

The Prime Times



Many Thanks!

Tim Hortons. Smile Cookie Campaign

On October 22, some local Tim Hortons owners dropped by the COA offices with a giant cheque for a very generous donation of \$64,222. The funds were generated through the annual week-long Smile Cookie Campaign that Tim Hortons holds to raise funds for 350 local charities in various communities across Canada. The proceeds from this year's

cookie sales in Ottawa were split between The Council on Aging of Ottawa and The Snowsuit Fund of Ottawa. The COA is very honored to have been identified by charitable organization whose efforts to improve for Ottawa seniors is worthy of are grateful to

Tim Hortons as a the quality of life such support. We Ottawa area Tim Hortons staff and loyal supporters for making such a kind-hearted gift possible.



Above: Ottawa area Tim Hortons franchisee Peter McCluskey and Kelly MacNaull, Regional Marketing Manager for Quinte & Eastern Ontario, and Tim Horton Children's Foundation Ambassador, reveal the generous Smile Cookie Campaign donation to COA staff and volunteers.

Right: Kelly MacNaull, Tim Hortons' Regional Marketing Manager for Quinte and Eastern Ontario, and franchisees Susan Dennison and Jennifer McBride share the Smile Cookie Campaign sweet proceeds with Sarah Bercier, COA Executive Director.





Measuring Age-Friendliness



On 17 and 25 September, Age-Friendly Ottawa invited community partners and seniors to help develop the first Age-Friendly Community Report Card. A total of 120 participants, including 24 Francophones, rose to the challenge and tackled the question of how best to measure the age-friendliness of our community.

Measuring the age-friendliness of our community involves establishing a baseline of information in key age-friendly priority areas, such as community support and health services, housing and transportation.

Establishing this baseline involves selecting specific indicators (or statistics) and identifying reliable

data sources that will allow us to measure change over time. The participants in the consultations were divided into groups and asked to rank priority areas and review potential indicators that could be included in an age-friendly evaluation framework. This framework will be presented to the community in May 2016 and the data that is collected will form the basis for the community report to be published in September 2016.

The Age-Friendly Ottawa project is financially supported by Ontario Trillium Foundation. With the support of the Age-Friendly Community Planning Grant (Grants Ontario), a data analyst has been recruited to support the development of the evaluation framework and data collection.

In Memoriam

We were greatly saddened in October by the deaths of two people who have played such an important role at the COA and in the Ottawa community.



Al Loney

Dec 16, 1939 – Oct 8, 2015

Al Loney served the residents of Ottawa first as an Nepean City Councillor from 1973 to 1994 and then with the Regional Municipality of Ottawa-Carleton from 1994 to 2000. Following his time in public office he devoted himself to improving the

lives of seniors in Ottawa, first as COA President from 2002-2003 and then as Executive Director from 2003-2008. His legacy includes the Elder Abuse Directory, a Seniors Housing Directory, and an initiative with Canada Mortgage and Housing to help seniors keep and adapt their homes. He worked hard to ensure, that the COA “stays in the forefront of the battle to ensure that Ottawa’s seniors are listened to and appreciated for all that they have and continue to contribute to our City.” Al died peacefully at the age of 76.



Max Keeping

Apr 1, 1942 – Oct 1, 2015

Max Keeping took over the anchor desk at CJOH in Ottawa in 1972 and over the following decades built a reputation as a legendary newscaster. He used his celebrity

to champion thousands of community causes large and small. It’s estimated that he helped to raise more than \$100 million dollars over nearly four decades, with the Children’s Hospital of Eastern Ontario being particularly close to his heart. The COA was privileged to receive his support and to count Max among its long-time honorary patrons. Max was 73 when he lost his long and public battle with cancer.

Meeting of the Councils on Aging Network of Ontario

The Councils on Aging Network of Ontario (CANO) met on October 23 in Toronto for the first time in many years. There are currently ten Councils on Aging in the Province of Ontario and seven of them were on hand for the meeting including Ottawa, Frontenac-Kingston, Peterborough, Hamilton, Toronto, Owen's Sound, and Brantford-Grand River. Those from London, Windsor-Essex and Cambridge were unable to attend.

The Council on Aging of Ottawa is the most established and longest standing Council on Ontario and one of only two in the province with paid staff, the other being Hamilton. The volunteers running the other Councils are devoted and amazing individuals. However, with significantly limited funds and volunteer resources, these smaller organizations must simply choose one or two issues at any given time to focus on. The Council on Aging of Owen's Sound (Grey Bruce) is the newest Council having only formed within the past year.

The overall objectives of the meeting were to get to know each other and what the various member organizations are doing, to examine ideas for the sustainability of individual organizations, and to discuss the future of our collective organizations as a network. Much was learned and wonderful connections were made. A plan for continued future connections was also established in order to strengthen ourselves province wide.

The funding for this meeting through the New Horizons Community Grant program.



2nd Annual Golf Tournament

Friday, September 20 could not have been a more beautiful fall day as more than 80 golfers, both seasoned and novice, readied their carts and clubs for a warm and sunny afternoon at the Irish Hills Golf and Country Club. Organizers Phil Rocco and Allan Fenske could not have been more pleased with the day and with the impressive turnout boasting increased numbers for both the 18 holes of golf and the dinner that evening for close to 100. The Council Aging of Ottawa would like to thank Carefor Health & Community Services for their generous sponsorship of the event. Additional thanks goes out to the many organizations and companies who sponsored holes and who donated prizes for those who came out to support the event. The event raised over \$10,000 for the Council! We look forward to seeing many friends out again for next year's tournament. Thank you all for your support!



All About Executors

On October 14, COA President John Johnson, partner at Nelligan, O'Brien, Payne was the Council's most recent Lunch and Learn speaker, providing an excellent session on the topic of executors.

Mr. Johnson indicated that, simply stated, the role of an executor is to take care of your affairs after your death. In his presentation, "All About Executors" he further outlined the important duties of executors, and gave pointers on selecting executors and making their job easier. He indicated that most people will appoint an executor when they prepare their will, however you can also choose an executor if you have no will. The duties of an executor consist primarily of dealing with the financial assets of the deceased. They include:

- Finding the will
- Arranging the funeral
- Obtaining a Certificate of Appointment
- Filing an Estate Information Return
- Realizing estate assets
- Paying estate debts and taxes
- Accounting to beneficiaries
- Distributing the estate

Choosing the right executor is an important task. The law requires it be a Canadian resident over the age of 18. However, you additionally want to ensure that you choose someone who is competent

and trustworthy. You can choose family members, friends or professionals. If you choose multiple executors, put a majority rules clause in your will that precludes a stalemate in decision making if disputes arise and/or a clause that will allow them to act separately if they are not both present. Professionals usually cost a bit more, but they will generally be honest, keep excellent records and do an excellent, impartial job, outside of any family history.

You can make your executor's job easier by:

- Making a will and specifying how you want your assets to be distributed;
- Letting them know with which lawyer you have left your will and where to find additional copies (a safe place, but not in a safety deposit box)
- Pre-arranging and paying for your funeral arrangements, taking away the guesswork about your wishes
- Discussing with them your instructions for disposing of your remains. Your body is not property to be disposed of under your will, so you want to know you can rely on your executor, even though these instructions are not binding.

For practical insight on legal issues related to estate planning, estate administration and estate litigation visit Wills and Estates Law online at: www.willsandestateslaw.ca.

Calendar of Upcoming Events

2015		2016	
4 nov	Formation continue : Conduite automobile: Baby-boomers au volant!	20 janv	Déjeuner – causerie : Décès: avant, après! Entre-temps, les procurations.
Nov 19	3rd Annual Art Gala	Jan 27	Lunch & Learn Seniors Mental Health
25 nov	CaféNet 2	Feb 17	Lunch & Learn Understanding Grief
Dec 2	Lunch & Learn Understanding Housing Options	24 fév	Formation continue - Hérédité sans gène
9 déc	CaféNet 3	Mar 8	International Women's Day Event
		Mar 30	Lunch & Learn Our 4-Legged Friends
		Apr 20	Spring Luncheon
		11 mai	Forum francophone: Thème - À chacun sa mission
		Jun 1	Spirituality Conference
		Jun 15	AGM