



# The Council on Aging of Ottawa

*A community voice for seniors*



**32<sup>nd</sup> Annual Report**

June 2007

# **The Council on Aging of Ottawa**

A voluntary, bilingual, United Way/Centraide Ottawa agency dedicated  
to improving quality of life for all seniors in Ottawa

## **32 Years of Achievement 1975-2007**

### **Presidents**

1975-1978	George Jackson
1978-1980	Marjorie Mann
1980-1982	Don W. Simpson
1982-1985	Dr. John J.O. Moore
1985-1987	Fred W. Price
1987-1989	Sr. Gisèle Richard
1989-1991	Margaret Labarge
1991-1993	Germain Aubut
1993-1995	Sylvia Goldblatt
1995-1997	Marian Chapman
1997-1998	Georges Latour
1998-2000	David K. Bernhardt
2000-2002	Joan A. Skene
2002-2003	Al Loney
2003-2005	Carol Burrows
2005-2007	Dr. Glenn Drover

### **Executive Directors**

1975-1981	Margery Boyce
1981-1986	Susan LeConte
1986-1988	Betty Muggah
1988-1996	Denis Henley
1996-1997	Margaret George
1997-1998	Jean-Serge Lauzon
1998-1999	Yvon Cloutier
1999-2000	Alex Cullen
2001-2002	Lise Ladouceur
2002-2003	Gerald Ouellette
2003-	Al Loney

### **Honourary Members**

Lucio Appolloni	Charles Hurst	Ginette Séguin-Roberge
Germain Aubut	Dr. F. Arthur Irwin	Dorothy Senior
David K. Bernhardt	Dr. Campbell Lamont	Louise Sévigny
Francine Boutet	M. Georges Latour	Jean Shaw
Barbara Burns	Ada McEwen	Joan A. Skene
Marian Chapman	Jessie McPherson	Susan Van Iterson
Peter Cornell	Raymond Ostiguy	William (Bill) Wade
Dr. Pierre-Paul Demers	Sr. Gilberte Paquette	Margaret Wade Labarge
Don Evans	Sr. Gisèle Richard	Jessie Whyte
Hubert Frenken	Marion Routledge	Dr. Bea Wickett-Nesbitt
Pearl Greenberg	Don Saxon	
Bert Hanmer	Charles F. Scott	

## The Council on Aging of Ottawa

### Board of Directors 2006-2007:

Dr. Glenn Drover	President	Dr. Hugh Armstrong	Director
Al Loney	Executive Director	Eric Cosgrove	Director
Dr. Roland Lecomte	Vice-President	Dr. Pierre-Paul Demers	Director
Dianne Breton	Vice-President / Secretary	Desmond Doran	Director
Louise Sévigny	Treasurer	Elaine Kenney	Director
Carol Burrows	Past-President	Evelyn Maloney	Director
		Brian Morin	Director
		A. Patrick Murphy	Director
		Sheila Nelles	Director
		Prima Parent	Director
		Oris Retallack	Director
		Nicole Robert	Director
		Evelyn Shore	Director
		Kathy Yach	Director

### COA Staff:

Al Loney	Executive Director
Lise-Michèle Bouchard	Executive Secretary
Christina Driedger	Administrative Support / Reception
Yvette Lafrenière	Francophone Project Coordinator
Cindy Flynn	Accountant
Dr. Kathy Downer	Associate Project Director
Geoffrey Coombs	Project Assistant
Andrew McCallum	Project Assistant
Monica Cordeiro	Project Assistant
Mylène Blondin	Student
Love Lombo	Student

## Table of Contents

President's Report .....	4
Executive Director's Report .....	5
Committee Reports.....	7
<i>Committee on Francophone Affairs</i> .....	7
<i>Members.com Committee</i> .....	8
<i>Elder Abuse Consultation Team</i> .....	8
<i>Elder Abuse Steering Committee</i> .....	9
<i>Health Issues Committee</i> .....	10
<i>Transportation Committee</i> .....	11
<i>Housing Committee</i> .....	12
<i>Income Security Working Group</i> .....	12
<i>Nominating Committee</i> .....	13
<i>Acknowledgements</i> .....	14
Friends of The Council on Aging of Ottawa .....	15
The Endowment Fund of The Council on Aging of Ottawa .....	15
The Margaret Griffiths Award .....	16
Financial Statements.....	17

## President's Report

Dr. Glenn Drover

The Annual General Meeting offers an opportunity to highlight some achievements and to congratulate some very special people. It also provides a platform to thank Board and committee members for their contributions.

### Achievements:

- The Council received two new grants to further the work in which it has been engaged over the past few years. One grant allows the Council to work with social agency representatives, health care professionals, police services, and seniors to better understand the issue of elder abuse in minority communities. A second grant is being used to identify the social needs of the diverse populations of seniors in Ottawa.
- The Council sponsored two very successful policy forums on health care and transportation in the fall of 2006. The first was facilitated by the Health Issues Committee. It focused on, and affirmed, the affordability of a public health care system. The second, under the auspices of Successful Aging Ottawa, identified a range of solutions to the many transportation challenges facing seniors in the region.
- The Council also conducted several educational sessions for the general public. Le Comité directeur des affaires francophones held another well-attended forum in May 2007 on successful retirement and successful aging. In addition, three very popular "Lunch and Learn" series were sponsored by the Members.Com Committee. The first focused on seniors who stay at home; the second, on retirement homes; and the third on long-term care. Due to demand, the series will be repeated in the fall of 2007.
- A Directory of Housing and Residences for Seniors in Ottawa was published. It is available on the Council website and in print at the Council offices. On a related matter, the Council also finalized a research report for Canada Mortgage and Housing Corporation (CMHC). Entitled "Seniors' Housing for Seniors", it identifies the potential value of secondary suites to seniors living in their own homes. Highlights of the report are available for free through the Council and CMHC websites.
- Two very successful issues of the Bulletin were published, one on End of Life Decisions and the other on Housing. The Board has decided to continue with special issues. The next bulletin will be on health.
- Under the leadership of Dianne Breton and Roland Lecomte, the board continued to identify key activities which enhance the educational, advocacy and research mission of the Council. Two key issues relate to the potential expansion of the geographic area served by the Council to the LHIN region and the feasibility of focusing research, education and advocacy on upper age seniors.



### Congratulations:

- The Board is delighted that Jacqueline Neatby, former member of the Board and volunteer with the Council, received, in November 2006, the Ontario Senior Achievement Award, the highest award that the Ontario government issues in recognition of the contributions of seniors to their community. Madame Neatby was nominated by The Council on Aging and La Fédération des aînés et des retraités francophones de l'Ontario.
- The Board also is pleased to acknowledge ten outstanding members who received volunteer recognition awards from David McGuinty, M.P., in May 2007. The ten are: Barbara Burns, Marian Chapman, Hubert Frenken, Charles Hurst, Bert Hanmer, Dr. Pierre-Paul Demers, Joan Skene, Dr. Rebecca McDermot, Nicole Robert and Bill Wade.

Thanks:

- This is my final year as president of The Council on Aging. It has been a privilege to work with so many committed volunteers on the Board who have made my task relatively easy. In particular, I would like to acknowledge the contribution of committee chairs (Dianne Breton, Barbara Burns, Carol Burrows, Eric Cosgrove, Hubert Frenken and Nicole Robert) who go the extra mile to implement board priorities and decisions.
- Secondly, I would like to thank Brian Morin, who has completed his term on the Board, and Sheila Nelles, who unfortunately has decided not to continue on the Board for another term. Each, in very different ways, has contributed substantively to Board deliberation and action. They will be missed.
- Thirdly, I want to acknowledge the wonderful work which members of the various committees of the Board make to the Council. Aside from committing themselves to regular meetings, to which they contribute their particular expertise, many also volunteer to assist with special Council functions which are held throughout the year.
- Finally, I want to extend a special thanks to staff of the Council – especially to Al Loney, Lise-Michèle Bouchard, Christina Driedger, Yvette Lafrenière and Cindy Flynn – who continuously welcome and support volunteers. In addition, we are fortunate to have the support of two young men on a part-time basis – Geoffrey Coombs and Andrew McCallum – who assist in many ways. Sadly, we shall miss Kathy Downer who has left the Council for other employment.

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## **Executive Director's Report**

Al Loney

2006 – 2007 has been a year of continued growth in the life of the Council. Although some players change we continue to move forward and work on improving the lives of seniors in Ottawa. The challenges of accomplishing our goals and meeting new situations are ever pressing, requiring agility and steadfastness. Fortunately our volunteers and staff have been able to keep up with all of this.

Many of our achievements are referenced in the President's Report and the list is considerable. Our increasing activity is helping to make us better known in the community and of service to more seniors. With the rapidly increasing number of seniors we need to broaden our activities and efforts.

We have expanded into some adjacent space to provide more and better accommodation for our growing operations. We created two additional private office spaces to vastly improve the working environment for our staff and volunteers. Our principal meeting room is now better equipped and slightly larger and is in constant use by many of our committees. We have also been able to assist some of our affiliated groups by providing meeting space for them. These include the Falls Prevention Coalition, the New Canadian Seniors Coalition as well as the Elder Abuse Network Steering Committee and the Elder Abuse Consultation Team. Recently the Eastern Ontario Elder Abuse Consultant of the Ontario Network for the Prevention of Elder Abuse has relocated to our offices and that further enhances our recognition as a key point in elder abuse for Ottawa.

Our Housing Working Group has been reconstituted as a full-fledged standing committee of Council, recognizing the high importance of housing for seniors. It's now the Housing Committee. Without stable housing, much, including good health is difficult to maintain. Work is currently underway on a full-day forum on Housing for Seniors to be held later this year.

Our Lunch and Learn series over the past several months has featured a number of topics relating to housing and we have had record numbers in attendance - to the point that a decision has been made to repeat some of this to accommodate more persons who could not be registered for our earlier series.

The Health Issues Committee has had a very successful year on a number of fronts. The fall forum "Seniors' Health: Can We Afford the Future?" featuring Dr. Michael Rachlis was an outstanding event and helped to dispel some myths about our health care system in Canada. The Committee reviews and monitors just how seniors are

impacted by changes in the local health care realities. The capacity of our acute hospitals to admit patients, which is in considerable difficulty at the moment, affects many seniors. A great many Alternate Level of Care (ALC) designated beds is a fact throughout our area. This means that the patient does not require acute hospital treatment but cannot be discharged due to lack of sufficient Home Care or Long-Term Care Homes. Some measures to help with this have recently been approved.

A major amount of time and effort continues to be spent on elder abuse and the statistics prove that this is necessary. I have joined the Board of the Ontario Network for the Prevention of Elder Abuse (ONPEA) and the Province has extended funding to that Network to continue its work over the next two years.

Our Steering Committee and the Consultation Team for Elder Abuse are functioning well with a tremendous effort on the part of all members. These folks do a great deal to help victims of elder abuse. Overall, some hope of alleviating the suffering of elderly victims is now present. The work of the Ottawa Police Service with two full-time detectives dedicated to investigating and prosecuting elder abuse is much appreciated and is helping.

We have secured funding for another major project on elder abuse. This is to delve into the ethnic populations of seniors and to provide information and to determine what needs to be done to ensure the safety of seniors who may be subject to abuse but have difficulty in securing assistance due to language and cultural differences. This project will culminate in a major forum on the subject in 2008.

*Le Comité directeur*, our standing committee on Francophone affairs has had another outstanding year culminating in another very successful forum on Successful Retirement, Successful Aging. This committee ensures Francophone input in all the work of the Council and helps with the recruitment of members to all committees. Recently work began on a cooperative housing for Francophones program and a Lunch and Learn program in French is scheduled for later this year dealing with housing issues.

We are blessed to have a very competent staff who work well with our volunteers to accomplish a great deal. To Lise-Michèle Bouchard, Christina Driedger, Yvette Lafrenière, Cindy Flynn, Geoffrey Coombs and Andrew McCallum a very special thanks for all of your efforts during the past year. To Kathy Downer, who is leaving us to take on new challenges with another organization, we'll miss you and we thank you for the contribution you have made with us over the past 1.5 years.

An effective Board, and especially those who serve on the Executive Committee and those who chair other committees, are absolutely essential to achieving our goals as an organization. A special thanks to Dr. Glenn Drover who as President has aided immensely in our success.

As always there is much more that I could say but I urge you to keep an eye on our web site to keep up-to-date on our activities.

Thank you to all who ascribe to the goals of The Council on Aging of Ottawa.



## Committee Reports

### *Committee on Francophone Affairs*

Nicole Robert, Chair

The Steering Committee offers an opportunity for individuals and organizations interested in the quality of life and well-being of francophone seniors to play an active part in the community. Its members study the issues of the moment affecting seniors. The Committee participates in the training of francophone professionals by providing internship placements to students attending local institutions.

The Steering Committee received reports on the activities of local francophone organizations throughout the year. Its members participated actively in numerous forums and conferences, which facilitated the exchange of information pertinent to the Committee's mandate. This information-sharing guided the choice of issues considered.

An ad hoc cooperative-residence committee examined the idea of a residential cooperative for francophone seniors that would provide them with a more-affordable housing option. Invited guests shared their experience and suggested steps to be taken to launch the project and ensure its success.

The Steering Committee also submitted recommendations to government agencies responsible for developing policies and making decisions that affect the francophone community.

To assist francophone seniors, the Steering Committee again organized its yearly forum entitled "Retraite réussie... vieillesse réussie" [Successful Retirement... Successful Aging]. The forum brings together resource persons who share their experience and reflections on making the choices that ensure healthy, happy and worry-free retirement and aging. The more than one hundred people who attended left enriched with ideas and lessons matching their needs and experiences. Many thanks to the dedicated partners, generous sponsors, devoted volunteers and enthusiastic participants who made the event so successful!

The Steering Committee wants to thank coordinator Yvette Lafrenière for her unflagging efforts and her sensitivity to the needs of our francophone elders.

**Members:** Nicole Robert (Chair), Jacqueline Bernard, Jacynthe Carrière, Lise Chislett, Dr. Pierre-Paul Demers, Diane Desjardins, Sylvie Lachapelle, Madeleine Lalande, Roger Laporte, Dr. Roland Lecomte, Prima Parent, Jocelyne Pion

**Staff:** Yvette Lafrenière





## *Members.com Committee*

Dianne Breton, Chair



The committee works to promote and communicate the concerns of seniors, and the activities and achievements of the Council, to members, service providers, community agencies and the general public. It also works to provide opportunities and appreciation for the work and achievements of the COA's dedicated volunteers.

Thanks to the energy and enthusiasm of committee members, we have had a busy and successful year. The committee's main focus has been on planning and organizing a series of Lunch & Learn events, held at The Council on Aging: Financial Planning; Powers of Attorney for your Life; and a three-part series on Seniors' Housing – Staying in your own Home, Choosing a Retirement Home, and Demystifying Long-Term Care.

The speakers provided up-to-date and interesting information on these important topics, and the events have all been well attended.

The Committee also worked on distribution of the Council's quarterly publication, "The Bulletin". With the assistance of the Ottawa Public Library and Meals on Wheels, readership has been substantially increased. The recent "special issues" with a theme topic have proven to be very popular. A sponsorship information package with a pricing schedule has been developed, and it is hoped that future printing costs will be covered by organizations who wish to advertise their services.

Committee members helped to plan an "Italian Evening" to celebrate COA volunteers, and were involved in the organization of the Council's successful Annual Spring Luncheon and silent auction.

**Members:** Dianne Breton (Chair), Dr. Glenn Drover, Margaret Dunn, Brian Jackson, Alina Kinastowski, Madeleine Lalande, Gertrude Langlois, Evelyn Maloney, Dr. Rebecca McDermot, Eleanor Meier, Marilyn Miller, Brian Morin, Sheila Nelles, Sheila Pepper, Kathy Yach

**Staff:** Al Loney, Lise-Michèle Bouchard

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## *Elder Abuse Consultation Team*

Bonnie Murphy, Chair

During the past year, the Elder Abuse Consultation Team met nine times, assisting the Elder Abuse Counsellor and other community service providers with seven complex cases of elder abuse. Thirteen areas of expertise are now represented on this highly professional multi-disciplinary team so, as one might expect, the educational opportunities for team members, case presenters and invited guests are frequent and tremendous. We owe these dedicated individuals, who take time from their busy practices to serve on this committee, a real debt of gratitude.

Under the general direction of the Elder Abuse Steering Committee, an informal review of the Consultation Team commenced in May. Initial feedback suggests a very positive overall response from team members and constructive ideas for improving the consultative process. Input from service providers who have presented one or more complex cases will be included and carefully analyzed. Results of the review will be enhanced by liaising with Toronto and Sault Ste. Marie where Elder Abuse Consultation Teams are also in operation.

I would like to express my sincere appreciation to staff of the Eastern Ottawa Resource Centre for their continuous cooperation in referring cases and providing other service delivery agencies with access to the Consultation Team. I would also like to thank Geoffrey Coombs for his excellent administrative assistance as well as Barbara Burns, Chair, and all members of the Elder Abuse Steering Committee for their on-going guidance, suggestions and support.

## *Elder Abuse Steering Committee*

Barbara Burns, Chair

The focus of this committee is to promote a community response and raise awareness of elder abuse through education, advocacy, and community development and planning.

A significant change in our community's response to elder abuse has occurred with the expansion of the role of the Ottawa Police Service. Their work now takes them into long-term care facilities and retirement homes, and with families and home support programs. Through the diligent work of Detectives Christina Wolf and Brenda McGillvray, and Sgt. Lynne Turnbull there is also increasing awareness about the topic in the media and among the general public; they serve us well.

The need to educate the public about elder abuse continues and many requests have been met through The Council on Aging's Speakers' Bureau, their web site ([www.elder-abuse.ca](http://www.elder-abuse.ca)), and a newly developed PowerPoint presentation. The committee itself has also had several formal and informal education sessions during its meetings.

Led by Marg Eisner, some members also met to discuss the promotion of the Consultation Team and the Elder Abuse Resource Directory developed in 2005. Plans are now underway to update the Directory, which was developed to assist service providers to respond to the complexities of elder abuse.

The proceedings of the Steering Committee have been enhanced by representatives from the Eastern Counties and Renfrew County: Denise Paquette, from Carefor Health and Community Services, and Judy Mayer from the Renfrew Victoria Hospital. It is hoped that with the advent of the LHINs, other programs dealing with elder abuse will join the committee.

The original model for the Elder Abuse Community Response Network has unfortunately been faced with the realities of funding restraints for community programs. Despite the best of intentions, adaptations to the model appear to be necessary. This work will take the committee well into the Fall.

Many thanks to all the members of this hard-working committee and to Geoff Coombs who has so efficiently facilitated our work.

**Members:** Barbara Burns (Chair), Claude Beauchamp, Cristina DiTomaso\*, Marg Eisner, Eleanor Foran, Joanne Green, Angie Hamson, Marie-France Lalonde, Heidi Martin\*, Anne MacDonald, Judy Mayer, Brenda McGillvray, Shelley Morphy\*, Bonnie Murphy, Valerie Oles, Denise Paquette, Sylvie Renaud, Oris Retallack, Sheila Robertson, Carmen Rodrigue, Kim Sheppard\*, Lise Tessier, Lynne Turnbull, Christina Wolf

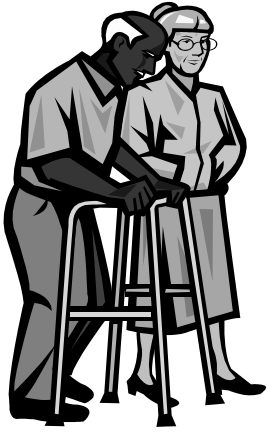
**Staff:** Al Loney, Geoffrey Coombs

\* Resigned during the year.



## Health Issues Committee

Carol Burrows, Chair



The Health Issues Committee has had a busy and productive year, and its activities were shaped by the needs of seniors in a very dynamic health environment. This year marked the inception of the Local Health Integration Network (LHIN) in the Champlain region; the evolution of the Community Care Access Centre (CCAC) to become the Champlain CCAC; a provincial review of retirement homes; a new Long-Term Care Act; and increasing emphasis on the need to develop enhanced community programs and supportive housing to address the crisis in hospitals resulting from an increased number of alternative level of care (ALC) beds.

On October 26<sup>th</sup>, The Council on Aging of Ottawa, through its Health Issues Committee, sponsored a Forum entitled “*Seniors’ Health: Can We Afford the Future?*” on the sustainability of medicare. The keynote speaker, Dr. Michael Rachlis, addressed this question and answered with a resounding “yes”. He proposed strategies and best practices for community action. The responder was Jocelyne Contant, Senior Director of Planning, Integration and Community Engagement for the Champlain LHIN. The 150 attendees discussed and developed the strategies, giving a resounding vote of confidence to cost-effective, community-based services for seniors, and calling for seniors to be self-advocates for their own health care. This Forum has informed the work of the committee this year and will be the subject of the June Council on Aging *Bulletin*.

In response to the review of retirement homes by the Ontario Seniors’ Secretariat, the committee developed a brief which was approved by the COA Board and sent to the government. Several members participated in the community consultation on this subject, making recommendations on behalf of seniors for regulation, standards and consistency with the need for objective third-party enforcement. COA Executive Director, Al Loney, is a member of the provincial task force developing recommendations on this issue. The Council on Aging is noted for informed advocacy on behalf of seniors on issues such as this which can be industry-dominated.

Al Loney also presented a COA response to the legislative consultation on the new Long-Term Care Act.

In the fall, the Health Issues Committee received and investigated concerns about hospital discharge policies, the pressure being inflicted on retirement homes and residences when seniors were inappropriately discharged, and the cutbacks to personal support services in the community. In January, with a major LHIN report on the ALC bed pressures on hospitals and the need to develop specific targeted strategies in the community, the community service climate became more favourable, and several new initiatives have resulted. When seniors are unable to be discharged from hospitals, the designation of beds becomes skewed, impacting surgeries and emergency room care. The recent emphasis on the need for supportive housing and the Aging in Place project, which enhances services for seniors in five Ottawa Housing buildings, holds great promise, as does the funding of geriatric nurse specialists in several emergency rooms to put in place services for seniors being discharged. The Health Issues Committee has monitored these developments and its members are key players in community consultations, hospital advisory committees, organizing a supportive housing symposium, United Way Seniors’ Impact Council, the LHIN, Regional Geriatric Advisory Committee, Ontario Health Coalition, Council of Women and other key groups. The committee provides advocacy and a voice for seniors in these discussions.

The members of the Health Issues Committee are an incredible group! They are committed to seniors and to a sustainable non-profit, cost-effective system of health care. I want to thank them for their contributions, and thank especially Kathy Downer for her professional staff support, excellent writing and organizational skills.

**Members:** Carol Burrows (Chair), Dr. Hugh Armstrong, Ginette Asselin\*, Lise Chislett, Anne MacDonald, Evelyn Maloney, Cal Martell, Jean McKibbin, Nathalie Mehrer, J.P. Melville, Sheila Pepper, Dianne Rossy, Lise Tessier

**Staff:** Al Loney, Dr. Kathy Downer

\*Resigned during the year

## *Transportation Committee*

Dianne Breton, Chair

At the Successful Aging Ottawa conference in 2005, Transportation was identified as an important and complex issue that impacted the lives of all seniors in Ottawa, resulting in the formation of the Ottawa Seniors' Transportation Committee early in 2006.

Representatives from public, private and volunteer transportation services and seniors' organizations make up the partnership Committee, which meets monthly at the Council. The Committee's goal is to identify common transportation issues and work together towards realistic solutions.

The Seniors' Transportation Forum – Finding Solutions was held on Nov. 1<sup>st</sup>, 2006 with 150 participants attending. Planning for the Forum had included the identification of successful transportation models in Canadian cities, and a comprehensive inventory of current services available to seniors in Ottawa. The Forum identified realistic solutions to major concerns.

Several positive actions have already occurred, including:

- OC Transpo's Summer 2007 "Ride with us!" program where seniors (65+) ride free on Wednesdays in July and August.
- Special information/consultation meetings with OC Transpo and rural seniors have been held.
- Intergenerational meetings have been held in Ottawa high schools to encourage awareness and dialogue about seniors needs on public transport.

The Committee has received United Way funding in 2007, to hire a part-time coordinator to further the objectives of the Committee:

- To raise public awareness of the transportation needs of seniors.
- To increase seniors' knowledge and use of available transportation services.
- To increase sensitivity to the needs of seniors among transportation providers.
- To raise awareness among private transportation providers of the current and upcoming market of seniors, their needs and financial constraints.
- To actively solicit the involvement of public and private transportation providers in the improvement and advancement of services to seniors.
- To develop innovative approaches to using and supplementing existing services in order to fill identified gaps and satisfy needs.
- To increase the coordination of volunteer transportation services.

**Members:** Dianne Breton (Chair, Council on Aging), Al Loney (Council on Aging), Lucille Berlinguette-Saumure (Seniors' Agenda, City of Ottawa), Ardyth Elliott (Seniors' Advisory Committee), Adele Muldoon (Accessibility Advisory Committee), Stephanie Piovesan (ROTIS), Lise Richard (Coalition of Home Support Agencies), Kathy Riley (OC Transpo), Abe Rosenfeld (Sandy Hill CHC), Jyoti Singh (Centretown CHC), Debbie St. John-de Wit (Champlain LHIN), Cam Whalen (Ontario Cancer Society)



## *Housing Committee*

Eric Cosgrove, Chair

The Housing Committee was born in the fall of 2006 as a Working Group on the eve of the release of the excellent report on the CMHC-sponsored study on seniors and secondary housing units, entitled "Seniors' Housing for Seniors".

An energetic group of members set out quickly to identify activities that further the dual education and advocacy missions of the Council – the first of which is the mounting of a public "policy" forum on Housing for Seniors after retirement.

The purpose of the forum is to raise awareness among key audiences of the current state of retirement housing options now available, assess whether it is adequate to current and future needs and look at possible action to enhance the quality and quantity of retirement housing options in the future. The committee wishes to share important information about a critically important subject and to advocate for ever-improved housing options for older adults. The prime target audiences for the forum are boomers and their parents who, individually or together, are faced with making choices for future living arrangements and need good information now. A secondary target audience is the local municipal decision maker, professional planner, housing industry consultant and Councillors who can help improve on the status quo.

The forum will take place at 1247 Kilborn Place on November 22, 2007 (National Housing Day).

**Members:** Eric Cosgrove (Chair), Dr. Glenn Drover, Trudy Sutton, Rosemond Jean, Nick Greco, Ann Dobbins, Bill Wade, Desmond Doran, Rod Manchee

**Staff:** Al Loney

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## *Income Security Working Group*

Hubert Frenken, Chair

The Council's Income Security Work Group reconvened last winter to discuss a number of issues affecting the economic wellbeing of Ottawa seniors. The group reviewed the Conservative government's May 2006 budget and October 2006 tax announcements and recognized that some creeping changes in tax policies favouring the better-off population, versus individuals with low incomes, might need to be addressed at some future date. The government's policies on the taxing of income trusts and pension income splitting, two issues of prime interest in late 2006, were regarded as impacting largely on high-income seniors and decisions were made not to request action from The Council on Aging in these areas.

A major concern the group did address was the fact that many low-income seniors are still missing out on the Guaranteed Income Supplement. A letter was drafted for the President of the Council to be sent the Minister of Social Development Canada, requesting that mechanisms be set in place to rectify this injustice. A response was received in April from an official in the ministry indicating that some action was being taken. The committee will continue to monitor this situation.

Bert Hanmer appeared on the local CTV evening news on March 19, 2007 to provide a senior's perspective on the federal budget presented that day. As Bert indicated, although there were some announcements favourable to seniors in general, concerns remain about provisions affecting seniors with low income.

Some other areas that the committee will continue to monitor are the Ontario government's growing exclusions from the Drug Benefit Plan's formulary, the City of Ottawa's budgetary alterations, the increasing number of conversions of rental property to condominiums in the centre core of the city and incomplete and sometimes inaccurate disclosures by the banks in promoting reverse mortgages.

As Chair of the committee, I wish to express my appreciation to Glenn Drover, Bert Hanmer, Al Loney, Marion Routledge and Louise Sévigny for their insights and contributions to the work of the committee.

**Members:** Hubert Frenken (Chair), Dr. Glenn Drover, Bert Hanmer, Marion Routledge, Louise Sévigny

**Staff:** Al Loney

## Nominating Committee

Carol Burrows, Chair

The Nominating Committee is guided by the By-laws of The Council on Aging which state that at least 50% of the Directors shall be seniors (55+) 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 2007-2008.



### For election to a two-year term, 2007-2009:

Madeleine Lalande

### For re-election to a two year term, 2007-2009:

Dr. Pierre-Paul Demers

Patrick Murphy

Desmond Doran

Dr. Glenn Drover

Nicole Robert

Louise Sévigny

Evelyn Maloney

### Members whose term continues ending in 2008:

Dr. Hugh Armstrong

Eric Cosgrove

Oris Retallack

Dianne Breton

Elaine Kenney

Kathy Yach

Carol Burrows

Dr. Roland Lecomte

### Organizations which appoint a member by virtue of office:

- The Senior Citizens Council of Ottawa
- La Fédération des aînés et des retraités francophones de l'Ontario

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

I am pleased to inform you of the nominations for the officers of the Board for 2007-2008. This slate will be proposed to the Board of Directors at its first meeting following the annual election of directors.

President:	Dr. Roland Lecomte
Vice-President:	Dianne Breton
Treasurer:	Louise Sévigny
Secretary:	Dianne Breton
Past-President:	Dr. Glenn Drover

The Nominating Committee also recommends candidates for the Margaret Griffiths Award and Certificates of Appreciation. I would like to thank Committee members for their commitment.

**Members:** Carol Burrows (Chair), Dianne Breton, Dr. Glenn Drover, Madeleine Lalande, Kathy Yach

**Staff:** Al Loney

## *Acknowledgements*

The Council on Aging of Ottawa would like to thank the following people and organizations for their support and encouragement throughout the year:



Ontario Ministry of Health and Long-Term Care  
City of Ottawa  
United Way / Centraide Ottawa



Archdiocese of Ottawa  
Ministry of the Attorney General  
The Ontario Trillium Foundation  
Community Foundation of Ottawa



**THE ONTARIO  
TRILLIUM  
FOUNDATION**



Ministry of Community Safety and Correctional Services  
National Crime Prevention Strategy – Community Mobilization Program  
Regional Geriatric Assessment Program  
Primus Communications  
Collins Barrow Ottawa LLP



### Spring Luncheon 2007:

Mike Duffy, Host of Mike Duffy Live, CTV  
Ottawa Congress Centre  
William A. Wade  
VIA Rail Canada Inc.  
Courtyard Restaurant  
Mamma Grazzi's Kitchen  
Biagio's Italian Kitchen  
Cartier Place Suite Hotel  
Trattoria Caffé Italia  
Mulligan's Florist  
Hulse, Playfair & McGarry  
CentrepoinTE Theatre  
La Roma Restaurant

Minto Suite Hotel  
Ottawa Lynx Baseball Club  
Lapointe Seafood Grill  
Robbie's Italian Restaurant  
Rideau Carleton Raceway  
Radisson Hotel Ottawa Parliament Hill  
Hillary's Cleaners  
Keith Yach  
Desmond Doran  
Evelyn Maloney  
Madeleine Lalande  
Dianne Breton

### Francophone Forum (May 20<sup>th</sup>, 2007):

Caisse populaire Vision  
Caisse populaire Trillium  
Caisse populaire Orléans  
Caisse populaire Rideau d'Ottawa  
Résidence Les Jardins Rideau  
Chevaliers de Colomb d'Orléans Conseil 11500 /  
District 93  
Les fleurs et pépinières Laporte Inc.  
Bibliothèque publique d'Ottawa  
Centre de services Guigues  
Centre du sud-est d'Ottawa pour une communauté  
en santé

Centre Pauline-Charron  
Centre Séraphin-Marion d'Orléans  
FAFO - Régionale d'Ottawa  
Rendez-vous des aînés francophones d'Ottawa  
Santé publique Ottawa  
Roger Laporte  
Jacynthe Carrière  
Gilles Cloutier  
Ginette Asselin  
Claire Blanchard de Ravinel  
Hubert de Ravinel  
Dr. Roland Lecomte

### Volunteer Appreciation 2006:

Bellows & Strings  
Bay Street Bistro  
La Vecchia Trattoria  
Bella Vista Restaurant  
Trattoria Caffé Italia

La Roma Restaurant  
Oregano's Pasta Market  
Carmello's Italian Restaurant & Bar  
Pub Italia



### Special Thanks:

Margaret George

## **Friends of The Council on Aging of Ottawa**

Lucio Appolloni  
Germain Aubut  
David K. Bernhardt  
Blanche Black  
Marian Chapman  
Hubert Frenken

Claire Heggveit  
Charles Hurst  
Margaret Wade Labarge  
Dr. Campbell Lamont  
James D. Lumsden  
Ada McEwen

Raymond Ostiguy  
Marion Routledge  
Don Saxon  
Susan Van Iterson  
William Wade  
Jessie Whyte

Friends of The Council on Aging of Ottawa are individuals who have committed to contributing a minimum of \$1,000 to The Council on Aging of Ottawa over their lifetime. The donation may be made in one or many installments spread over many years. Friends may choose to make a designated contribution to the Council's Endowment Fund, to the general operations of the Council, to special projects, or to any other purpose consistent with the Council's mission.

**Patron - \$5,000**

Hubert Frenken

**Benefactor - \$10,000**

## **The Endowment Fund of The Council on Aging of Ottawa**

### **A Fund within the Community Foundation of Ottawa**

The Council on Aging of Ottawa has established an Endowment Fund within the Community Foundation of Ottawa. The Endowment Fund was created to provide the Council with financial security and stability that will allow it to pursue its mission of enhancing the quality of life for all seniors in Ottawa.

There are many ways of contributing to the Endowment Fund: bequests, a donation of shares or securities, the establishment of a charitable remainder trust, or by making The Council on Aging of Ottawa the beneficiary of a life insurance policy. Donations to the Endowment Fund will be held permanently by the Community Foundation of Ottawa. Net earnings of the Endowment Fund will be applied in support of the objectives and activities of The Council on Aging.

For more information about The Council on Aging's Endowment Fund, please contact either The Council on Aging of Ottawa at 613-789-3577 x16, or the Community Foundation of Ottawa at 613-236-1616.



## The Margaret Griffiths Award

Margaret Griffiths taught for 25 years at the McGill School of Social Work. In a second career, after her retirement, Miss Griffiths became actively involved in many organizations 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.

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 Miss Griffiths, has contributed substantially to the betterment of the quality of life of seniors in Ottawa.

### This year's recipient, Joan A. Skene:



Joan Skene grew up in Kingston, Ontario. She graduated from Queen's University and subsequently worked in Kingston and Thunder Bay, Ontario with the Children's Aid Society.

This very brief working career was followed by many years of volunteering in Ottawa; mainly in the area of health care.

In 1981, Joan was invited to join the governance Board of the newly created Elisabeth-Bruyère Health Centre. Over the following twelve years, she was privileged to work as a Board member, eventually becoming Chair of the Board, and to build the Centre for Excellence in Long Term Care and Palliative Medicine.

This governance experience enabled Joan to serve at the provincial level as a member of the Regional Executive Committee of the Ontario Hospital Association, as well as on numerous local Boards involved with institutional and health-related issues.

In the early 1990s Joan was appointed by the Ontario Government to the Ottawa-Carleton District Health Council and served on its executive committee. These were challenging years as the Council's mandate was to restructure the Ottawa hospital system.

An invitation from The Council on Aging of Ottawa to join the Board of Directors began a long association with the Council and the very different challenge of addressing the needs of Seniors from a community-based perspective. Joan was privileged to serve as President of The Council on Aging of Ottawa from 2000 to 2003.

For twenty-seven years she has been a volunteer teacher with the Museum of Man and the Museum of Civilization in Ottawa. She continues with this interest as a volunteer interpreter in the Museum special exhibit areas.

For Joan, 2007 marks twenty-eight years of very active involvement in the volunteer sector in Ottawa.

### ***Winners of the Margaret Griffiths Award:***

2007	Joan A. Skene	2002	Dr. Beatrice Wickett-Nesbitt	1997	Jessie Whyte
2006	Susan Van Iterson	2001	Jacqueline Neatby	1996	Sylvia Goldblatt
2005	Hubert Frenken	2000	Marion Routledge	1995	Margaret Wade Labarge
2004	Barbara Burns	1999	Charlie Hurst	1994	Bert Hanmer
2003	Marian Chapman	1998	Germain Aubut		



**The Council on Aging of Ottawa /  
Le Conseil sur le vieillissement d'Ottawa  
Balance Sheet**

**December 31** **2006** **2005**

**Assets**

**Current**

Cash (Note 1)	\$ 8,238	\$ 30,232
Investments (Note 2)	139,571	136,580
Accounts receivable	1,360	1,315
Grants receivable	14,834	-
Prepaid expenses	7,224	4,814
	\$ 171,227	\$ 172,941

**Liabilities and Net Assets**

**Current**

Accounts payable and accrued liabilities	\$ 22,497	\$ 12,598
Deferred contributions (Note 3)	1,400	38,367
	23,897	50,965

**Net assets**

Unrestricted	147,330	121,976
	\$ 171,227	\$ 172,941

On behalf of the Board:

Glenn Droke Director

Louise Sirigny Director

**The Council on Aging of Ottawa /  
Le Conseil sur le vieillissement d'Ottawa  
Statement of Operations and Changes in Net Assets**

For the year ended December 31	2006	2005
<b>Revenue</b>		
United Way Ottawa	\$ 90,456	\$ 90,456
Province of Ontario	72,115	70,757
The Ontario Trillium Foundation	-	20,000
City of Ottawa	72,059	80,577
Community Foundation of Ottawa	10,000	-
Successful Aging Ottawa		
The Ottawa Hospital	-	15,000
Other	-	1,925
Elder Abuse - Province of Ontario	55,333	14,280
Other grants		
Canada Mortgage and Housing Corporation	12,488	4,163
Employment and other	3,450	3,012
Donations, fundraising and advertising	27,215	18,481
Sales of publications	5,028	1,822
Interest	7,910	6,902
Membership fees	6,238	4,075
	<b>362,292</b>	331,450
Deferred contributions, beginning of year (Note 3)	38,367	49,292
Deferred contributions, end of year (Note 3)	(1,400)	(38,367)
<b>Net revenue</b>	<b>399,259</b>	342,375
<b>Expenses</b>		
Accounting	7,434	7,452
Administration expenses	24,651	24,626
Audit	4,244	4,140
Conference and travel	2,610	1,980
Consultants	-	9,936
Equipment and furniture (Note 4)	6,035	10,024
Meetings	19,733	15,779
Occupancy (Note 5)	20,666	20,332
Postage and shipping	2,579	3,523
Printing	25,559	17,569
Public relations and local transport	4,243	3,389
Salaries, benefits and contract personnel	221,765	206,865
Sundry	903	1,398
Translation	8,483	5,075
Transfer to Community Foundation of Ottawa Endowment fund	25,000	-
	<b>373,905</b>	332,088
<b>Excess of revenue over expenses for the year</b>	<b>25,354</b>	10,287
<b>Unrestricted net assets, beginning of year</b>	<b>121,976</b>	111,689
<b>Unrestricted net assets, end of year</b>	<b>\$ 147,330</b>	\$ 121,976

The accompanying summary of significant accounting policies and notes are an integral part of these financial statements.