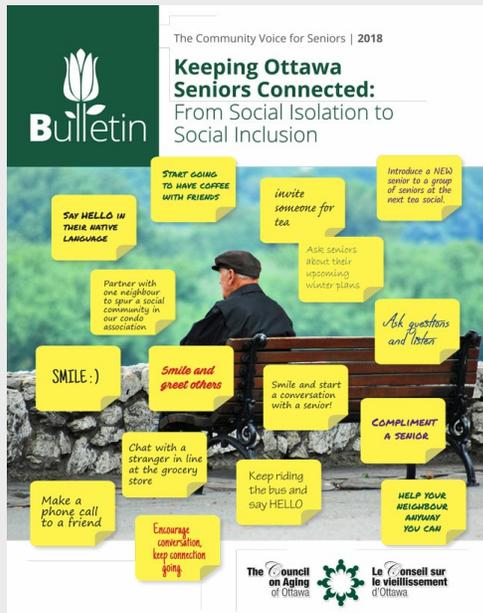




Keeping Ottawa Seniors Connected: From Isolation to Inclusion



We are pleased to release an issue of The Council on Aging of Ottawa's Bulletin. This year's theme is "seniors' social isolation", in honour of the **Keeping Ottawa Seniors Connected** project. Some articles explore stories of seniors who experienced social isolation and how they overcame it. Others share stories from programs that are designed to reduce social isolation. [Download the magazine now!](#)



Join Us For National Seniors Day October 1, 2018

Join us in celebrating the contributions of seniors to societies in Canada and around the world. The City of Ottawa's Seniors Roundtable Chair, Diane Deans, and members of

the Roundtable would like to invite you to attend a flag raising and proclamation as the City of Ottawa recognizes October 1, 2018 as National Seniors Day and the International Day of Older Persons. COA Executive Director Sarah Bercier will be among those participating in this event, recognizing the many ways in which seniors enrich our community.

Through the work of the Older Adult Plan, led by the Community and Social Services Department in collaboration and partnership with many City departments, the City of Ottawa is becoming a community that values, empowers, and supports older persons and their quality of life.

This is a free event. No registration is required. A small reception will follow the flag raising and proclamation in the Councillor's Lounge.

Event details:

Date: Monday, October 1, 2018

Time: 10:00am - 11:00am

Location: Marion Dewar Plaza (outside, the Laurier Ave side of City Hall)

For more information, please contact Cinthia Pagé at cinthia.page@ottawa.ca / 613-580-2424 ext. 31340.

Students Working for Seniors at the COA



Jessica Bosse

I am a student from Carleton University in my 4th year of studies toward my Bachelor of Science in Health Science. I am thrilled to gain knowledge about public health awareness and patient advocacy programs, and to participate in the community to help promote a better quality of life for the older adults and seniors of Ottawa. I also look forward to making some great connections with members of the COA community.



Soraya Allibhai

I am a mature student at the University of Windsor School of Social Work. I have returned to school after 20 years to get my Master's degree. I have experience working both in long term care and in the community with seniors. I am looking forward to learning, and further developing my skills with the COA. I will be here every day, Monday through Thursday, until December 3. Please drop by and say hello.



Nicole Vanderveen

I am a Bachelor of Social Work student in my 3rd year at Carleton University. I am very excited to be joining the COA team for this year as a practicum student. I have a specific interest in working with older adults and mental health. I am looking forward to working with the knowledgeable staff to help make Ottawa a more age-friendly, accessible place.



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AND create your own spring anytime!

All it takes is a little know-how
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Psst! Great hostess gifts for Thanksgiving gatherings!

Tulip Bulb Fundraiser

The Council
on Aging
of Ottawa



Le Conseil sur
le vieillissement
d'Ottawa



Support an
Age-Friendly Ottawa
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tulip bulbs today!



Celebrating Seniors Award 2018



Chloe Nsabimbona, 70

Chloe has been in Canada for more than 12 years. She has been very active in helping other seniors who are newcomers to Ottawa. She even reaches out to seniors in other provinces. She helps them to find



Joan Olson, 71

Joan Olson has been volunteering on the South-East Ottawa Community Health Centre Grocery Bus Program every two weeks for over 16 years. This program provides transportation and grocery



Cecile Paquette, 75

Cécile is a retired teacher. She was a member of the COA Francophone Affairs Committee from 2010 to 2017. She has made outstanding contributions to this committee by, among other things, getting

services and opportunities to socialize with other seniors. She is known as a senior services provider in her community.

[More](#)

shopping support to seniors in the community. Joan helps the seniors on and off the bus, directs the bus driver, and assists seniors with their grocery shopping. Her natural ability to connect with people has been evident.

[More](#)

involved in the preparation of some of the activities, including the 2015 Annual Forum on Spirituality and International Women's Day in 2014. Her many contacts in education and religious issues have been of great benefit.

[More](#)

Other COA Updates

To find out about COA sponsorship and advertising opportunities, contact COA Executive Director, Sarah Bercier, at s.bercier@coaottawa.ca or call (613) 789-3577 x 102.

In Other News



Ottawa Public Health Preparing for a More Diverse Senior Population

by Mathew Kupfer, CBC

Ottawa's Board of Health will receive a report on updating the city's strategy for older adults and that suggests the senior population is becoming more diverse.

The report says 16 per cent of people older than 55 identify as members of a visible minority, up from 10 per cent in 2001.

The plan will look at healthy aging — including community factors, support for caregivers and preventative health.

[More](#)



Getting the Facts on Cannabis

The courts in Canada have ruled that the federal government must provide reasonable access to a legal source of marijuana for medical purposes.

The legal sources of cannabis for medical purposes are licensed producers, personal production and designated production. [A complete list of licensed producers can be found on the Health Canada website.](#)

Health Canada stresses that Cannabis is not an approved therapeutic product, and that in providing information they are not endorsing the use of cannabis for therapeutic purposes, or of marijuana generally. [More](#)



Aging Employees May be a Blessing, not a Curse

by Marta Subat

Ageism is not a new concept; the term was first coined by Robert Butler in 1969. However, the conversation is gaining momentum due to: 1) longer life spans; 2) decreasing birth rates; 3) longer career spans, given mandatory retirement at 65 is no longer mandatory and; 4) shifting perspectives and policies on the role of age in the workplace. So it is no surprise that studies abound on the impact of the aging population on the workplace. Historical policies, beliefs and norms are being completely debunked. [More](#)



Support an Age-Friendly Ottawa

The COA has been an active part of the Ottawa community for over 40 years, tackling issues important to seniors in [health](#), [housing](#), social isolation, [transportation](#), elder abuse, [income security](#), and making Ottawa more [age-friendly](#).

You can make a difference by [becoming a member](#), joining one of our committees, [volunteering](#) or [making a donation](#).

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Contact Us

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