

The Prime Times

“Building an Age-Friendly Society”

It’s Ottawa’s Time to Lead!

On Wednesday, April 30, friends of the Council on Aging lit up the Trillium Ballroom of the Ottawa Conference Centre with their warmth, enthusiasm and insights at the Annual Spring Luncheon, cloudy unspring-like weather notwithstanding.



Mayor Jim Watson commends AFO and City partnership

Age-Friendly Communities was the theme of this year’s Luncheon. We were honoured to have Mayor Watson provide an update on the City of Ottawa’s Older Adult Plan, in which 12 City departments specifically considered the needs of older adults. Initiatives range from increased access to dental care and computers, to the development of age-friendly design guidelines for City Parks, and certifying City staff in older adult fitness. He commended the great partnership with the Council on Aging, and recognized it as a key factor in the decision

of the World Health Organization to grant Ottawa membership to its Global Network of Age-Friendly Cities.

This year’s keynote speaker was Dr. Samir Sinha, provincial lead of Ontario’s Seniors Strategy and Director of Geriatrics at Mount Sinai and the University Health Network Hospitals. He also holds appointments at both the University of Toronto and Johns Hopkins Schools of Medicine. Dr. Sinha’s speech, [*Age-Friendly Communities: Pipedreams or Possibilities?*](#), provided an overview of the provincial Seniors’ Strategy, developed as part of the province’s commitment to make Ontario the best place to grow up and grow old. He noted that the Age-Friendly Communities Framework had contributed to the development of the provincial strategy.

Dr. Sinha offered an incredibly well-informed perspective and it was abundantly clear the extent to which he listens to and engages with his patients and the



many thousands of older people consulted in the development of the strategy.

He summarized his comments by emphasizing the value of the continuing contribution of older adults in creating caring communities for people of all ages. He also applauded the leadership of the City of Ottawa and the Council on Aging for the extent to which they have forged their partnership, concluding with the remark that “This is Ottawa’s time to lead”.



Dr. Lee Donohue asks Dr. Sinha about options for a national strategy.



AFO Phase II begins

The COA is pleased to announce that Maureen Forsythe has joined our staff as AFO Program Director, charged with overseeing the implementation and evaluation phase of the Age-Friendly Ottawa initiative. She brings with her a wealth of experience in program management and evaluation and she will be working closely with the City of Ottawa and community partners to help make Ottawa a leader among the WHO Global Network of Age-Friendly Cities and Communities.

Brain Entrainment

Psychotherapist Cathy Lumsden, creator of relaxation and brain entrainment programming available at E-Brainsense.com, gave a presentation that illustrated the impact of thinking patterns and established mind sets on our daily lives. She illustrated shifts in perspective using the example of putting on different pairs of glasses.



Cathy Lumsden with audience volunteer illustrating changes in perspective.

Propaganda in the Modern World

Skillful communicators looking to sway public opinion have a wide array of propaganda tools at their disposal. This was illustrated by Professor Randal Marlin, Adjunct Research Professor, from Carleton University's Department of Philosophy, in his enlightening and entertaining continuing education session on April 9th. Professor Marlin used examples from traditional and social media to show how selecting truths to give a wrong impression, positioning images to suggest association, and discrediting opposing views can be to advance particular causes.

To find out more about why we should all use a little more critical judgment when it comes to what we see, hear and read in the media, [click here](#).



DONATE to build an age-friendly community

Age-Friendly Business Nominations

To nominate an age-friendly business the COA should recognize, download and fill out our [checklist](#).

Upcoming Events

Lunch & Learn events run from noon to 1:30 pm. They are free for COA members, \$5 for non-members. Advance registration is required.

May 28 - English

[Every Ache Tells a Story –The Pain Detective](#)

Speaker: Hillel M. Finestone, MDCM, FRCPC

Lunch & Learn sponsored by:



June 4 - 9:30 am – 2 pm

[Spirituality Conference](#)

[Spirituality and Aging: Enriching our Days](#)

Speaker: Shirely Van Dusen, Painter & Writer

Speaker: Dave Smith, Philanthropist

Conference sponsored by:



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