



WALK ON! Age-Friendly Walkability Progress Report 2018

Safe Streets for Seniors
and Other Valuable Pedestrians in Ottawa

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Community Helpers Making A Positive Difference in the Lives of Older Adult

*by Megan Richards, Community Health Program,
Western Ottawa Community Resource Centre*

Community Helpers are trained to combat social isolation, and link older adults to other services, programs and supports. They are encouraged not to provide sole support, but rather to develop care teams, involving friends, neighbours and family members. This approach ultimately provides greater support to both the senior and caregivers. [More](#)



Christmas Open House

Tuesday, December 18
1pm - 3pm

Celebrating Seniors Award 2018



Hai Bo Sun, 83

As a newcomer to Canada after retirement, Hai Bao faced loneliness and so volunteered at the Beaverbrook Library. In 2011, he helped establish the Kanata Chinese Seniors Support Centre for newcomer Chinese seniors. Now as Chair, he is involved in every aspect of its many activities including food cupboard drives, performances in seniors centres, a community garden, workshops and celebrations

[More](#)



Shelagh Tuddenham,

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Shelagh's time these days is split between two passions--The Council on Aging of Ottawa and the Ottawa Branch of the National Association of Federal Retirees (NAFR). For the past four years, Shelagh represented the branch on the COA's Health Issues Committee. This role included contributing to the COA's Health Literacy Project. On behalf of NAFR as a member of its Branch Community Liaison Committee, Shelagh coordinates and co-facilitates the "Neighbours Helping Neighbours" workshops. [More](#)



Juanita Vetter, 70

When Juanita Vetter moved to Navan 10 years ago, she quickly recognized an unmet need for the area's seniors to have a place to go to, to socialize, and have fun. The Navan Nifty-Fifty seniors group was created out of this need. The group meets every Wednesday afternoon, from September to June. Well over 60 seniors attend the club, some walking or arriving by tractor, giving them an opportunity that they would not otherwise have to socialize in their community. [More](#)

The Heart Institute is currently recruiting patients at least 40 years of age for a randomized controlled trial which seeks to compare two exercise training programs on exercise capacity and quality of life in patients living with atrial fibrillation. Participants will have health measures taken, undergo exercise tests, and complete questionnaires assessing their health and quality of life. They will then be randomly assigned to one of two 12-week exercise training programs (moderate-intensity continuous exercise training group, or high-intensity interval training group) conducted at the University of Ottawa Heart Institute. [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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