

The Prime Times

“Building an Age-Friendly Society”



From left to right at the COA AGM: Larry Doshen and Barbara Burns accept the Margaret Griffiths Award on behalf of the Senior Citizens Council from COA President Cal Martell; Guest speaker: National Prayer Breakfast Chairman the Hon. Jack Murta; COA members vote.

COA's 39th AGM

At the 39th Annual General Meeting, the COA celebrated the contributions of the following:

Margaret Griffiths Award

Senior Citizens Council of Ottawa

Recipients of Certificates of Appreciation

Committee:

- Lisa Bronn, OSTC

Retiring Board Members:

- Dr. Lise Chislet
- Dr. Marjorie Hinds
- Trudy Sutton

COA Staff:

- Dominique Paris-McKay, former Director of Age-Friendly Ottawa
- Lise-Michelle Bouchard, Executive Assistant for 25 years of service (see 'The Face of COA', page 3)

AGM elects 4 new Board members:

Patricia Cocker
Larry Doshen
Allan Fenske
Dr. Patricia Marsden Dole
(see 'New Board Members', page 2)

Deputy Minister visits COA



COA Executive Committee meets the Minister and his staff

On June 5th, the COA Executive was invited to meet with Chisanga Puta-Chekwe, (centre) Ontario Deputy Minister of Citizenship and Immigration,

on COA activities and the Council's perspective on the needs of older adults in Ottawa.

DONATE to build an age-friendly community



At the June 18 COA AGM the Senior Citizens Council was awarded the Margaret Griffiths Award in recognition of its outstanding contribution to the health and welfare of seniors



Dave Smith, Shirley Van Dusen, and Peter Van Dusen talk about lives well lived.

‘Enriching our Days’— Another Successful Conference on Spirituality and Aging

The COA’s fifth Conference on Spirituality and Aging featured two active and inspiring keynote speakers, whose personal stories illustrated how personal passions and connections can enrich our public and private lives.

Shirley Van Dusen, painter, writer, and mother of seven distinguished offspring, still lives an active, creative life at 88. Her conversation with her son, journalist Peter van Dusen, revealed the rich depth of her life as artist, deeply spiritual matriarch and author of *The Mother’s Day Monkey*, a book of family anecdotes.

Dave Smith, the well-known Ottawa-born-and-raised restaurateur caterer and philanthropist, continues to work at helping others at a youthful 81. Growing up as the youngest of 13 in the poverty Depression-era Lower Town, he learned his generosity from his Jewish immigrant parents, willing to share with those in need.

(continued in ‘Enriching our Days’, page 3)

Meet the New Members of the COA Board of Directors for 2014-2015

Patricia Cocker

Patricia Cocker, a *Certified Financial Planning professional* and *Certified Professional Consultant on Aging*, has spent the last number of



Patricia Cocker

years since retiring from full-time employment, helping many clients with their personal financial organization.

Dr. Patricia Marsden-Dole

Since retiring from the Canadian Foreign Service in 2003, Patricia Marsden-Dole has been active in several organisations dealing with issues related to aging. She has just completed her doctorate at Saint Paul University on a subject related to the culture of aging in an aging society.

As volunteer social justice coordinator for the *Archdiocese of Ottawa*, she engages in many



Dr. Patricia Marsden-Dole

issues and groups advocating on issues related to poverty, affordable housing, the dignity of

those in prison, palliative care and more.

Allan Fenske

Allan retired from the Canadian Forces after a 38-year career as an officer and lawyer. His most recent appointments included Director General Canadian Forces Grievance Authority, Deputy Judge Advocate General/ Human Resources and Deputy Legal Advisor and General Counsel in the Department of Justice Office at National Defence. He was a member of the Canadian Forces Pension Advisory Committee from 1997 to 2000.

Allan is an active member of the FSNA’s Ottawa Branch’s Board of Directors, having served as Branch from 2007 to 2009. As Third National Vice-President he helped lead the modernizing of FSNA By-laws and governance. Allan was awarded the Order of Military Merit in 2005 for his contribution to the progressive development of military law.

Larry Doshen

Larry Doshen served for several years in the Canadian Forces in the fields of air operations, human resources and



Larry Doshen

intelligence. Since his retirement from the Canadian Forces he has been a management consultant with clients in both

government and the private sector. Larry has served on a number of volunteer boards, including The Rehabilitation Centre Volunteer Association, the Strathcona Branch of The Royal Canadian Legion. He assumed presidency of the Senior Citizens Council in June 2013. He is a member of the Business Engagement Working Group of the Council on Aging's *Age Friendly Ottawa* project.

[\(click here for further details on the COA Board\)](#)

Enriching Our Days

(continued from page 2)



Enriching our Days audience

Dave now starts every day with the question "What can I do for someone else today?" With his wife, Darlene, he has worked on fund-raising events, helping to raise over \$150 million dollars in Canada and in Africa. The Dave Smith Youth Treatment Centre, for youth struggling with substance abuse and their families, is particularly dear to his heart.

The Face of The Council on Aging of Ottawa

Almost anyone who knows the COA, knows Lise-Michèle Bouchard's name and probably her voice and her smiling face. In many ways, she has come to be the face of the COA.



Kathy Yach thanks Lise-Michèle for 25 years as Executive Assistant

In 25-years as Executive Assistant, Lise-Michèle has:

- guided and mentored new Board members, staff and volunteers;
- served as a walking, talking instant-access COA archive;
- responded to calls for information and help day AND night;
- put her legendary multi-tasking skills to use planning a multitude of events;
- added her twinkling sense of humour and personal touch to everything she did, whether having a simple conversation or preparing a surprise gift to mark a special occasion, and boost staff morale;
- and, on a personal note, she was very, very helpful to me when I was President of the Board.

Lise-Michèle can take a fair amount of credit for and pride in the COA's wonderful reputation during her tenure. In good or challenging times, I doubt you'll find anyone who loves the COA more than Lise-Michèle.

Lise-Michèle, for all you have done to bring this organization to where it is today, **thank you!**

Kathy Yach, Past President

Upcoming Events:

2014 COA GOLF TOURNAMENT

Irish Hills Golf & Country Club,
Carp Rd.

Friday September 12

(Rain Date: Monday September 15)

Tee-off: 1 pm shot gun start

For more information contact:

Phil Rocco (613) 831-1061

pmrocco@rogers.com

or Allan Fenske (613) 741-9071

allanfenske@rogers.com

To register online, visit our Events page at www.coaottawa.ca

With SPECIAL THANKS to Peter Maur Photography for photos taken at the AGM

THE COUNCIL ON AGING
OF OTTAWA
101-1247 Kilborn Place
Ottawa, ON K1H 6K9
613-789-3577
www.coaottawa.ca