

44th Annual Report

information bénévoles vieillissement
research seniors transportation
publications health collaboration action
inclusion sociale involvement planning
amie des aînés membres
comités logement vision
credibility policy leadership éducation
income security connaissance development
programmes community partnerships
plaidoirie voice maltraitance des
personnes âgées

The Council
on Aging
of Ottawa



Le Conseil sur
le vieillissement
d'Ottawa

porte-parole communautaire collaboration programs recherche
elder abuse vision sécurité du revenu
education action leadership politiques
members age-friendly
engagement housing crédibilité social inclusion
planification aging knowledge
committees santé partenariats
transport développement advocacy
publications personnes âgées information volunteers

1975-2019

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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Age
Friendly
Ottawa



Ottawa
ville - amie
des aînés



COA by the Numbers (for 2018)

44 years of
service



451 members
(↑ 20%
since 2017)

146 volunteers



2212
event attendees



3172 INFO-FLASH
subscribers

44 seniors
celebrated

43 workshops,
forums, and
special events

14 publications
and reports



Leadership Report

Kim Peterson, President

Sarah Bercier, Executive Director

In this forty-fourth year of operation, the Council on Aging of Ottawa (COA) has made tremendous strides towards our vision of, “respected, informed and engaged seniors living in an age-friendly city” through activities that involved not only our members but also the wider community. As well, we continue to successfully serve as a leading voice for seniors. Below are a few highlights.

Respected

The COA’s Celebrating Seniors Awards, attended by over two hundred people, honoured forty-four seniors who have contributed significantly to their community. We continue to honour these seniors by featuring their accomplishments with individual vignettes in Info-Flash, the COA’s bi-weekly electronic newsletter.



Informed

Info-Flash keeps seniors informed through Info-Flash News (which features news of interest to seniors) and Info-Flash Events (which features events for seniors hosted by the COA as well as the broader community). Included in COA events are monthly educational events hosted in French by the Francophone Affairs Committee and in English by the Education Committee on topics ranging from social media for seniors to healthy sexuality as one ages. In 2018 these programs reached some 1300 people. In addition, the Expert Panel on Income Security delivered five sessions on Retiring on a Low Income and the Transportation Committee two sessions on Fitness to Drive. The Transportation Committee also developed a series of Monthly Driving and Winter Walking Tips that were featured in Info-Flash News.

Engaged

The Social Inclusion Committee published and distributed thousands of copies of our magazine, The Bulletin, with a focus on Keeping Ottawa Seniors Connected: From Social Isolation to Social Inclusion, featuring articles on successful programs for keeping seniors engaged. The COA has significantly increased engagement of its members by hosting two new events: Get the Full



Scoop (an orientation to the COA and benefits of membership) and Members Christmas Open House. We brought together over 50 current and former leaders in our first President’s Breakfast. It has been our privilege to work with our members who both value and contribute to the work that is being done for seniors in Ottawa. Throughout the year we saw our membership grow by 20% overall to 450 members.

An Age-Friendly Ottawa

Our committees accomplish so much toward making Ottawa a more age-friendly city. This would not be possible without the work of more than 150 volunteers, including committee members, event volunteers, translators, administrative assistants and more. This past year, the Housing Committee was instrumental in the planning and development of a large forum on the housing needs of middle-income seniors and the Transportation Committee published the 2018 Walkability Progress Report as well as reports on the age-friendliness of parking lots in all Ottawa hospitals. These reports are used to help the COA advocate for improvements in the age-friendliness of Ottawa. We would like to thank the City of Ottawa who have key staff members providing insight and assistance on almost every committee.



Leading Voice for Seniors



The COA also acts as a voice for seniors by producing reports and position papers. The Health Committee established a sub-committee to study Long Term Care Services in the Champlain Local Health Integration Network and develop recommendations for the Ministry of Health and Long Term Care. Featured on our website are a number of position papers responding to the federal government's Poverty Reduction Strategy developed by the COA's Expert Panel on Income Security.

Other initiatives to ensure views of seniors are heard at all levels of government and in the community included presentations at City Hall, meetings with politicians including both provincial and federal Ministers for Seniors, the development of a Provincial Election Guide for Seniors, media interviews and radio shows, presenting our work at both the International Federation

on Aging and Canadian Association on Gerontology conferences, hosting such events as the Older Adult Plan consultations, and a business breakfast with the Ottawa West Board of Trade to launch our Special Report on Ottawa's Older Consumer Market. We also exhibited this fall at some of Ottawa's malls to talk with seniors in the community about matters important to them.

Departures from the Board this year include: John Johnson, Terri White-Lobsinger, Adele Furrie, and Akin Akinwumi. We thank them all for their generous service. We also thank Julie Frereault for her time and contributions this past year as Director of Educational Programs.



Committee Reports

Social Inclusion Committee

Adele Furrie, Chair (September - December)



The COA continues to support the Keeping Ottawa Seniors Connected project with communication and evaluation supports. As of the end of year two (April 2018), we reported that we had exceeded our results for 3 of our 5 evaluation criteria and well on our way to meet these other targets in year 3. As of April 2018, we reached 8560 seniors (84% of our target) who reported that they had access to supports and help when they need; participated regularly in activities; and felt more connected and valued.

A highlight of the year was the release of the COA Bulletin on Social Inclusion in the Fall. With the support of partners, we published the bilingual resource with 14 articles on a variety of programs and initiatives that support seniors be social connected. By the end of 2018, we had distributed over 18,000 copies through our networks.



The Social Inclusion Committee reconvened in October 2018 after a short hiatus to consult with our partners through the Seniors' Social Inclusion Community Action Forum. We brought together over 40 partners in a series of facilitated conversations between November 2017 and September 2018. Three priority areas were identified to be addressed by the Social Inclusion Committee:

- Access to Affordable and Accessible Spaces to Socialize and Host Activities
- Service Navigation Supports
- Independent Living Supports

In partnership with the Education Committee, we delivered an educational session on sources of support to navigate the system. We were delighted to have representatives from 211, 311, and 911 present in both English and French to just over 50 attendees.

Finally, we completed the Seniors in Focus project that saw a series of videos developed in partnership with Canterbury High School. During the Winter term, the COA convened a writer's workshop with 6 seniors, presented on social isolation to a Grade 11 class, and worked with a small team of students to film and edit seven short videos on seniors' experience with social isolation. We were pleased to be selected to screen three of the videos at the One World Film Festival in September 2018 to an audience over 60 festival goers.

Committee Members: Audrey MacIntosh, Canadian Mental Health Association – Ottawa Branch; Barry Deepprose, Ottawa Senior Pride Network; Cinthia Pagé, City of Ottawa; Claudine Guet, 211; Dennis Ullman, Ontario March of Dimes; Megan McMeekin, Ottawa Public Library; Patricia Marsden-Dole, Saint Paul University; Rachel Sutcliffe, Good Companions, Seniors' Centre Without Walls; Sheila Bauer, Dementia Society of Ottawa and Renfrew County; Stéphanie Cadieux, Elder Abuse Ontario, Eastern Consultant; Sybil Brazanga, Social Planning Council, Multicultural Seniors; Trudy Medcalf

KOSC project funded in part by Employment and Social Development Canada
Seniors in Focus project funded by Retired Teachers of Ontario Foundation

Committee Reports

Francophone Affairs Committee

Monique Gibbens, Chair



This year has been marked by change. The committee met on a monthly basis having to adapt to many changes including departure of long time chair, Monique Lortie, and several members, Claire Moissan, Violène Gabriel, and Paulette Archambault. New members were added. We also had changes to our staff support person. This has been a challenging adjustment for the new chair!

We organized a highly successful Forum Day in June 2018 on Intergenerational Roles of Parents and Adult Children.

In addition, we had monthly educational sessions from January to April and from September to December. These were well attended by francophone seniors in the area, approx. 25-30 participants each month. The satisfaction and feed back surveys were very positive.

In order to publicize our educational program, we have developed 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 Rencontre Educative including RIFSO, 211, SWAG, Babillard Rogers.

We are developing partnerships with different community organisations offering information and education for seniors and in the process have solicited new members to our committee who represent these different organisations. This is a goal we will continue to work on.

Committee Members: Monique Gibbens, Nicole Robert, Hélène Carrière, Marise Bellavance, (Symphony Senior Living), Huguette Van Bergen (Retraite en action), Florent Clairoux (Visavie), Monique Laflamme (All Seniors Care), Mulop Yelu, Saada Dirieh (Centre de services Guigues) Céline Brosseau (Centre Pauline Charron), Andrée Tremblay

Official sponsor:
Daniel Laflamme
Racine, Robert & Gauthier Funeral Home



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.

This year committee hosted eight Education Sessions. The sessions were as follows:

- September 2018, Medical Cannabis: What could it could mean for you, now and in the future?
- October 2018, Champlain Community Support Network
- December 2018, 211, 311, 911 – Who to Call When?
- 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

This year we had close to 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: Judy Bedell, Eileen Bond, Putul Das, Angela Davis, Gloria Goodine, Isaac Goodine, Sharon Irven, Louise Leduc, and Christine O'Grady

Committee Reports

Spirituality and Aging Committee

Patricia Marsden-Dole, Chair

The growth of the spiritual dimension of life is an important task of aging. This committee meets monthly to plan for an annual conference which this June will be the 10th annual such conference.

The topic in 2018 was 'The Spiritual Journey of Life' with speakers Louise Profeit-Leblanc and Anne Taylor, gsic. The discussion facilitator was Dr. Lee McCoy. Our sponsors were Manotick Place Retirement Community and Kelly Funeral Homes by Arbor Memorial.

The tenth conference topic will be 'The Gift of Years' taken from the work of Joan Chittister. Dr Patricia Marsden-Dole will give an overview of the



themes of this work and Jennifer Waterman from the Spiritual Directors Group of Ottawa will give her perspective on the spiritual issues related to aging and spiritual maturity. Dr. Lee McCoy will be the MC and Discussion Facilitator. Again this year our sponsors will be Manotick Place Retirement Community and Kelly Funeral Homes by Arbor Memorial. The 2019 conference will take place at 1247 Kilborn Place on Wednesday, June 5 from 9 am to 1 pm.

Committee Members: Lee McCoy, Helen Smith, Marjorie Milloy, Khadija Haffajee, Anne Marie Bazinet-Miller

Thank you to our sponsors: Manotick Place Retirement Community and Kelly Funeral Homes by Arbor Memorial.



Committee Reports

Ottawa Seniors Transportation Committee

Alex Cullen, Chair

The OSTC has 4 active sub-committees: Rural Transportation (chaired by Adele Muldoon), Age-Friendly Pedestrian Safety & Walkability (chaired by Dianne Breton), Older Drivers (chaired by Louise Brunelle), and Hospital Parking (chaired by John Woodhouse).

Our accomplishments this year included: parking audits at Ottawa's hospitals (with reports & recommendations); 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.



Download now!

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, and 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), Margaret Dunn, Ardyth Elliott, Annie Goodchild (SRO), Ken Holmes, Asaf Mitta, Adele Muldoon, Safia Nawaz (OCISO), Kathy Riley (OCT), Karen Scott (MSS), Cynthia Nuzzi, John Woodhouse

A note of thanks to our very helpful collaborators: the Ottawa Community Support Coalition and OC Transpo.



Committee Reports

Housing Committee

Miriam Fry, Chair and Peggy Edwards, Co-Chair

This committee is not only very active but determined to listen to its constituency and to follow through with information. Through 2018, this has meant workshops and forums that provide active and engaged older adults with information that will lead them to decision-making on their housing choices.

In the spring of 2018, we held a workshop highlighting some options for housing choices. In the fall we followed it up with a Forum, in conjunction with a number of other organizations and agencies, focusing on possibilities for older adults of moderate income. We

realized that this group is largely forgotten in terms of options for housing. This work will continue as the Council on Aging takes a lead role in the future follow-up on the recommendations from this forum.

Aside from our public activities, our committee has been actively working on and editing a Workbook, that will assist our constituency in making important housing choices for the

future. That Workbook will be available in the fall of 2019.

Great thanks to Bonnie Schroeder of the COA staff for supporting this committee. Huge thanks to each and every committee member for your input and involvement every month.

Committee Members: John Anderson, Mary Appleton, Jennifer Brooks, Michael Elliott, Selma Hassan (City of Ottawa Housing Services), Mary Huang, Sharon Irvén, Suzanne Labonte (Royal LePage), Fatma Maged, Rod Manchee, Sheila Pepper, Elliott Sherman, Grace Welch, Valerie Wright

Thank you to the City of Ottawa and Canada Mortgage and Housing for all their assistance leading up to and following the Housing Forum.



Committee Reports

Health Issues Committee

Terri White Lobsinger, Chair

Three key items kept the HIC busy over the past year: transitioning Take Charge of Your Health (TCOYH); the state of long term care (LTC) in Ottawa; and conversations with government reflecting the health concerns of seniors.

A late August meeting was held with Dr. Saima Rajabali, Research Coordinator, Geriatric Medicine at the University of Alberta. It was focused on a pilot to research/support health literacy for Edmonton's seniors and was a clear endorsement of the HIC's work in this area. The positive findings of their multi-year research project using a peer learning approach to help seniors age mirrored the outcomes from TCOYH in Ottawa. The main outcome of both projects is that peer learning can be an important key to positive aging with a low cost. In partnership with the Social Planning Council, TCOYH was presented to a group of Ottawa's ethno-cultural seniors in early December. The goals were to introduce TCOYH to other seniors' groups in Ottawa and seek their interest in possibly adapting and delivering this program to their communities. Exploring this possibility is ongoing.

Tasked in early 2018 to develop a list of indicators to monitor LTC in Ottawa, a LTC subgroup began meeting with LHIN and CIHI officials to seek national, provincial and local data in this area. This work culminated in the sharing of a comprehensive draft report with the HIC in early March 2019. Notwithstanding a number of data issues, (e.g., variable time periods, missing data, definitional issues or lacking trend data), the HIC's response to the report was extremely positive. Undoubtedly, the COA will use this report as an important tool as it begins to outline next steps on key issues for Ottawa's seniors and caregivers. Paralleling the work on LTC, preparation of a research report on home care is ongoing thanks to a university student and local Ottawa professionals working in this area. Together, both reports will provide an in-depth view of the situation for Ottawa's seniors and informal caregivers, under the Champlain LHIN, and on the opportunities and challenges in securing LTC or home care services.

A number of meetings between government representatives, the HIC and other COA committee representatives occurred over the past months to share information and concerns on health and other issues affecting seniors. These included: Joel Harden, MPP (Ottawa Centre/NDP Seniors' Critic) in October; a staff member of the Federal Minister of Seniors, the Honourable Ms. Filomena Tassi (Hamilton MP) on December 12th; and more recently with Minister Raymond Cho, provincial Minister for Seniors and Accessibility.

Committee Members: Kevin Babulic (Champlain LHIN); Nancy Garrard and Mary Hearn Hendela (COA); Grace Welch; Robert Greenslade; Dr. Indu Gambhir; Bonnie Cheung (Abbeyfield House); Beverlee McIntosh and Sheila Pepper (Ottawa Council of Women); Dianne Law and Shelagh Tuddenham (NAFR); Deborah Andrews (South-East Ottawa Community Health Centre); Kelly Milne (Regional Geriatric Program); and Sally Zhang (OPH); Bonnie Schroeder (COA staff); Jessica Bosse (student)

Committee Reports

Expert Panel on Income Security

Dr. Russ Robinson, Chair

In 2018, five workshops were conducted on “Planning for Retirement on a Low Income”; 3 in English, 2 in French

Several Notes were submitted to federal ministries and agencies to improve data and analyses on income issues (poverty; pensions). Committee members participated in government-sponsored workshops and conferences. Meetings were held with government department officials both in their offices and as guests at Panel meetings and at The Council on Aging offices.

Several papers were submitted to the federal government advocating for a variety of desirable features for the development of a Canada-wide anti-poverty strategy, which was subsequently announced in August (2018) and Legislation (C-87) introduced in the Fall. The committee published responses to the August poverty-reduction Strategy. A major submission was made to the Parliamentary Committee assessing the planned relevant legislation, with proposals for improvement and identifying implementation challenges.

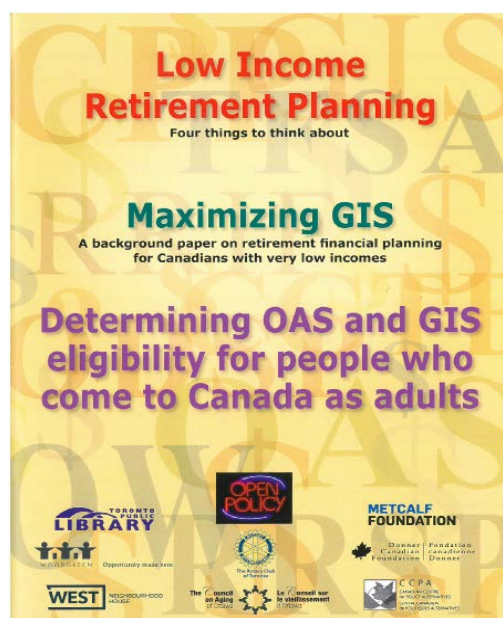
Papers and articles were published by Panel members presenting their research findings and commentary on government policies, such as: issues on seniors’ take-up of GIS benefits; effects of program and tax interactions, and related design, implementation and administrative challenges; a submission on securing workplace pension benefits; and proposals for improving the data system required to monitor and assess progress against poverty reduction goals.

Advocacy continued related to anti-seniors bias (ageism) in academic and policy literature.

Work is continuing on pension developments and challenges, improvements in relevant data for income security research and policy development; plans for further “Low Income Retirement” workshops in 2019; and cooperation with government agencies and other NGOs to support seniors’ income security and financial wellbeing.

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

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.



Committee Reports

Nominating Committee

John Johnson, Chair

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 2019-2020.

For election to a two-year term for 2019-2021:

George Hartsgrove Diane Hupé

For re-election to a two-year term for 2019-2021:

*Miriam Fry Nicole Robert Alex Roussakis Dr. Russell Robinson
Mary Hearn Hendela Kimberly Peterson*



Current members whose term continues to 2020:

*Alex Cullen Chantale Cousineau-Mahoney Nancy Garrard Monique Gibbens
Dr. Patricia Marsden-Dole Richard McCoy Linda Meek*

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 2018-2019 - Thank you for your service.

Akin Akinwumi Adele Furrie John Johnson Dr. John Russell Dr. Terri White Lobsinger

The following nominations of officers of the Board for 2019-2020 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: Mary Hearn Hendela
Treasurer: Chantale Cousineau-Mahoney Francophone Rep: Monique Gibbens*

Members of the Nominating Committee: *John Johnson, Kim Peterson, Nicole Robert*

Board of Directors 2019-2020

Executive

*President: Nicole Robert Past President: Kimberly Peterson Vice President: Trèva Cousineau
2nd Vice President: Alex Roussakis Secretary: Mary Hearn Hendela
Treasurer: Chantale Cousineau-Mahoney Francophone Rep: Monique Gibbens*

Directors

*Alex Cullen Miriam Fry Nancy Garrard George Hartsgrove Diane Hupe
Dr. Patricia Marsden-Dole Richard McCoy Linda Meek Dr. Russell Robinson*

Events 2018

JANUARY

24 janvier / January 24 Atelier -Santé - #3 Programme de répit pour les aidants naturels et service
Working Together for Quality of Care

FEBRUARY

7 février Atelier – Logement Rester chez soi : Quels sont les programmes et services offerts
dans la communau

February 8 Put a Twinkle in your Wrinkle

MARCH

7 mars Journée Internationale de la femme: “Le défi des âges”

March 24 Planning for Retirement on a Low Income

March 26 Celebrating Seniors Award / Prix Célébrons les aînés

March 28 Matters of the Brain: Current Stroke Treatments and 7 Rules
to Reduce Your Risk of Dementia

March 28 Planning for Retirement on a Low Income

APRIL

4 avril La philosophie des soins palliatifs et l'importance de la
planification préalable :
« Parlons-en! »

5 avril Planifier sa retraite avec un faible revenu

April 17 Fitness to Drive as We Age

April 26 Housing Options for Seniors: Finding one that is right for you

MAY

May 9 55 Alive Refresher Driving Course

May 9 Active Aging through Gardening

May 23 AGM 2018 / AGA 2018

May 23 Annual Spring Luncheon / Déjeuner annuel du printemps

May 30 9th Annual Conference on Spirituality and Aging- “The
Spiritual Journey of Life”

JUNE

6 juin Forum annuel francophone - L'impact du vieillissement des
parents sur leurs enfants:une redéfinition

June 12 Older Adult Plan 2019-2022 / Plan relatif aux personnes
âgées 2019-2022

June 13 Get the Full Scoop! Member Orientation / Brisez la glace!
Orientation des membres



Events 2018

SEPTEMBER

- September 11 NetCafé # 1: How to Get the Most out of your iPhones and iPads
 September 12 Medical Cannabis: What could it mean for you, now, and in the future?
 September 14 CarFit Technician Training / Stage du technicien AutoAjuste
 September 14 CarFit Clinic / Clinique AutoAjuste
 26 septembre Cannabis médical

OCTOBER

- October 4 NetCafé # 2: Online Security and Fraud Prevention
 October 10 Champlain Community Support Network :Find out where these services fit in
 October 11 First Annual President's Breakfast / Premier petit-déjeuner annuel de la présidente
 October 17 CarFit Clinic / Clinique AutoAjuste
 18 octobre NetCafé n° 2: La sécurité en ligne et la prévention des fraudes
 25 octobre Les maladies cardio-vasculaires : protégez-vous!
 30 octobre NetCafé n° 1: Maximiser le potentiel de vos iPads et iPhones
 October 30 NetCafé # 3: File and Folder Organization on Windows or Mac Computers
 30 octobre Planifier sa retraite avec un faible revenu

NOVEMBER

- November 6 Planning for Retirement on a Low Income
 November 7 Fitness to Drive as We Age
 28 novembre 211, 311 ou 911? Comment trouver l'aide dont vous avez besoin en criant lapin !
 November 29 Walk On! Age-Friendly Pedestrian Safety and Walkability / Marchons ensemble !
 November 30 My Place to Age: Housing Options / Un chez-soi où vieillir : Options de logement

DECEMBER

- 5 décembre Comment les changements climatiques affectent les activités des aînés -En particulier chez les hommes
 December 5 211, 311, 911 - Who to call when?
 December 18 Christmas Open House / Porte ouverte de Noël



Retiring on a Low-Income Workshop

Learn about income security programs.

- What is "low income"?
- What do seniors get in Ontario?
- How do you reduce taxable income or get money back?
- How do you protect a low retirement income?

Tuesday, November 6, 2018

6:30 – 8:30 PM

Ottawa Public Library
 Main Branch, 120 Metcalfe
 Meeting Room B125

In partnership with:



888-666-6666
 info@ottawapubliclibrary.ca
 613-580-2980

coottawa.ca
 alo@coottawa.ca
 613-789-3577 poste 103



Fitness to Drive as We Age

Are you up to date on the rules of the road?

Are you aware of the license renewal process for seniors over 80?

Learn about the physical and cognitive changes that can affect your driving, ways to compensate, and how to plan early for options other than driving.

Speakers

Joanne Veldman, Safer Roads Ottawa
 Melanie Trotter, Ministry of Transportation
 Louise Brunelle, The Council on Aging of Ottawa, Older Drivers Sub-Committee

Information

Tuesday, April 17, 2018
 2:00 – 4:00 pm
 Rideau Park United Church
 2203 Alta Vista Drive
 Free Parking

Registration

www.coottawa.ca
 613-789-3577 x101 or coo@coottawa.ca

In partnership with:



Margaret Griffiths Award

John Johnson

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: John Johnson

A genuinely caring man, John Johnson is driven by a desire to help people, and dedicated to protecting the elderly. He has served his community for many years through both his career and his volunteer endeavors. He continues to use his vast knowledge, skills, and experience as a leader in elder law to assist our most vulnerable seniors.

John's passion for addressing Elder Abuse brought him to the Council on Aging of Ottawa (COA). If you ask him about this important topic, make sure you have plenty of time to listen! John talks privately and publicly to anyone he can, in an effort to increase awareness and prevention of Elder Abuse.

The COA has benefited from John's unique skills and abilities. He has served on the COA Board for the past nine years, three of those as President. During this time, he did anything that was asked of him including: speaking to groups in church basements, asking sponsors for money, attending community meetings, writing articles for local publications, playing dead for a fundraiser or, most memorably, doing something that John does so very well... making people laugh. It is rare to meet someone with such dry wit who can even surprise himself with his ability to make people chuckle!

In his career as a partner with Nelligan O'Brien Payne, he practiced in the areas of family law, estate planning and administration, and estate and family litigation. He used his vast experience dealing with the Ontario legal system and families with legal issues to the benefit of individuals, professional organizations and the community at large.

John's recent retirement allows him to dedicate more time to volunteer endeavors. In addition to serving as Co-Chair of the Champlain Elder Abuse Response Coalition for four years, John is currently serving as Vice-Chair of Elder Abuse Ontario where he continues his advocacy on behalf of seniors.

We thank you, John, for your tremendous work and continued pursuits protecting vulnerable seniors from abuse.

Funders

Core Funders of
The Council on Aging of Ottawa



Keeping Ottawa
Seniors Connected



Corporate Members 2018



Spring Luncheon

2018 Annual Spring Luncheon - Sponsors



2018 Annual Spring Luncheon - Silent Auction Donors

Bridgehead • Canadian Dermatology Association • Carefor • CARP Ottawa
Chartwell Belcourt Retirement Residence • Chartwell Rockcliffe Retirement Residence • Chez Lucien
Councillor/Conseiller Allan Hubley • Councillor/Conseiller Michael Qaqish • Councillor/Conseillère Diane Deans
Da Artisti Studio-Gallery • Denis Office Supplies • Farm Boy
Fraser Cafe • Gloucester Pottery School / École de Poterie de Gloucester • Gordon's Estate Services
Hillary's Dry Cleaners • Hulse, Playfair & McGarry Funeral Homes • Keith Yach • KS on the Keys
La Nouvelle Scène • Lapointe Seafood Grill • Lord Elgin Hotel • Manotick Place Retirement Residence
Mayor / Le Maire Jim Watson • Mr. B's Restaurant • National Arts Centre / Le Centre national des Arts
National Gallery of Canada / Musée des beaux-arts du Canada • Orleans Bowling Centre
Retire-At-Home • Revera - Hunt Club Manor • Richmond Nursery • Rideau Carleton Entertainment Centre
Riverstone Maplewood Retirement Residence • The Loft Urban Salon • The Transformation Centre
The Works Gourmet Burger Bistro • Tucker's Marketplace • Y's Owl Maclure Co-operative Centre
Many Private Donors / Plusieurs donateurs individuels

Educational Event Sponsors 2018

Lunch & Learn



Celebrating Seniors Awards



Francophone Forum



Spirituality Conference



President's Breakfast



My Place to Age: Housing Options



Members Christmas Open House



COA Staff

Executive Director

Sarah Bercier

Director, Age-Friendly Ottawa

Bonnie Schroeder

Director, Community Development

Pascale Lalonde

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Julie Frereault (May - December 2018)

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Donna McLeod

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Safeera Gillani

Lina Bellony

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**The Council
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