



Celebrating 10 Years of Hands-On Work by the WHO Global Network for Age-Friendly Cities and Communities



Bonnie Schroeder, COA's Director of Age-Friendly Ottawa, pictured at front of group, on the left, presented on our Age-Friendly Community experience.

Greetings!

Celebrating Global Efforts at Making Communities More Age-Friendly

Canada and Age-Friendly Ottawa were well represented at the [14th Global Conference On Ageing](#), put on by the International Federation on Ageing (IFA) in Toronto last week. Bonnie Schroeder, COA's Director of Age-Friendly Ottawa presented on our experience with planning and implementing age-friendly communities. She was part of an international panel, organized by the International Longevity Centre Canada (www.ilccanada.org), and an Ontario panel, organized by Age-Friendly Ontario (www.agefriendlyontario.ca).

Peggy Edwards, from the Transportation Committee, spoke at an evaluation workshop, using COA's walkability audits as an example of working with community members.

Event Volunteers

There's still time for you to join our team of Event Volunteers. We have an exciting line-up of events coming up, and it takes volunteers to make them happen. Click on the job descriptions below. One of these Event Volunteer positions may be tailor made for you:

- [Greeter](#)
- [Room Set-up](#)
- [Decoration/Promotional Items](#)
- [A/V System](#)

- [Food and Beverage](#)
- [Information Package Preparation](#)
- [Evaluation Review](#)

We hope you will join us. To find out more, contact our Director of Educational Programs, Julie Frereault, at j.frereault@coaottawa.ca



Marcel Gibeault, 68
 Marcel has volunteered in his Orleans community throughout his career. Several organizations such as the Orleans Recreation Complex, La Caisse populaire, the MIFO and the Orléans Chamber of Commerce benefited from his expertise and dedication. [More](#)



Marjorie Gorman, 81
 Marjorie helped expand her church's bereavement program to a larger community. She introduced the Red Hat Movement to Orleans, supporting women in a fun environment. Recently she helped a fellow member with physical limitations achieve a life-long dream of international travel. [More](#)



Francine Gougeon, 66
 A retired nurse, Francine has been involved with the COA on various occasions. She was delegated to the Francophone Affairs Committee by Retirement in Action and served for three years. She was involved in the Elder Abuse Committee. At Retirement in Action, she hosted and coached writing workshops titled "J'écris ma vie". [More](#)

Other COA Updates

This edition of INFO-FLASH Plus is brought to you courtesy of the Canada Retirement Information Centre.

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.

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In Other News



The Buzzards are Circling - debunking myths about aging and sex

In her 55+ article, Peggy Edwards explores why sex among seniors remains such a hushed topic. [More](#)



Martine Lagacé and Nora Spinks appointed to National Seniors Council

On August 7, the Honourable Filomena Tassi, Minister of Seniors, and the Honourable Ginette Petitpas Taylor, Minister of Health, announced the appointment of four new members to the National Seniors Council (NSC), whose members will advise the Government of Canada on matters related to the health, well-being and quality of life of seniors. [More](#)



Toronto HomeShare aims to tackle the city's affordable housing crisis

Come September, cash-strapped students who struggle to pay rent have the option of bunking with seniors as part of a new pilot project. Students are expected to take on 4-5 hours a week doing things like walking a pet, cleaning, yard work or snow shoveling. This isn't a personal support or health care service, it's just an exchange to offset rent costs. [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

coa@coaottawa.ca

(613) 789-3577

www.coaottawa.ca

