



2<sup>nd</sup> Annual Taste of Art Gala November 20, 2014



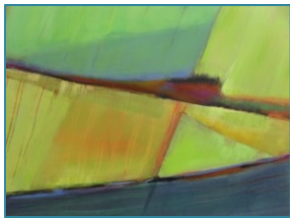
Irish Ambassador's Residence  
His Excellency Dr. Raymond Bassett

# The Prime Times

*"Building an Age-Friendly Society"*

## Fundraising Gala

On Thursday November 20, 2014 the COA held the 2<sup>nd</sup> Annual Taste of Art Gala. Guests had the



opportunity to place silent auction bids on 54 works of art donated by 38 artists from Ottawa's vibrant and creative art scene (see page 2 for a list of

the artists). The COA would like to thank CBC reporter Julie Van Dusen for her role as MC and Tony Turner who provided the musical entertainment. A special thanks to his Excellency Dr.



Raymond Bassett and his wife Patricia as well as Michael Hurley, Deputy Head of Mission, who were the most generous and gracious of hosts. A lovely evening was enjoyed by all. Funds raised at this event will go towards the ongoing work of The Council on Aging of Ottawa.



## Ottawa Seniors Transportation Committee (OSTC) Update

### Parking and Access Guide

#### The Ottawa Hospital - General Campus

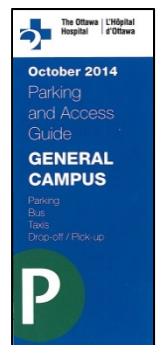
The OSTC-Hospital Parking sub-committee, working with TOH Accessibility staff, developed a four-fold brochure detailing parking costs, information about parking passes and bus service. An easy to read map showing parking lots, garages, hospital entrances, parking pay stations, and bus stops are on the reverse side. The brochure will be on TOH General Campus web site soon and visitors will be able to view and print in advance of a visit.

This is a pilot project with 1000 brochures being printed for circulation in the community.

Feedback: [accessibility@toh.on.ca](mailto:accessibility@toh.on.ca) or 613-798-5555 ext. 75535 or 75303.

### Pedestrian Safety

The OSTC-Pedestrian Safety sub-committee is carrying out **All-Seasons Pedestrian Safety Walkability Audits** in three Ottawa communities. A comprehensive check-list was developed from various sources including the Australian Heart Foundation Checklist, the Edmonton Walkability Audit and the Easter Seal Checklist for Assessing the



## (OSTC) Update cont'd...

Accessibility of Transportation and Mobility. The checklist has four sections: Safety, Accessibility, Convenience and Connectedness, and Comfort and Attractiveness. Successful Fall Audits have been carried out in Hintonburg, Kanata-Beaverbrook, and in the Glebe in partnership with community associations. Participants include people with mobility issues of all ages, as well as cyclists and dog walkers. Data collected is being entered on an Excel spreadsheet by project partner Ecology Ottawa and will be analyzed following Winter and Spring Audits into a Final Report available to all participants. Anyone interested in participating in the Winter or Spring Audits can contact: rdbreton@rogers.com

### Information Events in Rural Ottawa - Choices & Challenges

The OSTC Events sub-committee together with the Rural Transportation sub-committee are currently planning transportation information events in rural Ottawa (East, West and South) for Spring 2015. The events will bring up to date information on transportation options in rural areas for seniors and people with disabilities and mobility issues, with a special outreach to isolated seniors. Partners include rural Community Support Services, Ottawa Public Health, OC Transpo, and Para Transpo. Refreshments will be served and it is hoped that we will be able to provide transportation to the events for those unable to drive.

## Looking Back



Carleton Professor Peter A. Fried at the Council on Aging on October 22

Dr. Fried, Distinguished Research Professor and Professor Emeritus of Carleton University's Psychology Department addressed the following issue "Should Marijuana be Legalized?" when he met with COA members and guests. Dr. Fried informed the group that the use of marijuana is not medicinal as it only treats the symptoms such as appetite loss, nausea, pain and anxiety. Although consuming marijuana orally is fast acting and may be effective pain management the benefits to MS or Parkinson patients with poor muscle spasticity control has anecdotal evidence only. Ottawa research showed a loss of four IQ points for those 17 to 20 year-olds, that disappeared after three months of non-use. The ability to plan and make complicated decisions was still impaired after one month of non-use. For adults no impairment has been found. Dr. Fried commented that although being stoned all of the time is a strange way to live your life – no effect on the brain or body has been found in adults.

## Message from the Board

We would like to extend our sincere good wishes to Cal Martell who recently stepped down as President of the Board due to time constraints. Cal has been involved with the COA for over 25 years. Former V.P. John Johnson has assumed the position of President of the Board.

## New Age-Friendly Businesses



Maureen Forsythe of the COA with Vijay Shukla of Wadland Pharmacy.

We welcome two new businesses to the Age Friendly network: Wadland Pharmacy 296 Bank Street (near Somerset) received recognition on October 23, 2014 and Bridgehead at 440 Richmond Road received recognition on November 6, 2014. To nominate an age-friendly business that the COA should recognize, download and fill out our [checklist](#).

## Hats off to the Artists

The COA would like to thank the following artists who generously donated some of their work to the silent auction held during the Taste of Art Fundraising Gala on November 20, 2014.

John Archer • Susan Ashbrook  
Anne Barkley • Margo Blackell  
Susan Clement-Beveridge  
Donna Bowen-Willer  
Dianne Breton • Lise Butters  
Margaret Dunsmore • Patsy Fyfe  
Doreen Harper • Gary Hesketh  
John Jarrett • Sheena Kalmakova  
Joan Kellett • Ruth Koch-Schulte  
Polly Lochhead • Judith Lockett  
R. MacArthur Shields • Diana Macintosh • Eric Martin-VOVE  
Maria Mask • Bill McLaughlin  
Marlene Munroe-de-Montigny  
Kate Oakley • Mary Pratte  
Rose Power • Susan Reid – SUZAN  
Phyllis J. Ross • Paul Schibli  
Maria Leticia Sim Fideles  
Ann Sutherland Gruchy  
Gerry Taylor-Woelfert  
Wendy Tretheway • Beth Stikeman  
Herb van der Staay  
Shirley Van Dusen • Keith Yach