



The Honourable Filomena Tassi, Minister of Seniors, announces new funding for New Horizons for Seniors Program



Left to right: Jennifer Lalonde, ED OWCS; Anita Vandenberg, MP Ottawa West Nepean; Filomena Tassi, Minister of Seniors; Sarah Bercier, ED COA; Bonnie Schroeder, COA; Stéphane Guigère, CEO, OCHC; Matthieu Fleury,

On December 6, Minister of Seniors, Filomena Tassi announced that the Government of Canada will be investing in a new phase for measures and funding to increase social inclusion of seniors. Minister Tassi made the announcement at the Ottawa West Community Support Program Healthy Connections: Healthy Communities at one of the Ottawa Community Housing Corporation Housing buildings. The Keeping Ottawa Seniors Connected (KOSC) projects were well represented at the event.

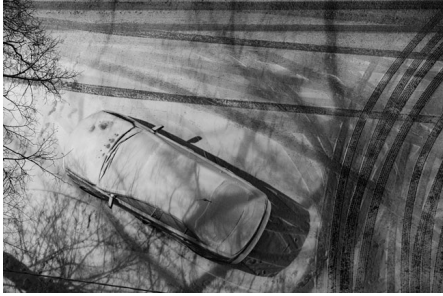


Elder Abuse Response & Referral Service

by Kim McDonald, EARRS Case Manager, Nepean, Rideau Osgoode Community Resource Centre

For over 10 years, the Elder Abuse Response & Referral Service (EARRS), a city-wide service, has worked out of the Nepean, Rideau and Osgoode Community Resource Centre (NROCRC). EARRS offers intake, information, consultation, referrals, and support to seniors at risk or who are in an abusive situation. [More](#)

Monthly Driving Tip #7 If your Vehicle Starts to Skid



Take your foot off accelerator pedal at once.
Don't brake unless it is absolutely necessary.
Steer in the direction you want the car to go (the direction the rear end of the car is skidding)

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

Ask the expert: You have a pressing question about driving and you would like an answer? Ask us and we will find the best person to answer it.



**The Council
on Aging
of Ottawa**



**Le Conseil sur
le vieillissement
d'Ottawa**

Register
Now



Christmas Open House

Tuesday, December 18
1pm - 3pm

Celebrating Seniors

Award 2018



Marianne Wilkinson, 79

A unique community leader, Marianne Wilkinson has energetically contributed her skills, knowledge, creativity and countless hours to the City of Ottawa throughout her life. Even as a busy elected official, Marianne continues to volunteer. She spearheaded initiatives to inspire women to become involved in local politics. She organized a Kanata



Karen Wilson, 76

Karen is a vibrant member of the Parish of Fitzroy Harbour in Woodlawn. She coordinates the Anglican Church Women's group organizing catering for the many church social events. Karen sings in the choir and is an active lay assistant during Sunday worship. However, it is her regular visiting of senior parishioners which she feels is her most important role. On a

discussion forum for seniors, helped to establish the Kanata Chinese Seniors Support Centre and annually hosts Expo 55+. Marianne formed and is Chair of Kanata North's Recreation Complex Board to advise on the design and programming of the Centre and raised \$1M for additional facilities. [More](#)

monthly basis, Karen brings fellowship and spiritual support to each of a number of parishioners. [More](#)

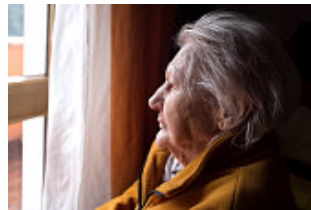


In Other News



Free Christmas Dinners and Other Holiday Help
[the 2018-2019 Out of the Cold - in from the cold list of free meals, snacks and drop-ins](#) for Ottawans well as this year's Christmas and Holiday Meals list! [More](#)

Winter and holidays can be a challenge for many, especially individuals living on a low income or who are coping with a significant change in their circumstances. 211 is launching its campaign Help Starts Here to raise awareness on community services. For more information, [watch the video!](#) [More](#)



A Friendly Voice

Andrew Foote, CBC News

An Ottawa organization is hoping a simple phone call to someone with the time to listen can help seniors struggling with loneliness. Rural Ottawa South Support Services is now operating a line called "A Friendly Voice" which allows seniors to call in and get a sympathetic ear. Kelly Dumas, the organization's executive director, said the agency believes there's a real need for such a service. "There is such a large population of seniors who are lonely and isolated and just want a person to talk to," she said.



Helping More People get End-of-life Care in a Home-like Setting

December 10, 2018

On December 10, Christine Elliott, Ontario Deputy Premier and Minister of Health and Long-Term Care, announced that the government is moving forward with plans to build 193 new hospice beds across Ontario. "Building new hospice beds across Ontario will provide people with end-of-life care and support in a more comfortable setting," said Elliott. "With early investments like these, our government is ensuring that these patients are provided with the proper



"We see this really being open to anyone who is of senior age that just needs a friend." [More](#) comfort, dignity and respect they deserve." [More](#)

Looking for Study Participants

Living with atrial fibrillation?

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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[Get Involved](#)

[Donate Now](#)

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