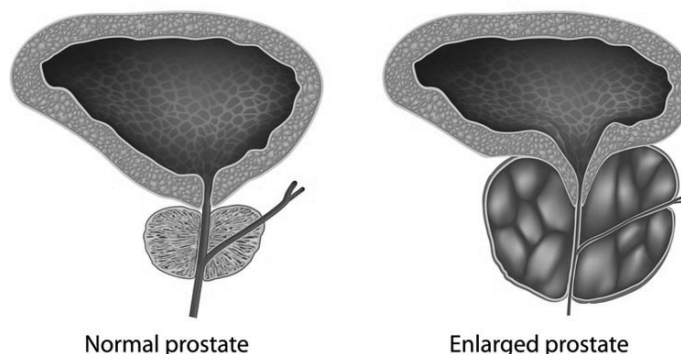
Potential risks: While PSA tests are generally safe, some men with elevated PSA may need further testing (like biopsy) that carries potential risks.

Canadian Cancer Society

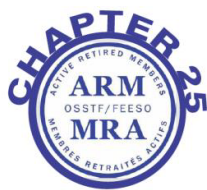
What is a normal PSA by age? A normal PSA depends on your age. Your PSA levels slowly increase as you get older, even if you don't...

This is for informational purposes only. For medical advice or diagnosis, consult a professional. All responses may include mistakes.

Benign Prostatic Hyperplasia



Sources: Canadian Cancer Society, Prostate Cancer Canada, and Mayo Clinic. This information is for general educational purposes only. Please consult your healthcare provider for personalized medical advice.



ARM Chapter 25 – Fall General Meeting

Save the Date: Wednesday, October 8, 2025

We're looking forward to seeing you at the **ARM Chapter 25 Fall General Meeting** on **Wednesday, October 8, 2025**, at the **Hilton Garden Inn Ottawa Airport** — or online, if you prefer to attend virtually. The meeting will be hybrid, with professional support from **Baldwin A/V** to ensure a smooth experience for everyone.

Details

- Time: 10:00 a.m. (Sit-down lunch served at noon)
- Location: Hilton Garden Inn, Ottawa Airport
- Format: Hybrid (in-person and Zoom)
- Lunch: Complimentary sit-down lunch for in-person attendees
- Voting: In-person only (elections and motions)

Guest Speaker

Sergeant D.A. Mirau
Case Manager, Organized Fraud Unit
Ottawa Police Service

Sergeant Mirau will share valuable insights on fraud trends and prevention — an important topic for all members.

Registration Required (In-Person & Online)

To help us plan — especially lunch numbers and voting logistics — we ask all members to register online through our website, whether you plan to attend in person or online.

ARM Chapter 25 Website: <https://www.armch25osstf.com/>

A registration link will be posted on our website and emailed to members in September.

Important Notes

- ✓ Only members attending in person are eligible to vote in elections and on motions.
- ✓ Elections may be held for the positions of President, Secretary, and Treasurer.
- ✓ Nominations must be submitted at least 10 days before the General Meeting.

This is an important opportunity to participate in the life of ARM Chapter 25, hear updates, connect with fellow members, and enjoy a great lunch. We hope to see you there — online or in person!

Common Health Issues for Senior Women:

Heart Disease: The leading cause of death for women, with risk increasing after menopause.

Cancer: Various types of cancer are significant health concerns.

Stroke: Senior-aged women are more susceptible to strokes, which can be more severe and have worse outcomes.

Diabetes: A prevalent chronic condition, particularly in older women.

Dementia and Alzheimer's Disease: Women are disproportionately affected by these conditions, especially in older age groups.

Osteoporosis: Bone density loss is common after menopause, increasing fracture risk.

Arthritis: A frequent cause of pain and mobility issues in older women.

Urinary Incontinence: Issues like overactive bladder and stress incontinence are more common with age.

Falls: Leading cause of injury in older adults, especially women, due to factors like age-related vision changes and balance issues.

Multiple Chronic Conditions: Older women are more prone to having several health problems concurrently.

Factors Affecting Senior Women's Health:

Hormonal Changes: Menopause leads to increased risks for osteoporosis and heart disease.

Socioeconomic Factors: Senior women may be more vulnerable to inadequate nutrition and difficulties accessing healthcare due to economic factors.

Aging Processes: Changes in body composition, vision, hearing, and metabolism can impact health and well-being.

"Being aware of these common issues can help women take proactive steps toward maintaining their health and well-being as they age."

Sources: Canadian Women's Health Network, Heart & Stroke Foundation of Canada

