



The Prime Times

Please join us for the COA's
2nd Annual Golf Tournament



at Irish Hills Golf Course
Friday, September 18, 2015 (rain date Sept 21)

Register online at www.coaottawa.ca



Service to Seniors Award - Eleanor Ryan

Eleanor Ryan is a most worthy recipient of the First Annual Service to Seniors Award, based on both the devoted personal care she has given to many individual seniors as well as the significant work that she has carried out on behalf of seniors throughout Ottawa, through her service, leadership, innovation and advocacy. Eleanor has a lifetime of volunteer service to her credit. Her activities range from serving large national organizations such as The Royal Commonwealth Society of Canada to serving on the Boards of the United Way of Ottawa and Project 4000 and volunteering with small community groups such as The Catholic Women's League Councils in her parish churches.

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Spring Luncheon celebrates 40 years of COA history

This year we are very proud to be celebrating the Council on Aging's (COA) 40th Anniversary. Together with our many community partners we marked the beginning of celebrating this milestone at this year's Annual Spring Luncheon.

The COA came into being in April 1975. It was born of a collaborative partnership formed in 1971 between the Social Planning Council and the Senior Citizen's Council. This partnership had a broad agenda focused on planning and coordinating services for seniors and was comprised senior citizens, representatives of health and social services, churches, housing agencies, funding bodies, as well as recreation and educational groups.

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Houssein Charmarkeh., titulaire d'un doctorat de l'Université de la Sorbonne

L'usage de la technologie au quotidien : conquêtes et défis!

Le forum annuel francophone qui s'est tenu le 27 mai dernier au CSV a rassemblé une brochette impressionnante de conférenciers et conférencières pour venir discuter de l'impact de l'usage de la technologie au quotidien pour les aînés.

Au cours de ce forum, les quelques 85 participants ont eu droit à une présentation d'une étude effectuée, par Martine Lagacé, vice-doyenne de la gouvernance et secrétaire à la Faculté des arts de l'Université d'Ottawa ainsi que Houssein Charmarkeh, titulaire d'un doctorat de l'Université de la Sorbonne, dans les centres de jours du côté du Québec qui démontrait les perceptions qu'entretiennent les personnes âgées vis-à-vis les nouvelles technologies.



Madame Martine Lagacé, vice-doyenne de la gouvernance et secrétaire à la Faculté des arts de l'Université d'Ottawa

Un des principaux défis est celui de l'âgisme qui a comme répercussion que les aînés se sentent mis à l'écart de leur famille en raison de leur retard technologique, ou vont donc s'avouer trop vieux ou incapables d'utiliser adéquatement ces nouvelles technologies, telles que l'internet.



Six organisations communautaires sont venues présenter des programmes d'apprentissage destinés aux aînés pour comprendre le fonctionnement ou améliorer leurs compétences sur ordinateur, portables, tablettes etc. Un panel composé de quatre personnes ressources, dont d'une conseillère du Commissariat de la protection de la vie privée au Canada, d'un fonctionnaire de l'Agence canadienne d'évaluation environnementale responsable entre autres de la sécurité informatique, d'une gestionnaire d'une institution financière et d'un agent de Police de la ville d'Ottawa, ont présenté à leur tour les principaux défis que posent les nouvelles technologies par rapport à la protection de son identité, les différentes formes de fraude, les principaux hameçonnages qui se présentent quotidiennement dans nos vies. Ils ont tous répétés les mêmes normes de protection et de prudence que les aînés et la population en général se doivent de savoir.



Pour terminer, une capsule-réflexion, humoristique et remplie de sagesse, a fait valoir l'importance de reconnaître ses limites d'apprentissage mais aussi l'importance de fournir l'usage de la technologie au quotidien : conquêtes et défis!

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By 1985 the Council had become a source of planning expertise and guidance on seniors' services. Working closely with the Social Planning Council and the District Health Council, the COA was at the forefront of the seniors' movement in Ottawa, providing both information on seniors' services and a forum to keep agencies and seniors working together.

In the early 90's, provincial government policies started to focus on community health and social services for Ontario's elderly. The Council responded by successfully coordinating seniors' voices with agencies and the government. Stable core funding from the province, the region of Ottawa-Carleton, the City of Ottawa and United Way Ottawa was established. The Council was incorporated as a legal entity in 1991 so that it could deal more effectively with complex and growing challenges. By 1994 there were 13 full- and part-time staff members managing 34 committees and task groups as well as the Board and several projects.

In 1996 a new political climate focused on fiscal restraint led to dramatic funding cuts to the COA, which, along with significant changes in the social environment, necessitated a change in direction, a broadening of the membership base, as well as a reduction in the size of the COA Board. Time-limited working groups supplanted standing committees, only self-sustaining projects were undertaken and the COA began convening regular forums to in response to community needs and interests.

By the fall of 1999 the COA organized and supported multiple annual events and had several projects on the go. We now look back with pride on what has been accomplished in the last 40 years and forward with confidence in the future we plan to build with our partners.

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Since her retirement, she has dedicated more and more of her time to physically caring for seniors in Ottawa, advocating for services on seniors' behalf and ensuring that seniors' interests are looked after through active Family Councils in Long Term Care homes in Ottawa and across the Champlain Region. She has additionally provided leadership on numerous committees and organizations addressing seniors' issues such as the Champlain Dementia Network, Champlain LHIN's Emergency Department-Alternate Level of Care Committee, and most recently the Ministry of Health and Long-Term Care, Long-Term Care Stakeholder Liaison

Raising Awareness of Elder Abuse

For National Victims of Crime Awareness Week 2015, the COA was pleased to partner with the Graduate Victimology Program at Algonquin College, the Ottawa Police Victim Crisis Unit, Nepean Rideau & Osgoode Community Resource Centre and Rogers T.V. on the project "Respect and Dignity: Strengthening Community Responses to Elder Abuse". This initiative, made possible through funding from the federal Department of Justice involved the planning and delivery of two very successful events.

On April 1st three live T.V. shows were taped at Ben Franklin Place, with an audience of over 150 people. The taping featured an interview with a panel of elder abuse service providers, an interactive theatrical performance, and an interview with the daughter of an elder abuse survivor.

The April 21st event at the Algonquin College Theatre, attended by over 125 people, included an awareness raising session, a resource fair of more than 15 relevant community agencies, a panel discussion with service providers and a training workshop with an International expert on elder abuse, Dr. Kerry Burnight, one of the founders of the first Forensic Centre on Elder Abuse in California.

Feedback on the speaker was exceptional and both events attracted a strong balance of community seniors and service providers, with interested students in attendance. The three *Aging in Ottawa* tv episodes will be transferred to A/V CDs for wide distribution.



April 1 panelists left to right: Case Manager Alison Timmons, Elder Abuse Section Detective Isabelle Coady, Clinical Nursing Manager, Regional Assault Care Program Jennifer Valiquette, Elder Abuse Prevention Coordinator Nancy Galway; host Bonnie Schroeder.

2015 Margaret Griffiths Award

Dianne Breton



Congratulations to Dianne Breton, the 2015 recipient of the Margaret Griffiths Award, which recognizes outstanding

volunteer contributions to improving the quality of life for seniors in Ottawa.

Since joining the COA Board in 2002 Dianne Breton has amply demonstrated what an active and exceptional volunteer and remarkable team leader she is, serving in numerous positions including Vice-President, Secretary and Chair of the members.com Committee, which evolved into the Education and Events Committee.

Her name has become synonymous with the many accomplishments of the Transportation Committee, as its first and only Chair for the past 10 years. She has worked tirelessly to ensure that seniors have the freedom and mobility to fully engage in all aspects of community life in and around Ottawa. She worked with The Ottawa Hospital in developing a Parking and Access Guide and was a strong advocate for reduced hospital parking fees, as well as improved navigation and wayfinding.



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She was a driving force behind OC Transpo's "Ride Free Wednesdays" and reduced bus fares for seniors.

As Chair of the Pedestrian Safety Sub-Committee she led and participated in many All-Seasons Walkability Audits.

Dianne was also very involved in documenting and archiving COA history. Along with Eleanor Meier she co-authored "35 Years of Service to the Community 1975-2010" which documented the COA's first 35 years.

Her service to community has also garnered her wider recognition. In 2007 she was awarded the Governor General's Caring Canadian Award.

Dianne's dedication to community service is also evident through her service on the Board of the Glebe Centre, her chairing the Abbotsford Seniors' Centre Committee and serving as President of the Causeway Foundation. Dianne you are an inspiration to us all! You will be missed.



Education and Events Volunteers

Saluting our Fabulous Ladies who donated their time and expertise to the activities of the COA. We honored them as outstanding hard workers and dedicated volunteers.

Helen Anderson, Louise Ashendon, Eileen Bond, Lucie Bruck, Claire Caron, Angela Davis, Sharon Irven, Gloria Goodine, Alina Kinastowski, Louise Leduc, Eleanor Meier, Claire Moissan, Sheila Pepper, Sharon Platts, Yolande Rhéaume, Kathy Wakeham, Grace Welch, Judi Wright.

Staff: Sarah Bercier ED, Lise-Michèle Bouchard EA and Dagmar Horsman, Photographer, thank you.

Upcoming Events
Visit our website at www.coaottawa.ca

September 18	Golf Tournament
November	