

**The Council
on Aging
of Ottawa**



**Le Conseil sur
le vieillissement
d'Ottawa**

44th

Annual Report



1975-2019

Mission The Council on Aging of Ottawa serves as a leading community voice in both official languages for Ottawa's seniors. Our aim is to help Ottawa become more Age-Friendly by identifying and addressing issues and services that impact the lives of seniors.

Mission & Vision

- Mission**

The Council on Aging of Ottawa serves as a leading community voice in both official languages for Ottawa’s seniors. Our aim is to help Ottawa become more Age-Friendly by identifying and addressing issues and services that impact the lives of seniors.
- Vision**

Respected, informed and engaged seniors living in an age-friendly city

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COA by the Numbers (for 2019)

44 years of
service

505 members
(up 11% since 2018)

186 volunteers

41 workshops, forums
and special events



1790 attendees

3002 INFO-FLASH
subscribers

456

11 publications
and reports

COA Staff

Executive Director:

Sarah Bercier

Age-Friendly Ottawa:

Bonnie Schroeder

Community Development:

Pascale Lalonde

Communications:

Dagmar Horsman

Administration:

Donna McLeod

Students:

Clara Luck

Erin Smale

Jessica Bosse

Katie Spicer

Sarah Crookall

Leadership Report

Nicole Robert, President

Sarah Bercier, Executive Director

2020 marks 45 years of operation for the Council on Aging of Ottawa (COA). Since our inception in 1975, we have made great strides toward improving life in Ottawa for seniors. This year was no exception as we utilized our operating strategies of education, advocacy, research and planning to further reach our goals. Below are a few highlights.

EDUCATION

Educate and provide reliable, useful, and timely information

Education has always been a key element of the COA. Our ongoing educational sessions in both English and French this year included topics such as spirituality, social engagement, pain, hearing, fraud, technology and more. In addition, we provided key information relevant to seniors in our widely-read Info-Flash. We published a 40-page Housing Guide for Ottawa's seniors and a Federal Election Guide to highlight key issues of importance for seniors. Our CarFit program was expanded to allow more senior drivers to maximize their comfort and safety. Our Retiring on a Low-Income series continued with the Ottawa Public Library, while we collaborated with Ottawa Public Health to provide sessions on social inclusion and housing through their Aging Well Together Program. Provincial funding was received for the development of a new educational program entitled Smart Aging. A full report on the initiative will be available in June 2020.



ADVOCACY

Advise governments, service providers, and businesses

Winter walking continues to be a key focus of our advocacy efforts. Our Snow Moles are out each winter from January to March evaluating winter walking in our city. The data from their work results in an annual report to the city, which aids city staff in their evaluation and planning for the upcoming winter snow clearing season. The launch of this annual report is well attended by city staff.

This year we worked with the provincial government in hosting the Ontario Government Consultation on a Seniors Strategy, allowing provincial staff to hear directly from Ottawa's seniors.



RESEARCH

Research and analyze emerging issues

Our Expert Panel on Income Security continues to utilize the latest research on key financial issues for seniors resulting in the provision of insightful articles on important financial trends and issues.

Low-income seniors should be avoiding RRSPs like the plague *by Richard Shillington*
Retirement Income Policies: Reform Pressures over the Coming Decade *by Peter Hicks*
Canada's Retirement Income System: A Reform



Agenda by Bob Baldwin

Our Health Issues Committee reviewed the state of long-term care in Ottawa and submitted a research report in March 2019. A public report, *Long-Term Care in Ottawa: We Need Change Now!*, was approved in October 2019. The report outlined the COA's vision for long-term care, identified four priorities for change and highlighted measures for monitoring these needed changes. The original plan to release the paper with a public event this

spring was understandably cancelled due to the pandemic. We will continue to monitor and report on the state of LTC in Ottawa as a strategic priority.

PLANNING

Work with seniors in collaboration and partnership with others

Our partnerships with six other community organizations to address social isolation over the past three and a half years reached its conclusion this year having surpassed all of the anticipated targets of connecting seniors in a variety of ways. The COA was a founding partner this year in the establishment of the Ontario Association of Councils on Aging. We held our first ever Men's Breakfast in partnership with the Canadian Centre for Men and Families in celebration of International Men's Day with over 75 in attendance. We hold a position on the Ottawa Hospital Campus Engagement Group, to represent seniors on this advisory body for developing and planning the hospital's new campus. We spoke at three Meet & Greet federal election events hosted by the National Association of Federal Retirees. We collaborated with several organizations in the development of the Eastern Ontario Caregiver Strategy and participated in Ottawa's first annual Intergenerational Day on June 1.

The COA continues to work closely with the City of Ottawa to ensure an age-friendly city. We are pleased to have city staff represented on a variety of committees supporting and informing our work. We participated in the launch of the City's Older Adult Plan (2019-2022) on June 16 with over 200 attendees. The COA is represented on the City's Seniors' Roundtable to guide and support the implementation of this plan. In addition, we are active on the City's Official Plan Stakeholder Engagement Working Group and completed focus groups with all our action committees in the Fall of 2019 to feed into this work. We will continue to monitor and respond to emerging issues to ensure the voice of seniors is presented in the Official Plan.



GRATITUDE

Throughout the year we have been thankful and encouraged to see our membership grow to over 500 members. Our dedicated Board and our strong and productive volunteer force of over 180 fantastic individuals continue to be the foundation of the organization and we are grateful for their tremendous work! We look forward to building an increasingly age-friendly city as we continue to move forward together.

Deale Robert

SBuci

Committee Reports

Education Committee

Alex Roussakis, Chair



The Education Committee as its mandate, organizes educational and informative sessions for Ottawa seniors and the general public, that help them to be aware and be active in their community. The education sessions address issues of fundamental importance to Ottawa seniors. In an informal setting, attendees have the opportunity to hear presentations by community partners and other expert speakers on topics that impact seniors and help them

gain a greater awareness for their own wellbeing. The sessions are engaging, informative and of value.

The committee hosted eight Education Sessions in 2019. The sessions were as follows:

- January 2019, Managing Your Finances in Retirement
- February 2019, Embracing Aging: A Mindful Approach
- March 2019, Smart Aging for Women
- April 2019, Social Engagement as We Age
- May 2019, Pain is a Four-Letter Word
- September 2019, Should I Stay or Should I Move? Housing Options for Older Adults
- October 2019, The Nature of Sleep
- November 2019, Dementia Care and the Caregiver Experience



The committee hosted three Education Sessions in early 2020. The sessions were as follows:

- January 2020, A Community Conversation about Dying, Death and Grief
- February 2020, Empowerment Through Mindful Aging
- March 2020, International Women's Day - Flying Solo: Thriving on Your Own

In 2019 we had over 400 attendees and we would like to give our sincere thanks to the committee members, the wonderful speakers, the attendees, the volunteers and our sponsor, Retire at Home. The success of this year could not have happened without your support. This past year, there were also discussions on the development of a Council on Aging education program focused on key areas that can best serve the seniors of Ottawa.

Committee Members: Alex Roussakis (Chair); Judy Bedell; Christine O'Grady (Revera); Kristine McGinn (Assurance Home Care); Pamela Vezina (Helix Hearing Care); and Guilhème Pérodeau.

Committee Reports

Francophone Affairs Committee

Monique Gibbens, Chair

This year has been busy for the Committee. We have worked on many fronts. We have lost some Committee members and acquired new ones. We have a good group of members representing the Francophone ageing population. Monique Laflamme, Saada Dierich, Mulop Yelu, and Céline Brosseau no longer serve on the committee. Our new members are Diane Laflamme, Mariette Chikuru, Jacqueline Noiseux, and Thérèse Legault. Monique Gibbens resigned as chair and in February 2020, Caroline Bergeron took over.



We had monthly educational sessions from January to April and from September to December. These covered several subjects that were suggested by the francophone seniors who participate in our sessions. These were well attended by francophone seniors in the area, approx. 25-30 participants each month. The satisfaction and feedback surveys were very positive. Sessions included:

- January 2019 Les technologies de soutien à l'indépendance à la maison
- February 2019 La fraude et la vulnérabilité particulière des aînés
- March 2019 Mère Bruyère : une femme qui a inspiré notre histoire
- April 2019 L'importance de rester actif en toute sécurité
- September 2019 "Les problèmes auditifs... en avez-vous entendu parler?"
- October 2019 Célébrons la journée des aînés : À l'école des grands-parents
- November 2019 L'utilisation pratique des petits robots... Alexa, Google, etc.

In addition, we organized a highly successful Forum Day in May 2019 titled:
La fin de la vie ... si on parlait.

In order to publicize our educational program, we have continued our partnerships with Rogers TV and Unique FM francophone medias. We have monthly interviews scheduled about our sessions. In addition, we have several online platforms that advertise our Rencontres éducatives including RIFSO, 211, SWAG, and Babillard Rogers.



Committee Members: Monique Gibbens, Hélène Carrière, senior; Marise Bellavance, Manoir Belcourt; Huguette Van Bergen, Retraite en Action; Florent Clairoux, Visavie; Jacqueline Noiseux, Rendez-vous des aînés francophones; Thérèse Legault, Centre Pauline Charron; Mariette Chikuru, Le Patro; Andrée Tremblay, senior; Diane Laflamme, senior; Charles Simard, Montfort Renaissance

Many thanks to our sponsors:

Education Sponsor: Racine, Robert & Gauthier Funeral Home

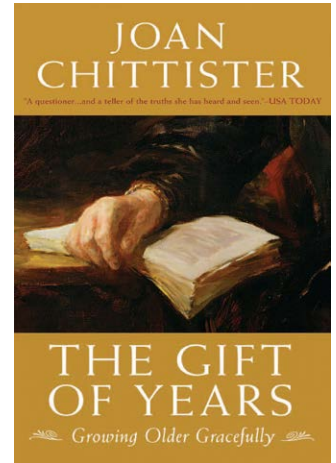
Francophone Forum Sponsors: Jardin Royale and Chartwell Belcourt

Committee Reports

Spirituality and Aging Committee

Patricia Marsden-Dole, Chair

The Gift of Years taken from the work of Joan Chittister was the topic of our sell-out June 2019 Aging and Spirituality Conference. Patricia Marsden-Dole presented some key thoughts from the book, enhanced with anecdotes from the lived experience of Jennifer Waterman, and followed by Lee McCoy who pulled everything together in her facilitation of the discussion. Our participants had much experience and reflection to offer. We received very positive feedback from our participants who left feeling that they had spent some worthwhile time together with the speakers and each other.



Covid 19 has reminded many healthy seniors in 2020 of the fragility of life in their elder years. The Committee began the 2019-20 conference planning year in September before Covid 19 came on the scene with a prescient decision to work on the theme of resilience. In consultation with our speaker, Gerardo Quintanara, a retired chaplain at CHEO, we settled on the challenging title 'Resilience: The Choice is Yours'. We met monthly from September to March when our worlds were turned upside down and replanning was necessary. A brief video statement by our speaker is planned for Info Flash on the timely topic of resilience and planning for a fall conference with our speaker on the same topic is now tentatively underway.

Committee Members: Anne-Marie Bazinet-Miller, Lyne Cyr, Khadija Haffajee, Lee McCoy, Marjorie Milloy, Kabenda Nyakabwa, Adenike Orimoloye, Helen Smith, and Brenda Verch. Thank you also to Pascale Lalonde our COA assistant for her lively engagement in the management of the conference.

Thank you to our sponsors: We would like to thank our sponsors, Kelly Funeral Homes by Arbor Memorial and Manotick Place Retirement Community.



Committee Reports

Health Issues Committee

Diane Hupé, Chair

Committee Organization

The Terms of Reference were revised this year to clarify functions and membership. Committee members were surveyed to identify priorities. Long Term Care (LTC) was selected as the first priority followed by Home and Community Care as second one.

Long Term Care (LTC)

A work group was established to develop strategy to address issues in LTC. A Position Paper was developed on LTC co-authored by work group members Nancy Garrard and Grace Welch. It identifies four priorities for LTC:

1. Provide more care
2. Plan for beds
3. Pay attention to at-risk seniors
4. Promote innovation and quality



In Nov. 2019 the Position Paper approved in principle by the Board of Directors as well as a commitment by the COA to work on LTC as one of its strategic priorities. A meeting was held on Feb 11, 2020 with 17 organizations who share interest in improving outcomes for LTC residents. The purpose of the meeting was to share and discuss the Position Paper and ascertain interest of participants to work together for a strong voice for LTC in the region. Engaged discussion led to interest in taking collective actions on some identified areas. Plans for a follow-up meeting with the 17 organizations as well as a plan for a public launch of the Position Paper in the presence of the Minister of LTC in mid April were put on hold in light of the pandemic. During this hiatus, the committee will be monitoring the situation in LTC particularly in the context of Covid19.

Home and Community Care

The Committee had a presentation and engaged in discussion on the current services and challenges in Home Care and in Community Support Services. The committee is monitoring the development of Local Health Teams and how this might affect the delivery of those services.

Internal Collaboration

The Health Issues Committee has initiated some discussion with the Education Committee, the Income Security Committee and Comité des affaires francophones for opportunities of collaborating on the LTC initiative.

Committee Members

Kevin Babulic (Champlain LHIN, Home and Community Care), Bonnie Cheung (Abbeyfield House), Chris Cobus (Champlain Community Support Network), Ted Cohen (Hillel Lodge, Chair, Ottawa region, AdvantAge Ontario), Nancy Garrard (COA board member, health policy background), Robert Greenslade (volunteer, communication background), Diane Law (National Association of Federal Retirees), Beverlee McIntosh (volunteer, social work background), Kelly Milne (Regional Geriatric Program of Eastern Ontario), Sheila Pepper (volunteer), Grace Welch (Champlain Region Long Term Care Family Council), Sally Zhang (Ottawa Public Health), Bonnie Schroeder (COA Staff)

Committee Reports

Housing Committee

Miriam Fry, Chair and Peggy Edwards, Co-Chair

So many needs, so little time! But we have accomplished much over this year. Following on the great success of last year's Forum discussing the housing needs and priorities of moderate income older adults, we focused on two fronts.

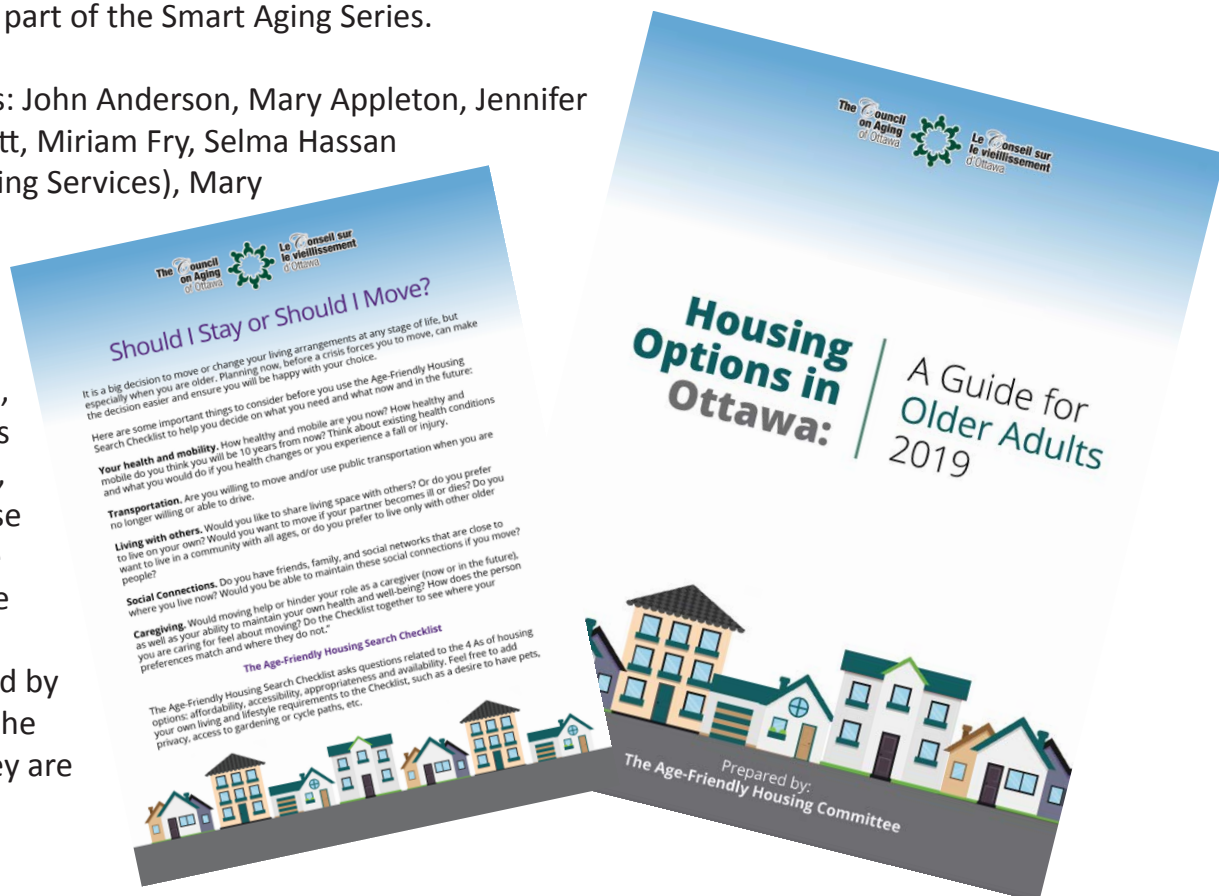
First, we published "Housing Options in Ottawa: A Guide for Older Adults 2019". We launched the Guide and accompanying Checklist to a sold-out room in September. Response has been tremendous with a high demand for additional copies of the Guide.

We held information sessions through the Ottawa Public Library as well and began plans to launch an outreach series in the community ensuring that those who are outside core activity centres have the benefit of participating in our workshops. We will lean on Councillors and other groups to assist us with this.

We continue our advocacy and monitoring work. It is crucial to remind decision-makers that older adults need to be counted and that Ottawa's older adult population is sometimes poor, often of moderate income and rarely rich. And we vote!

Finally, we worked with the Smart Aging Committee to adapt the Guide and Checklist to a workshop format to be used as part of the Smart Aging Series.

Committee Members: John Anderson, Mary Appleton, Jennifer Brooks, Michael Elliott, Miriam Fry, Selma Hassan (City of Ottawa Housing Services), Mary Huang, Sharon Irvén, Suzanne Labonte (Royal LePage), Fatma Maged, Rod Manchee, Gail Myles, Sheila Pepper, Francis Savage, Grace Welch, Valerie Wright. Please allow us to thank the wonderful work done by our staff support Bonnie Schroeder and by the students whom she mentors so ably. They are a treasure.



Committee Reports

Ottawa Seniors Transportation Committee

Alex Cullen, Chair

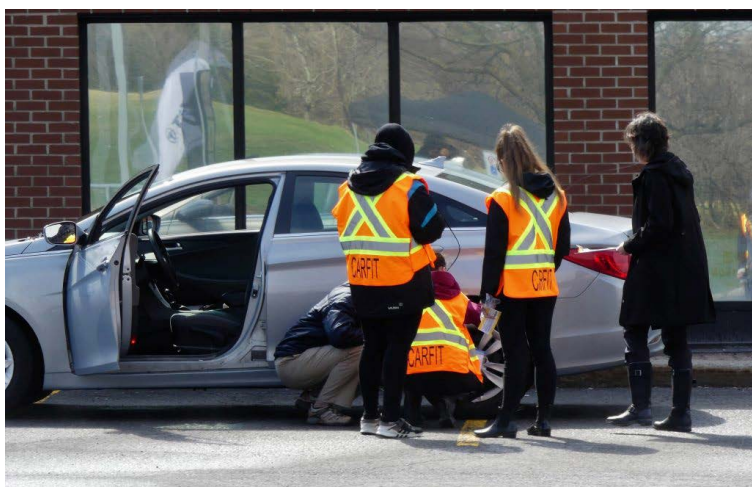
The OSTC has 2 active sub-committees: Age-Friendly Pedestrian Safety & Walkability (chaired by Dianne Breton), and Older Drivers (chaired by Louise Brunelle).

Our accomplishments this year included:

- neighbourhood age-friendly pedestrian audits in a number of communities;
- Snow Mole audits on winter walking conditions;
- LRT station pedestrian audits;
- CarFit programs;
- 55-Alive workshops for older drivers
- Participation in public consultations of the City's Transportation Master Plan review.

As well, the OSTC lobbied Ottawa City Council for

- improved winter sidewalk snow-clearing standards
- converting the current Seniors Ride-Free Wednesday program at OC Transpo to a Seniors Pick Your Ride-Free Day during the week
- additional funding for Para Transpo to meet increased demand for this service.



The OSTC will continue to monitor the roll-out of the City's LRT program, seek improvements to the City's winter sidewalk maintenance program, and assess progress on the City's Older Adult Plan and the status of the Accessibility for Ontarians with Disabilities Act (AODA).

Committee Members: Claire Argo, Amy Bevilacqua (OWCS), Lisa Bornn (SEOCHC), Dianne Breton, Louise



Brunelle, Cristina Di Tomasso (WOCRC), Ardyth Elliott, Ken Holmes, Asaf Mitta, Adele Muldoon, Safia Nawaz (OCISO), Cynthia Nuzzi, Kathy Riley (OCT), Karen Scott (MSS), and John Woodhouse. A note of thanks to our very helpful collaborators: the Ottawa Community Support Coalition and OC Transpo.



Snow Mole Report 2019

Winter Walking in Ottawa

Committee Reports

Expert Panel on Income Security

Dr. Russ Robinson, Chair

Throughout 2019 our Panel has provided advice and urged governmental action on ways of improving retirement income policies, including:

- Explaining that much existing analysis of the effects of population aging is too narrowly focussed on demographic variables and ignores the considerable growth that has taken place in the employment of older workers, often distorting policy advice in consequence.
- Showing how, unless care is taken, the recent federal poverty reduction legislation could have the unintended consequence of making things worse for some groups of poor seniors.
- Advocating major improvements to data and analytic capacity such that ongoing policy making in this area can become truly informed by solid evidence.
- Identifying the pressures on the retirement income system that are likely to result in calls for policy action in the coming decade, and describing the capacity and structures that should be put in place to ensure that policy responses are effective and focussed on individual well-being.



We have communicated our findings through formal and informal contacts with federal officials and with Ministers and their offices and through formal submissions, including the consultative process that led up to the recent federal poverty reduction legislation. We have also attempted to reach a broader audience among the retirement income policy community. The COA website identifies the main papers we have produced on the above topics.

At the local level, several Panel members have conducted “Retiring on a Low Income” workshops designed to help low income people who often do not have the information and supports needed to access our complex retirement income and taxation system. The committee would like to thank the Ottawa Public Library for their partnership in the planning and implementation of the Retiring on a Low Income workshops, held in various OPL branches.



Members: Russell Robinson (Chair), Bob Baldwin, Bernard Dussault, Peter Hicks, Andrew Jackson, Jennifer Robson, Richard Shillington, John Stapleton, Michael Wolfson

George Hartsgrove, Chair



In 2019, the COA recruited a new Chair, George Hartsgrove, to lead the work of the Social Inclusion Committee. As part of this work, the Committee focused on the Keeping Ottawa Seniors Connected (KOSC) project activities, intergenerational programming, access to information, elder abuse prevention, and education.

The KOSC partners negotiated an eight-months of extension funding to bring the 4-year project to an end in December 2019 with a celebration at the Social Inclusion Summit with 100 participants. In addition, the KOSC project hosted an intergenerational forum, Stronger Together with 50 participants ranging in age from 10 to 84. We wish to acknowledge the significant work of the KOSC project partners, including:

- Western Ottawa Community Resource Centre
- Ottawa Wet Community Support
- Nepean, Rideau, Osgoode Community Resource Centre
- Social Planning Council of Ottawa
- Catholic Centre for Immigrants – Ottawa
- South-East Ottawa Community Health Centre

This project exceeded project targets to reduce social isolation among older adults, to increase the number of social activities available to participants, and to increase feelings of being valued. The final

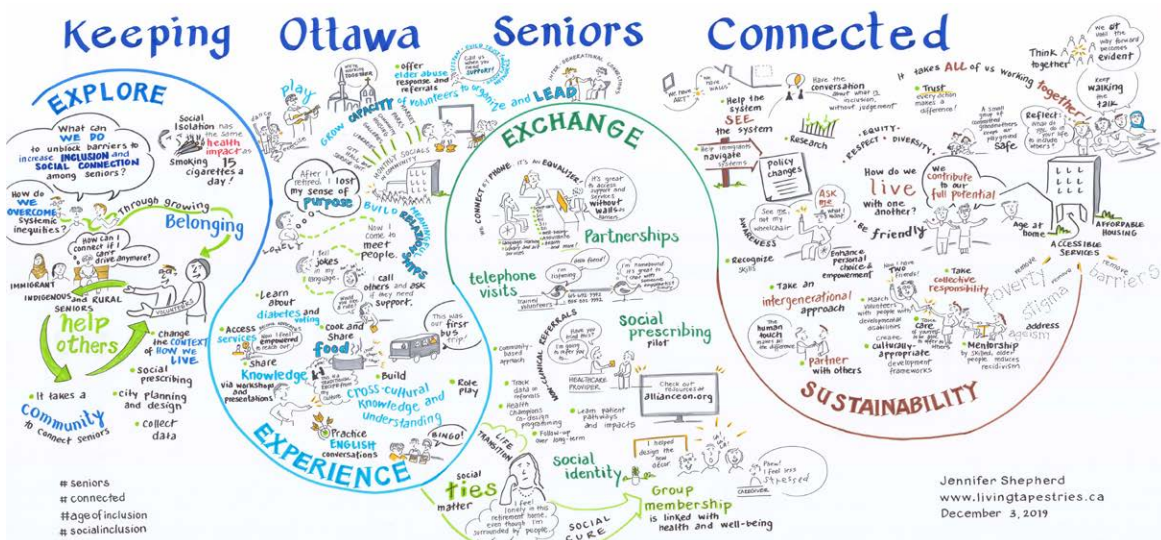
report is expected in early 2020.

In November 2019, the COA host the First Men's Breakfast with 80 older men. At this event, the COA garnered support to establish a Men's Shed in conjunction with The Good Companions and Canadian Centre for Men and Families.

Finally, the Social Inclusion Committee was pleased to host two sessions on The importance of staying socially connected as you age as part of the Aging Well Together program, in partnership with Ottawa Public Health and Ottawa Public Library.

In 2020, we look forward to renewing the committee's focus on ways to include all older adults in the social fabric of our city.

Committee Members: Barbara Zagon (CMHA Ottawa), Claudine Guet (211), Cinthia Pagé (City of Ottawa), Denis Ullman (Ontario March of Dimes), Laura Ward (The Good Companions), Mark Gelsomino (Ottawa Public Library), Patricia Marsden-Dole, Rick Strong (Men's Group), Sheila Bauer (Dementia Society of Ottawa and Renfrew County), Stéphanie Cadieux (Elder Abuse Prevention Ontario), Sybil Braganza (Social Planning Council), Trudy Medcalf, Bonnie Schroeder (COA staff), Erin Smale (student intern)



Committee Reports

Nominations Report

Nicole Robert, President

The Nominating Committee is guided by the By-laws of The Council on Aging of Ottawa which state that at least 50% of the Directors shall be aged 55 and over and at least 20% shall be Francophone. Directors are eligible to serve a maximum of three consecutive two-year terms.

We are pleased to present the slate for the Board of Directors for 2020-2021.

For election to a two-year term for 2020-2022:

Caroline Bergeron Luc Bigras Sandra Murray

For re-election to a two-year term for 2020-2022:

Alex Cullen Nancy Garrard

Current members whose term continues to 2021:

*Miriam Fry George Hartsgrove Diane Hupé Linda Meek
Kimberly Peterson Nicole Robert Dr. Russell Robinson Alex Roussakis*

Organisations which appoint a member by virtue of office:

La Fédération des aînés et des retraités francophones de l'Ontario (FARFO) : Trèva Cousineau

The Executive Director of The Council on Aging of Ottawa is an ex-officio member of the Board of Directors:

Sarah Bercier

Members whose term has ended in 2019-2020 - Thank you for your service.

*Mary Hearn Hendela Patricia Marsden-Dole Monique Gibbens Chantale Cousineau-Mahoney
Richard McCoy*

The following nominations of officers of the Board for 2020-2021 will be proposed to the Board of Directors at its first meeting following the annual election of directors:

*President: Nicole Robert Past President: Kimberly Peterson Vice President: Trèva Cousineau
2nd Vice President: Alex Roussakis Secretary: Sandra Murray Treasurer: Luc Bigras*

The Executive Committee is responsible to oversee the annual nomination process for the Board. The Executive Committee is chaired by the President of the Board: Nicole Robert



Board of Directors 2020-2021

Executive

*President: Nicole Robert Past President: Kimberly Peterson Vice President: Trèva Cousineau
2nd Vice President: Alex Roussakis Secretary: Sandra Murray Treasurer: Luc Bigras*

Directors

*Dr. Caroline Bergeron Alex Cullen Miriam Fry Nancy Garrard
George Hartsgrove Diane Hupe Linda Meek Dr. Russell Robinson*

Margaret Griffiths Award

Louise Brunelle

Margaret Griffiths taught for 25 years at the McGill School of Social Work. In a second career, after her retirement, Ms. Griffiths became actively involved in many organisations concerned with the health and welfare of seniors in Ottawa. These included the Good Companions Seniors Centre, the Glebe Centre, the District Health Council and The Council on Aging of Ottawa.

It was in recognition of her outstanding contribution in the volunteer field that the Margaret Griffiths Award was established. The award is presented annually to a senior volunteer who, like Ms. Griffiths, has contributed substantially to the betterment of the quality of life of seniors in Ottawa.



This Year's Recipient: Louise Brunelle

Soon after attending a Council on Aging seminar titled Shifting Gears, organized by the Ottawa Seniors Transportation Committee (OSTC) in 2014, Louise joined this active volunteer committee.

OSTC was divided into several sub-committees that represented different areas of interest to Ottawa seniors including; Rural Transportation, Public Transit, Hospital Parking, Pedestrian Safety, Older Drivers and Community Information. Representatives from several city and community organizations volunteered their time to advocate for positive change to transportation issues affecting seniors and those with mobility challenges.

As a bilingual occupational therapist, Louise brought important knowledge, professionalism and a keen interest in reaching out to the senior community across Ottawa. Her special interest has been in promoting practical programs, and providing important information to improve driving safety. With an aging demographic and driving as the major form of transportation for many older adults, she found an important niche and created an excellent program.

She agreed to chair the Older Drivers sub-committee in 2015. Since that time, she has worked hard to bring the 55-Alive program to many seniors and has become the first person to be certified to provide this program in French in the Ottawa area. Her passion was instrumental to the launching of the local CarFit initiative which has been active for the past two years. Louise has become well known in the community for her ability to collaborate with a wide range of city and community organizations and is greatly respected amongst volunteers because of her caring and supporting nature and her ability to organize and lead events. These relationships have been a tremendous asset in bringing current information and practical driving tips to older drivers across Ottawa through brochures, a series of driving tips for older adults and numerous community educational events.

Over the past number of years, Louise has made an incredible contribution to the community in the field of road safety for older adults. The Council on Aging is delighted to name Louise Brunelle as the recipient of the 2020 Margaret Griffiths Award.

Events 2019

JANUARY

- January 16 Managing Your Finances in Retirement
January 22 Netcafé: Maximizing the Use of Your Android Device
30 janvier Les technologies de soutien à l'indépendance à la maison

FEBRUARY

- February 19 Netcafé: Maximizing the Use of Your iPhone and iPad
27 février La fraude et la vulnérabilité particulière des aînés
February 27 Embracing Aging: A Mindful Approach

MARCH

- March 6 Smart Aging for Women
20 mars Mère Bruyère : une femme qui a inspiré notre histoire
March 21 Share Your Voice / Partagez votre voix

APRIL

- April 3 Netcafé: Introduction to Social Media for Seniors
April 3 Social Engagement as We Age
4 avril L'importance de rester actif en toute sécurité
April 8 Planning for Retirement on a Low Income
16 avril Planifier sa retraite avec un faible revenu
April 23 CarFit Technician Training
April 24 Annual Spring Luncheon and AGM 2019 / Déjeuner annuel du printemps et AGA The Hospital of the Future
April 27 Planning for Retirement on a Low Income

MAY

- May 2 CarFit Technician Training
May 8 Pain is a Four Letter Word
May 22 Better Together ~ Sharing Life across the Ages / Vieillir ensemble ~ l'harmonie d'une vie partagée
22 mai Forum annuel francophone:
La fin de la vie... si on en parlait.
23 mai Le cours de recyclage en conduite automobile 55 ans au volant

JUNE

- June 5 The Gift of Years -10th Annual Conference on Spirituality and Aging
June 27 Ontario's Government Consulting on a Seniors Strategy / Consultation organisée par l'Ontario pour le bien-être des personnes âgées



Events 2019

AUGUST

August 29 Volunteer Appreciation / Reconnaissance des bénévoles

SEPTEMBER

September 3 Women and Gender Equity Strategy / Stratégie sur la condition féminine et l'équité

September 17 Should I Stay or Should I Move? Housing Options for Older Adults

18 septembre "Les problèmes auditifs... en avez-vous entendu parler?"

September 24 Understanding My Aging

September 26 Get the Full Scoop! New Member & Volunteer Orientation

OCTOBER

1 octobre Célébrons la journée des aînés :
À l'école des grands-parents

October 4 Second Annual President's Breakfast
Deuxième petit-déjeuner annuel de la présidente

October 9 The Nature of Sleep

NOVEMBER

November 13 Linking Affordable Housing Projects to Health Care Services for Seniors

November 13 Dementia Care and the Caregiver Experience

20 novembre L'utilisation pratique des petits robots... Alexa, Google, etc.

November 21 Senior Men's Breakfast

DECEMBER

December 1 Smart Aging - Pilot Course

December 3 Seniors Social Inclusion Summit

December 4 Walk On! with the Snow Moles / En avant ! avec les
Taupes des neiges

December 17 Christmas Open House / Porte ouverte de Noël
2019



Corporate Members 2019



Spring Luncheon Sponsors



2019 Annual Spring Luncheon - Silent Auction Donors

VIA Rail • Holistic Wellness Ottawa • Lord Elgin Hotel • Keith Yach • Yuk Yuk's
 Beau's • Bridgehead • Casino Lac Leamy • Domaine Perreault • Emerald Links • Les Suites Hotel
 Farm Boy • Festival Montgolfiers • Gloucester Pottery School / École de Poterie de Gloucester
 Hulse, Playfair & McGarry Funeral Homes • Lapointe Seafood Grill • Escape Manor
 Manotick Place Retirement Residence • Mayor / Le Maire Jim Watson • Metcalfe Golf Club
 Mr. B's Restaurant • National Arts Centre / Le Centre national des Arts
 National Gallery of Canada / Musée des beaux-arts du Canada • Retire-At-Home • Richmond Nursery
 Rideau Carleton Casino • Sweet Basil Restaurant • The Loft Board Game Lounge • Riverstone Retirement
 Communities • TJX • The Works Gourmet Burger Bistro • Y's Owl Maclure Co-operative Centre

Education & Event Sponsors



**The Council
on Aging
of Ottawa**



**Le Conseil sur
le vieillissement
d'Ottawa**



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