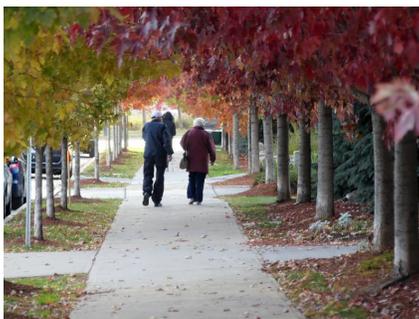




The Council on Aging of Ottawa - Making Your Neighbourhoods More Walkable

Age-friendly, walkable environments are particularly important for seniors who walk for leisure and as a mode of transport. For the past 5 years the Pedestrian Safety & Walkability Committee of The Council on Aging of Ottawa have been working with the city and several community associations to make Ottawa's streets more walkable year-round.



[Read the Report](#)

Read "An Age-Friendly Walkability Report Safe Streets for Seniors and Other Valuable People in

[Register to Join Us](#)

Join us at the COA on Thursday, November 29, 1 - 3 pm for **Walk On!** a community event

[Donate Now](#)

You can make a difference to help the Council on Aging of Ottawa continue the important work of

Did You Know?

- By 2031, more than one in five residents in Ottawa will be over 65.
- In Canada between 2000 and 2010, almost 43% of pedestrian deaths involved people aged 56 and over, although this age group represents less than 20% of the population.
- Older people experience more and higher severity pedestrian injuries than younger people. Injured seniors spend an average of 16 days in hospital, compared to 7 for all age groups.
- Uneven, broken, sloped and slippery sidewalks and pathways can lead to falls, which often have serious, long-term consequences for older people. Pedestrian falls and fear of falling are made worse in winter when ice and heavy snowfalls can keep older people inside and socially isolated.

Ottawa 2016”

examining walkability in Ottawa. The Progress Report 2018 will be launched. There will also be an introduction to the 2019 Snow Mole Winter Walking Audit Program.

making Ottawa’s streets more walkable for seniors.

Meeting with The Council on Aging out in the Community



Mayor Jim Watson stopped to say hello to Adele Furrie and John Johnson at The Council on Aging booth at Carlingwood Mall on Wednesday evening. The COA has been exhibiting at St. Laurent, Orleans and Carlingwood Malls over the past few weeks to talk with seniors in the community.

If you would be interested in representing the COA by getting out in the community and talking with seniors, please drop us a line at coa@coaottawa.ca. We would love to hear from you!



An Ageless Bicycle - Powered by Man, Driven by the Need to Socially Include all Seniors

by Gary Bradshaw, founder of Cycling Without Age, Ottawa Chapter

Gary Bradshaw, founder of Cycling Without Age, Ottawa Chapter “Thank you for allowing me to feel free again.” These are the touching words of a 92-year-old man who had returned to his seniors home after a thirty-minute ride on a two-passenger, red, three-wheel bicycle. Cycling Without Age is a program that aims to socially include all seniors, using guiding principles like: Storytelling, Relationships and Without Age. [More](#)

Monthly Driving Tip - Know Your Vehicle



How well do you know your vehicle? It's getting darker earlier making it more important than ever to check that all your lights are working. Take the time with your vehicle and your vehicle manual to get to know the different symbols in your car and what they do.

Celebrating Seniors Award 2018



Jeannine Rousseau, 74

Jeannine Rousseau is one of those volunteers who commits to an endeavor 100 per cent. Upon her retirement in 2007, she enrolled at the Séraphin-Marion Center. She sat on the Board of Directors for six years, the maximum allowed. She devoted herself to the reception. She is part of the choir “Les jeunes de Cœur” and sits on the organizing committee. [More](#)



Helen Smith, 77

Helen Smith is a passionate advocate for meeting the needs of the most vulnerable and isolated, taking action and stirring others to action as well. Helen has provided over 2000 hours of visitation at the Ottawa Hospital. She has worked tirelessly in developing the Sandy Hill Seniors Network, often preparing the lunch and program herself, and organizing a weekly coffee gathering for local seniors to connect. [More](#)



Anil Sukhija, 72

Anil has volunteered significantly for 13 years through the Indo Canadian Community Centre (ICCC). He is currently Chair of the senior’s program committee and plays a key role in providing a venue to combat social isolation and provide safety and networking opportunities with peers. This happens through weekly meetings, get-togethers, day trips, picnics and entertainment evenings exclusively for seniors. [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



Flu season has arrived: the flu shot is your first



Orléans Health Hub
In mid-October, five



Baby Days
Spending an hour with a

line of defence

from McMaster's Optimal Aging Portal

While reports predict this year's flu season may be milder than previous years, it is impossible to know exactly how flu season will progress. The best defence against the flu is the influenza vaccine, especially for older adults who are at higher risk of complications from the influenza virus. The flu shot is quick, readily available, virtually painless and it can protect you, regardless if you are living in your own home, with family, in a retirement community.

[More](#)

companies were selected to make submissions, based on criteria identified in a request for qualifications process. Infrastructure Ontario (IO) and Hopital Montfort will evaluate the proposals, select a preferred bidder and then negotiate a final contract. For updates please contact your Member of Provincial Parliament, either [Marie-France Lalonde](#) or [Amanda Simard](#).

You can also visit the Montfort Orléans Health Hub [project website](#).

senior is very beneficial to all who participate. Research has also shown that people living with dementia have a higher level of positive engagement when interacting with babies or young children. They smile and talk more when interacting with babies as well as preschool age children.

If you are interested in volunteering for our "Baby Days" life enrichment initiative find out [more](#).

Looking for Study Participants

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. Learn [more](#) or send an email to esoto@prvhc.com

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](#).

[Join Now](#)

[Get Involved](#)

[Donate Now](#)

Contact Us

coa@coaottawa.ca

(613) 789-3577

www.coaottawa.ca

