



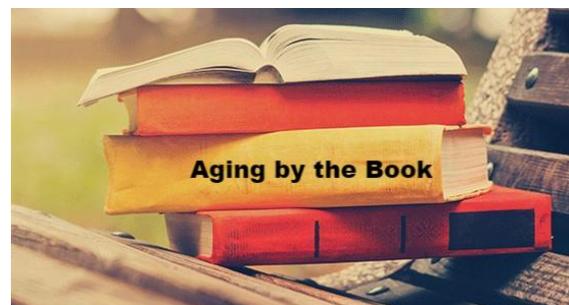
INFO-FLASH News 2018-11-05

Meeting with MPP Joel Harden



Photo (left to right): Joel Harden, MPP Ottawa Centre; Russ Robinson, Chair, Income Security; Bonnie Schroeder, Age-Friendly Ottawa Director; Terri White Lobsinger, Chair, Health Issues; Soraya Allibhai, Student; Alex Cullen, Chair, Transportation.

On October 18, members of the Board and staff met with Ottawa-Centre MPP Joel Harden, Critic for Accessibility, Persons with Disabilities, Pensions, and Seniors. We talked about income security and pensions, transportation, health, and housing. This was an introductory meeting. We look forward to working with our local MPPs identifying and addressing issues that impact seniors in Ottawa and across the province.



Aging By the Book

by Wendy Robbins, co-founder with Trudy Medcalf of Aging by the Book: A Reading Circle

So what exactly is Aging by the Book? It is a discussion group for people who are

intrigued by the idea of using poetry, fiction, memoir and other writing to explore aging. The “reading circle” format provides a safe and respectful environment to have conversations about attitudes, stereotypes, challenges and opportunities of aging.

[More](#)

Monthly Driving Tip - Side Mirror Adjustment



How is your view of the road? Properly positioned mirrors can significantly reduce your blind spots and glare, while also making it safer and easier to make lane changes and merging into traffic.

Learn how to properly adjust your mirrors by attending a CarFit session and reviewing the CAA section on "[Driving at Night](#)".

This tip is brought to you by the [Older Driver Sub Committee](#).



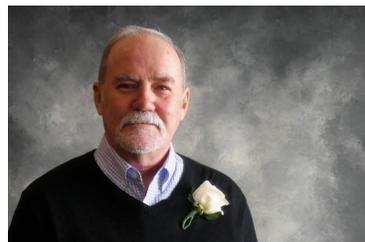
You can
help build
a more
Age-Friendly
Ottawa

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Celebrating Seniors Award 2018



David Rockburne, 75
David Rockburne is an active member of the St. Thomas, Woodlawn church



Wayne G Rodney, 69
An involved citizen, Wayne “walks the walk” - literally - with a daily tour from



Elsbeth Ross, 74
Elsbeth has provided outstanding leadership contributions to the Fetal

community and he extends that sense of community to those who cannot be there. He is a man with a great sense of humor who loves life. He is dedicated to serving and supporting seniors in our community. Several times a month he makes visits to seniors in intensive care units, long term care facilities and their homes, letting them know that they are not isolated or forgotten. [More](#)

Hintonburg to Westboro reporting graffiti tags, unsafe pedestrian situations, and suspicious activity. Often called the Mayor of Hintonburg for his community involvement, Wayne delights in connecting people to relevant services. He has coached minor hockey and organizes an annual hockey tournament with proceeds to Roger's House. [More](#)

Alcohol Spectrum Disorder (FASD) community in Ottawa. Almost 20 years ago, Elspeth founded the FASD Group of Ottawa, a support and education group, and she has facilitated all of the monthly meetings since. She sits on the FASD Coalition of Ottawa, a collection of stakeholders who gather to improve FASD Advocacy and prevention. [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



MATCH Pilot to Study Digital in-Home Care

The Marketplace to Access Trusted Care at Home (MATCH) research project is a pilot study designed to test a new digital model for in-home care services.

MATCH is conducted by The Perley Rideau Veterans' Health Centre, uCaret and William Osler Health Services.

MATCH is recruiting project participants.

If you are an individual providing or looking to provide supportive services to older adults in their home, whether as a volunteer or as part of your work, you can enroll in the study. To learn more about

Being Active Can Help You Age Better:

ParticipACTION exercise scientist Dr. Leigh Vanderloo says "As Canadians get older, it's important to be aware of all the ways being active can help you maintain happy and healthy lives," she said, noting that to achieve health benefits and improve functional abilities, adults aged 65 or older should get at least 150 minutes of moderate to vigorous physical activity per week .

Being active as we get older can also help prevent falls, improve memory and promote social bonding, three things that can

How we measure poverty

Statistics Canada has launched a crowdsourcing initiative to validate how we measure poverty. They have created a short questionnaire that allows Canadians to provide input on current estimates of how much money a family needs for items like food, clothing, shelter and transportation.

The questionnaire takes no more than five minutes to complete, and will be open to all Canadians from October 15, 2018, to January 31, 2019. Participation is anonymous and respondent information is protected by the *Privacy*

the study or enroll, go to www.ucarenet.com/match or send an email to esoto@prvhc.com

drastically improve overall quality of life for those aged 65+.

Act. www.statcan.gc.ca/measuringpoverty



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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