



*Advancing the Wellbeing
of Ottawa's Older Adults*

2021

Annual Report



A photograph of several pink tulips with green leaves, positioned on the left side of the page, partially overlapping the dark green content area.

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Mission & Vision

COA by the Numbers 2021

Mission

As a bilingual and inclusive Council, we work to advance the wellbeing of Ottawa's older adults

Vision

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

Motto

Advancing the wellbeing of Ottawa's older adults





Leadership Report

Alex Roussakis, President

Sarah Bercier, Executive Director

The early months of 2021 found a team of organizational leaders finalizing their work on a facilitated process called Impact & Strategic Clarity under the direction of two social impact coaches funded through Innoweave. This process was very helpful in clarifying the impact we hope to achieve as an organization, determining a concrete plan for achieving it, and establishing clear measures of success. The resulting Impact Statement, approved by the Board, highlighted that the COA seeks to:

1. impact on older adults in all wards of the City of Ottawa (ensuring a broad reach that matches our Ottawa-wide mandate)
2. enhance individual aging by educating older adults and providing resources needed to make decisions in their own lives to enhance their quality of life
3. enhance community aging by engaging the voices of older adults and their supporters to influence public policy and address issues of importance to seniors

To better support this desired impact, a decision was made to restructure the Board by creating new Board positions focused on engagement and education and having positions that would serve the organization more broadly, including the roles focused on volunteers, resource development, and communications and marketing. This had the additional benefit of allowing the action committee chairs to focus on their specific areas of interest with their committees and no longer have the additional responsibility of having an automatic position on the board. Further, a Leadership Team was developed comprising Board, staff, and Chairs to enhance communication amongst these leaders through regular quarterly meetings.

Advocacy work addressed several ongoing issues including shedding light on the issues in long-term care, advocating for safer winter walking, focussing on the need for retirement income (including pension) reforms, and drawing attention to the need for increased availability and access to affordable housing options. We also addressed several emerging issues. We partnered with the National Association of Federal Retirees and the Canadian Association of Retired Persons to host a series of virtual information sessions with federal election candidates, submitted our recommendations to the Ontario 2021 Budget Consultations, and wrote an open letter to Premier Ford stressing that seniors and their families should not have to wait for long term care reform.



Educational endeavors included familiar events and new opportunities. Smart Aging explored new populations, including rural residents and those without access to technology, and four new stand-alone workshops were developed. The Spirituality Conference went online for its 11th annual event and the 3rd Annual Men's Breakfast successfully navigated our first hybrid event. Our first virtual Spring Luncheon featured Dr. Nora Spinks with a timely topic of "Older Adults, Families and Caregivers: Exploring the Impact of COVID on the Many Relationships that Enrich Our Lives". Unique events included an international francophone conference co-hosted with a partner in Belgium, and an extremely well-attended event in March focused on "How Seniors are Coping with the COVID-19 Pandemic".

Our fundraising endeavors explored new opportunities and were extremely successful. We are so grateful for the ongoing support of so many! We promoted the new Will Power Campaign which aims to make gifts in wills a social norm. We held our first fundraising walk "The Grand Parade" with 55 walkers and raised over \$26,000, our second largest fundraiser ever! We also explored our first-ever donor matching opportunity on Giving Tuesday which was also very successful bringing in just under \$5000. These much-needed funds have allowed us to deliver more programs to more people.


The Info-Flash News moved to an expanded monthly distribution featuring timely information on emerging issues (such as up-to-date vaccine information), special observances (such as elder abuse prevention day and heart health month), opportunities to be involved in research projects of all kinds, and one-time promotions of our corporate members. Info-Flash Events featured all COA events as well as some 428 Community Events.

The year-end saw the beginnings of a new intergenerational project entitled "Engage at Every Age" under the leadership of Andrew Fleck Children's Services and in partnership with Families Canada. This project aims to embed opportunities for children and seniors to connect naturally through caring, responsive interactions that are part of a daily routine.

We look forward to more opportunities to advance the wellbeing of Ottawa's older adults in 2022.

Alex Roussakis
President

Sarah Bercier
Executive Director



Watch the video,
then join the discussion

on
Developing Resilience During this COVID Season

Education

Educational endeavors in 2021 included both familiar events and new opportunities.

Smart Aging delivered the 8-week core program to rural residents and those without access to technology with 136 older adults participating.

Four new stand-alone workshops were developed and delivered to 141 participants, namely “Connecting at a Distance”, “Online Banking and Shopping”, “Emergency Preparedness”, and “Healthy Eating”. A promotional video was also released including testimonials from former participants which is available on YouTube.

The report “**COVID-19 in Ottawa: Older Adults Experiences in the First 8 Months of the Pandemic**” was presented in March with over 300 registered.

The **Spirituality Conference** went online for “Developing Resilience During This COVID Season” delivering it in two parts; a video-taped panel discussion with Patricia Marsden-Dole, Gerardo Quintanar, and Brenda Verch, and a live workshop providing an opportunity to give and receive information on developing resilience.

The 3rd Annual **Men’s Breakfast** was themed “Life Happens! Making Choices in New Life Stages” with 3 featured speakers, John Robson, Bob Chiarelli, and Peter King talking on their own significant life changes. Some 70 men attended the hybrid event with those in person enjoying a wonderful breakfast at the Good Companions.

The **Spring Luncheon** was held virtually with over 350 people registered. The event featured Nora Spinks who spoke on the timely topic of “Older Adults, Families and Caregivers: Exploring the Impact of COVID on the Many Relationships that Enrich Our Lives”. Participants were able to discuss themed questions in small groups.

In partnership with the Sequoia Network in Belgium, the Francophone Affairs Committee organized its first **international webinar**, “What is aging in our societies?”, in April with over 280 participants.

Virtual Screenings were new this year as the COA partnered with other organizations to bring members virtual and exclusive screenings of both “The Great Disconnect” and “Olympia”.

Through the Info-Flash, the COA was able to promote 428 **Community Events** organized by a wide variety of community partners and corporate members.

Members

Men's Committee

Gord Larose
Simon Gardner
George Hartsgrove
Staff: Sarah Bercier

Spirituality Committee

Lee McCoy, Chair
Anne Marie Bazinet-Miller
Carol Fairbrother
Patricia Marsden-Dole
Marjorie Milloy
Brenda Verch
Staff: Stephanie Cadieux

Smart Aging Committee

Mary Appleton
Janet Bax
Judy Bedell
Sandra Chatterton
Dagmar Horsman
Sharon Irven
Christiane Kirkland

Trudy Medcalf
Caroline Midgely
Hugh Nelson
Guilheme Perodeau
Kim Peterson
Alex Roussakis
Staff: Stephanie Cadieux



Francophone Affairs Committee

Lucie Sabourin, Chair

The year began with the recruitment of Baby-Flore Pyram, MSW student at the University of Ottawa. She created an inventory of more than 130 organizations offering services or programs for Francophone seniors in the Ottawa region. Additionally, three students from the University of Ottawa's Community Service Learning (CSL) program, Marjorie Lapierre, Mikaëlle Millette, and Képhina Dupuy, helped promote COA activities, survey French-speaking members, conduct interviews on various topics including ageism and diversity, and find resources for the inventory.

In partnership with the Sequoia Network in Belgium, the Francophone Affairs Committee organized its first international webinar, "What is aging in our societies?", in April with over 280 participants. Hosted by journalist Gisèle Quenneville, the webinar featured statistics and testimonials about aging from people of all ages and aimed to change the way people look at aging. <https://youtu.be/9O1KuG83h84>

The committee worked to keep in touch with Francophone seniors by telephone and through Info-Flash, recruit new members, establish concrete objectives, strengthen committee collaborations, and establish new community partnerships.

A working group on inclusion and diversity aimed to fight discrimination by increasing awareness of this diversity and facilitating dialogue between groups and individuals who live different experiences, but who have in common their age and the French language. Much research has been done by student Chantal Garas. An inventory of materials on diversity and inclusion was shared widely and is on the COA website.

Francophone seniors were kept informed each month thanks to our partnership with Rogers Community TV and the program Entre Nous. We thank Yoland Lessard and Claude Andrea Bonny for their volunteer commitment to this endeavor.

Members

Members who left during 2021: Caroline Bergeron, (présidente a quitté à compter de mai 2021), Marise Bellavance (Manoir Belcourt), Marielle Racette, Michel Tremblay (Renaissance Montfort) et Arianna-Marie Skoloudik (Université d'Ottawa) ainsi que Marc Chénier (Fédération des aînés et des retraités francophones de l'Ontario).

Current Members: Anik Lambert-Bélanger (Montfort Renaissance), Sarah Calvin (Organisme de soutien aux aidants naturels de l'Ontario), Jean Hébert (FARFO), Mariette Chikuru (La Cité/ Télé-aide Outaouais), Florent Clairoux (Visavie), Faten Djoudad (Réseau de soutien à l'immigration francophone de l'est de l'Ontario (RSIFEO)), Khaled Kchouk (Max Ottawa), Thérèse Legault (Centre Pauline Charron), Josiane Manirambona (MIFO), Jacqueline Noiseux (Rendez-vous des aînés francophones d'Ottawa (RAFO)), Carmen Paquette (Réseau fierté des aînés d'Ottawa; Représentante de Retraite en action), Sarra Rouabhi (Étudiante, Université d'Ottawa), Lucie Sabourin (Présidente), Corinna Simeoni-Buhay (Travailleuse sociale et professeure à l'École de service social, Université d'Ottawa; Enseigne le cours d'introduction en gérontologie), Faten (Réseau de soutien de l'immigration francophone de l'est de l'Ontario), Myriam Taillon (Réseau des services de santé en français de l'Est de l'Ontario)

Staff: Stéphanie Cadieux



Ottawa Seniors Transportation Committee

Alex Cullen, Chair



Snow Mole Report 2021: Winter Walking in Ottawa

The OSTC has 3 active sub-committees.

The Age-Friendly Pedestrian Safety & Walkability Subcommittee's 2021 Snow Mole Campaign, focused on winter walking, saw over 325 community audits completed. The launch of the 2022 Snow Mole campaign announced an additional focus on safety on stairs, steps, and ramps.

The Older Drivers Subcommittee focused on information and produced a series of Reminders for Older Drivers, based on the Driving Tips Sheet from 2020.

The Rural Transportation Subcommittee focused on supporting the survey regarding rural transportation options.

The OSTC lobbied Ottawa City Council for improved winter sidewalk snow-clearing standards and is participating in the City's Winter Quality Maintenance Standards Review.

The OSTC provided comments to the City regarding the development of a new Official Plan, in particular regarding the concept of 15 Minute Neighbourhoods.

The OSTC continues to lobby for 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).



Members

Louise Brunelle, Chair, Older Driver Subcommittee
 Ken Holmes, Chair, Rural Transportation Subcommittee
 Min Ku, Chair, Pedestrian Safety and Walkability Subcommittee
 Amy Bevilacqua (Ottawa West Community Support (OWCS))
 Rachel Warden (SouthEast Ottawa Community Health Centre (SEOCHC))
 Cristina DiTomaso (Western Ottawa Community Resource Centre)
 Safia Nawaz (Ottawa Community Immigrant Services Organization (OCISO))
 Kathy Riley (OC Transpo)
 Claire Argo, Ardyth Elliott, Asaf Mitta, John Woodhouse, Lisa Bornn
 A particular note of thanks to OC Transpo for their ongoing and very helpful collaboration.



Social Inclusion Committee

Chairs: Amanda Labbe

The Social Inclusion Committee focused on three main areas this year.

Emergency Preparedness Guide

Work continued on this valuable guide which will provide Ottawa's older adults with the information and resources they need to feel empowered to weather any kind of emergency. Topics will include: a recap of recent local disasters, emergency kits and evacuation plans, building and sustaining social networks to rely on in times of need, what happens when smart devices fail, accessing important sources of information and resources, being legally prepared for unforeseen emergencies, and distinguishing reliable information sources from fake news and opportunistic frauds and scams. The guide will be released in 2022.

Men's Initiatives

The committee supported two initiatives specifically for men. First, the COA has continued to provide arms length support for the Ottawa Centre Men's Shed, which was launched as a result of the first Annual Men's Breakfast in 2019. This group meets regularly and is attended by many from the COA.

Second, the COA led the planning and execution of the 3rd Annual Men's Breakfast on November 20. The hybrid event was held at the Good Companions Seniors Centre on November 20 and saw over 65 men in attendance, mostly in person. We were grateful for the volunteers who support the technology requirements for making the hybrid event possible.

Restructuring

As a result of the Committee Chair stepping down, a decision was made to suspend committee activity in order to focus on recruiting new co-chairs and re-launch the committee early in 2022.

Finally, committee members and staff participated in a variety of community presentations and projects including:

- Ottawa Public Health's Aging Well in Ottawa Facebook Page, February 2021
- River Ward Councillor Riley Brockington's Older Adult Summit, Fall 2021
- Ottawa Association of Mental Health Workers Annual Professional Development Day, March 2021
- City's Women and Gender Equity Working Group, January – November 2021
- Two projects with Families Canada on intergenerational volunteering and food safety among multicultural older adults

Members

George Hartsgrove – Ottawa Senior Pride Network (Chair 2019-2021)

Amanda Labbe – Incoming co-chair June 2021

Patricia Marsden-Dole

Andréa Schnell – Ottawa Public Library

Rachel Sutcliffe and Lisa Swant – The Good Companions, Seniors Center Without Walls

Sybil Braganza – Social Planning Council, Multicultural Seniors

Ana Maria Cruz-Valderrama – Social Planning Council, Multicultural Seniors

Judy Madhosing – Social Planning Council, Multicultural Seniors

Barbara Zagon – Canadian Mental Health Association (CMHA) Ottawa

Bonnie Schroeder – COA staff



The Expert Panel on Income Security

Russell Robinson, Chair

In 2020 the Panel produced a major “Next Steps” document describing possible projects and priorities to help address income security and related challenges for seniors likely to emerge over the next several years. An updated paper focussing on potentially needed and desirable retirement income (including pension) reforms was produced in 2021.

These and the group’s earlier papers formed the basis of a major proposal for the government to launch a comprehensive review of the interactive system of policies and programs – not only respecting incomes but also other policy sectors such as health and housing – affecting the wellbeing of Canada’s seniors into the future. Refining and promoting this proposal is a priority for 2022.

"Retiring on a Low Income" retirement planning workshops continued, designed to assist those with lower incomes, who often do

not have the information and support needed to access Canada's complex retirement income and taxation system. A virtual (Zoom based) workshop was held in French (December) and in English (November).

Advocacy for improved data, research and policy analysis on seniors-related issues also continued throughout 2021. Panel members continued their individual research priorities, served on governmental advisory panels, conducted studies for government departments (including Statistics Canada), and participated in both Canadian and international policy research projects.

On behalf of the COA a letter was sent to the Ontario government regarding the City of Ottawa’s Official Plan, and a presentation was made to City Council focussing on how urban development will affect seniors’ ability to age in the community. The COA also supported a successful research grant application for an international comparative study (UK, Austria, Spain and Canada) on caring needs and policies, with one of our members the Canadian Principal Investigator.

- Members
- Russell Robinson, Chair. Former federal senior executive, social policy and intergovernmental
 - Bob Baldwin. Pension researcher/author, member of Boards/Committees (CPP; C.D.Howe;...)
 - Bernard Dussault. Pension author/consultant; former Chief Actuary of Canada
 - Peter Hicks. Former senior federal executive; Social policy advisor and author, Canada/international
 - Andrew Jackson. Social and economic policy researcher/writer/advisor
 - Richard Shillington. Statistician/researcher/consultant/author, social policy, poverty
 - John Stapleton. Numerous advisory groups and task forces; poverty, security, access to programs
 - Michael Wolfson. Former federal senior executive, statistics; social policy research/analysis/advice
 - Staff: Bonnie Schroeder



Age-Friendly Housing Committee

Co-Chairs Mary Appleton & Peggy Edwards

Age-friendly housing supports aging in community and acknowledges that older people need more than a place to live. They want to enjoy living in a home (whether it be independent or shared living, rented or owned) that is affordable, appropriate, accessible, socially inclusive, and available – our 4A's. Our committee addresses housing issues through advocacy, engagement, collaborative action, information and education, and knowledge development and exchange.

4 A's of Housing



In 2021, our Housing Guide for Older Adults was revised and distributed. Our new Advocacy

Working Group organized meetings with 8 City Councilors, submitted a deputation to the City's official plan outreach, mobilized for the Federal Election, and assisted the Board to respond to ON Bill 37 on LTC and retirement homes. Our new Working Group on Naturally Occurring Retirement Communities (NORCs), with help from Laura Thiessen, during her practicum with COA, developed a Fact Sheet and PowerPoint presentation to explain and promote the concept based on the Oasis model in Kingston. We provided facilitators for the Smart Aging housing sessions and drafted a stand-alone workshop. Our members attended numerous webinars and meetings, liaised with a variety of other organizations, and successfully encouraged the Board to join the Ottawa Community Benefits Network. A letter went to Age Safe Canada to include diversity and inclusive training in their Senior Home Safety Specialist course. Speakers periodically join our monthly meetings to help us better understand older adult housing issues. As always, we thank Bonnie Schroeder for her continued and essential guidance and support.

Members

Jennifer Brooks, Louise Clement, Michael Elliott, Miriam Fry, George Hartsgrove, Mary Huang, Sharon Irvén, Suzanne Labonte (Royal LePage), Sheila Pepper, Pat Thornton, Grace Welch, Valerie Wright, Mary Dickinson (City of Ottawa)
Staff: Bonnie Schroeder
Advisory members: John Anderson, Fatma Maged, Rod Manchee

Health Issues Committee

Chairs Michele Brenning and Nancy Garrard

The Health Issues Committee has focused on the continuum of care and on the health service delivery system changes that are taking place in the system.

Statements were published on topics such as optometric services and covid vaccine mandates. Health professionals and experts were invited to present to the Committee to discuss topics such as dementia and respite needs of caregivers, the implementation of Ontario Health Teams in Ottawa, Regional Geriatric Services of Eastern Ontario, Geriatric Psychiatric Community Services offered in Ottawa, and Vaccine uptake in older adults.

Written submissions were made to Bill 37 on LTC and Care in Retirement Homes. Letters to the editor were published on LTC and comments were submitted on National standards in LTC. To support continuing education of older adults, a new workshop was developed on the topic of "Navigating In & Out of Hospital".

The Committee developed three priorities to focus its advocacy activities. The topics are:

1. Home Care - the need to improve the scope, quality, and accessibility of health and care supports to enable older adults to stay at home, and in their communities.
2. Long Term Care - holding the government accountable to deliver on its commitments to build capacity and transform Long-Term Care.
3. Health Sector Human Resource Crisis - raising the alarm bells on the crisis in the sector and looking to increase capacity and recognize that care of older adults is a specialized field within the health sector.

The Committee has gone through change in the past year and has recruited talented new experts in various fields of practice as well as individuals who want to make a difference. The Committee is pleased to be reinvigorating key partnerships, including with Ottawa Public Health through its quarterly meetings with key City staff members. The Committee looks to continue building its knowledge base by reaching into the deep professional health expertise that exists in Ottawa and would like to extend its warmest thanks and appreciation to staff member Bonnie Schroder who maintains an active network in Ottawa that has supported the Committee's work.

Members

Nancy Garrard (Interim Chair - January to September 2021), Michelle Brenning (Chair from September 2021), Beverlee McIntosh, Grace Welch, Robert Greenslade, Sheila Pepper (Ottawa & Ontario Councils of Women) Pat Thornton, Sally Zhang (Ottawa Public Health), Chris Cobus (Champlain Community Support Network) Ted Cohen (Hillel Lodge, Regional Director, Ottawa Region, AdvantAge Ontario) Kevin Babulic (Champlain LHIN, Home and Community Care), Isabelle Meunier (Champlain LHIN - Alternate) Kelly Milne (Regional Geriatric Program of Eastern Ontario (RGPEO)), Heather MacLeod (RGPEO) Shaarika Sarasija, Dr. Indu Gambhir, Paddy Bowen, Vickie Demers (Geriatric Psychiatry Community Services) Diane Law (National Association of Federal Retirees (NAFR))
Board: Miriam Fry, Chair, Committee Development
Staff: Bonnie Schroeder





Nominations Report

Alex Roussakis, 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. Officers of the Corporation may be exempt from the six-year limitation in order to follow the presidential sequence.

We are pleased to present the slate for the Board of Directors for 2022-2023.

For election to a two-year term for 2022-2024:

Carol Clemenhausen Patrick Curran Brian Tardif

For re-election to a second two-year term for 2022-2024:

Sandra Murray

Current members whose term continues to 2023:

Miriam Fry Chandra Hapuarachchi Yves Leduc Nicole Robert 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

Members whose term has ended in 2021-2022 - Thank you for your service.

Alex Cullen Linton Garner

The following nominations of officers of the Board for 2022-2023 will be proposed to the Board of Directors at its first meeting following the annual election of Directors:

President: Alex Roussakis Vice President: Trèva Cousineau 2nd Vice-President: Miriam Fry

Secretary: Sandra Murray Treasurer: Chandra Hapuarachchi Past President: Nicole Robert

The Board is responsible to oversee the annual nomination process for the Board. The nominations process was chaired in 2021 by the President of the Board: Alex Roussakis.

Board of Directors 2022-2023

Officers	President:	Alex Roussakis	Directors	Carol Clemenhausen
	Vice President:	Trèva Cousineau		Patrick Curran
	2nd Vice :	Miriam Fry		Yves Leduc
	Secretary:	Sandra Murray		Brian Tardif
	Treasurer:	Chandra Hapuarachchi		
	Past President:	Nicole Robert	Ex officio: Sarah Bercier, Executive Director	

Bilingualism Committee

Trèva Cousineau, Chair



During the past year, there was no need to engage committee members as the ongoing objective is to always ensure that Council respects its obligations under the French Language Services Act (FLSA) and the City of Ottawa's bilingualism policy.

Specifically this year, the Committee was required to prepare a detailed report to COA's funding ministry on the agency's conformity with our obligations under the FLSA, a task of one.

COA Bylaws state:

8.3 The Bilingualism Committee is charged with ensuring that the Council fully discharges its mandate respecting both official languages in accordance with such purpose, membership, powers and procedures as the Bilingualism Committee may propose and the Board may from time to time approve. The Committee shall report in each Annual Report.

7.2.5 The Chairperson of the Bilingualism Committee shall ensure Council fulfills its obligations under the French Language Services Act.

I am pleased to report that COA is well aware of its responsibilities under the terms of the FLSA and in accordance with the requirements of the City. Not only is it faithful to its obligations, but moreover, Board members and staff are sensitive to the needs of the community and often go beyond the basic requirements to meet the needs of Ottawa's francophone seniors.

Project: Engage at Every Age

While the concept of intergenerational programming has been offered for years, what would happen if we went beyond mostly planned moments, where the children arrive at a retirement residence and the seniors are "entertained" by watching the children engage in an activity? What if we embed opportunities for children and seniors to connect naturally through caring, responsive interactions that are part of a daily routine?

Thanks to funding from a private trust, over the next 4-years Andrew Fleck Children's Services will be collaborating and learning with the Council on Aging of Ottawa, Families Canada and others to develop a demonstration site of best practices for intergenerational programming as a part of licensed early learning and care in 3 unique settings.

This funding allows us to focus on providing quality intergenerational programming that recognizes the rights, and dignity of children and senior participants and share our lessons learned broadly.



Margaret Griffiths Award



Dr. Russell
Robinson

Dr. Russ Robinson taught economics at universities in Canada for five years before joining the Government of Canada where he spent 26 years at senior levels in five departments including the central agencies, working on policy development and intergovernmental relations. Early in his career he helped conduct a federal/provincial review of Canada's income security system. In the Department of Finance he was ADM responsible for Canada's Equalization Program, other federal/provincial/territorial fiscal transfers and social policy issues including the CPP. Throughout his career, Russ was at the centre of many of the benefit designs that we take for granted today.

Therefore, when asked in early 2015 to pull together a group to address income security, Russ had the ideal background and network to do so. Russ pulled off a real coup when he put together the Income Security Panel of the COA. He brought together a group that was diverse in terms of past experience (sometimes on opposite sides of the policy fence) but who

worked productively and collegially. All members were highly knowledgeable in income security and social policy matters as they play out on the national and even international levels (it would be hard to imagine a more experienced, savvy group in Canada). However, they were able to work together productively in an organization whose prime focus was municipal. Federally, the panel has produced important policy papers and submissions to government departments and have met with federal ministers on issues ranging from poverty alleviation and retirement income, to the statistics and analytic capacity needed to support policy-making that is based on evidence. Locally, they have offered their Retiring on a Low Income workshop in both English and French for over five years through a partnership with the Ottawa Public Library.

Things get done, despite a good deal of time at meetings being spent sharing anecdotes about past triumphs and failures. Perhaps it's the nostalgia that keeps the group working together so productively! Perhaps it's the sweet treats that Russ brings to every meeting! Credit for finding this magic balance rests squarely with Russ. It is impossible to imagine anyone else who could have pulled it off.

Russ' effort in bringing together this group of uniquely gifted expert advisors has resulted in a strong and continued voice for the income security of Ottawa's and Canada's older adults which is likely to continue to bring helpful benefit for years and perhaps generations to come.

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.



Events 2021

February

- 16 Smart Aging Core Program - English - Open to All (8 weeks)
- 16 Smart Aging Core Program - Rural Ottawa South Support Services (8 weeks)
- 18 Vieillir allumé - Programme de base - Open to All (8 semaines)
- 25 Smart Aging Core Program - Seniors Centre Without Walls (8 weeks)

March

- 3 Smart Aging - Connecting at a Distance
Vieillir allumé - Socialiser à distance
- 10 Smart Aging - Exploring Online Banking & Shopping
Vieillir allumé - Explorons les opérations bancaires et le magasinage en ligne
- 22 Smart Aging - Taking Charge of Your Emergency Preparedness
Vieillir allumé - S'occuper de ses préparatifs personnels d'urgence
- 24 Smart Aging - Understanding the Recipe for Healthy Eating
- 29 Comment les aînés font face à la pandémie de la COVID-19
- 29 How seniors are coping with the COVID-19 pandemic

April

- 23 Webinaire: Qu'est ce que vieillir dans nos sociétés?

May

- 26 2021 Virtual Spring Luncheon / Déjeuner du printemps virtuel

June

- 23 2021 Virtual Annual General Meeting / Assemblée générale annuelle virtuelle
- 28 Spirituality Conference - Developing Resilience During This COVID Season

September

- 13-20 Virtual Information Sessions with federal candidates in each of the 8 Ottawa ridings in collaboration with NAFR and CARP
- 18 The Grand Parade

Events 2021

October

- 5 Smart Aging Core Program - Tuesday English Group (8 weeks)
- 7 Smart Aging Core Program - Thursday English Group (8 weeks)
- 8 Programme de base Vieillir allumé - Groupe du vendredi (8 semaines)

November

- 20 3rd Annual Men's Breakfast
- 24 Planning for Retirement on a Low-Income Webinar
- 26 Smart Aging - Exploring Online Banking & Shopping

December

- 1 Planifier sa retraite avec un faible revenu
- 3 Vieillir allumé - Explorons les opérations bancaires et le magasinage en ligne
- 8 Smart Aging - Taking Charge of Your Emergency Preparedness
- 8 Vieillir allumé - S'occuper de ses préparatifs personnels d'urgence

Event Sponsors



Corporate Members 2021



Funders 2021



The Ontario Seniors Community Grant 2020-21 provided funding to take Smart Aging online. Through this funding, COA was able to deliver the Smart Aging Core Program to over 80 more older adults in rural areas, by phone for those without technology and in both English and French.



New Horizons for Seniors provided funding to develop 4 new Smart Aging workshops on COVID-related topics: Online Banking and Shopping, Connecting at a Distance, Emergency Preparedness and Healthy Eating. Over 100 participants attended in both English and French.



The Impact and Strategic Clarity coaching stream, funded by Innoweave, took our Board through a rigorous planning process in 2020-21. This process helps community organizations clarify what they aim to achieve, how they will achieve it, and how they will measure their success.



Thanks to funding from United Way East Ontario, we were able to navigate a significant move in the middle of the pandemic, continue to produce helpful COVID-themed newsletters, and special hold a number of special educational events.



The Ontario Seniors Community Grant 2021-2022 provided funding to create a series of videos to increase our capacity to deliver the Smart Aging Program and create 3 new stand-alone workshops on Aging in Place and Navigating In and Out of Hospital.



Canada Summer Jobs provided two summer students in 2021 to work on the Smart Aging Program and on committee initiatives.

The Council on Aging of Ottawa
gratefully acknowledges the financial support
of the City of Ottawa and the Province of Ontario





Visit us at our new location:

Rideau HUB

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COA Staff

Staff:

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Communications:	Dagmar Horsman
Administration:	Donna McLeod
Bookkeeper:	Liam Malone

Students:

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Marjorie Lapierre
Clara Luck
Amanda Meredith
Mikaëlle Millette
Baby-Flore Pyram
Ali Rezayee
Laura Thiessen