COA "A TASTE OF ART GALA "

THE COUNCIL ON AGING OF OTTAWA

The Prime Times

"Building an Age-Friendly Society"

DECEMBER 2013

Age-Friendly Ottawa

On November 1st, 2013 COA's Age-Friendly Ottawa (AFO) and the City of Ottawa submitted a joint *Ottawa –Age-Friendly Action Plan* to the World Health Organization's (WHO) Global Network of Age-Friendly Cities. This plan outlines the two partners' commitment to mutually supportive initiatives designed to enhance the quality of life for older adults in Ottawa through changes in programs, services and physical environments.

Aging in Ottawa

The COA was honoured to be invited to participate in the inaugural television series on Rogers television hosted by Bonnie Schroeder. Cal Martell, and AFO's Caroline Midgely were interviewed on the role of COA in creating a more age-friendly community. A great friend of the COA, Dr. Bill Dalziel was interviewed October 1st on the topic of successful aging.

Multicultural Transportation Event

The COA hosted an innovative Ottawa Seniors Transportation Committee (OSTC) event on Oct 2nd, providing information about *"Seniors Transportation: Choices and Challenges"* for Ottawa immigrant seniors. Ninety-four senior immigrants, representing many cultural groups who spoke 8 different languages, took part with the assistance of interpreters from partner agencies serving the immigrant communities. We thank Jewish Family Services, Ottawa Community Immigrant Services Organization (OCISO) and OC Transpo for collaborating on this event.

Living Longer Living Well

The COA Board approved a review of all 166 recommendations of Dr. Sinha's report prepared over the summer by our Health Issues Committee. It was submitted to the provincial government and Champlain LHIN earlier this fall. While applauding the commitment to what we view as the most

comprehensive plan for seniors' health in 30 years, our response reinforces recommendations intended to strengthen the coordination of home and community care. Three members of the Board were invited to meet with MPP John Fraser to discuss the report on November 1st. The full response is available at http://www.coaottawa.ca/documents/Review_of_Living_Longer_Living_Well_Report.pdf

A Taste of Art!

The COA hosted its first Fundraising Gala at the residence of his Honourable Raymond Basset, the Irish Ambassador on November 7, 2013. The silent art auction featuring the works of artists Vove and Keith Yach was a huge success. Thanks to the Ottawa Community Concert Band, the evening was both artistic and musical.

We extend our gratitude to our sponsors The Rockcliffe and Nelligan O'Brien and Payne and to Graham Richardson, CTV anchor, who was the MC. But mostly we thank our guests who made this both a memorable and rewarding event thereby allowing the COA to continue to fund its various programs.

Le Comité

The Francophone Affairs Committee held two public information sessions this fall. Both hosts were invited to take part in the Rogers TV show called *Entre nous*. René Guitard , our guest lecturer at the Nov. 13th Lunch & Learn spoke to thirty participants on a sensitive issue titled "Power of Attorney or permission to get robbed". The importance of obtaining two powers of attorney, one for property and another for personal care, was underlined as was the need to designate a person of confidence.

Dr. Nathalie LeMarec spoke on a subject that is at the heart of our daily lives at the "The Impact of Stress" Forum organized in partnership with the Department of Continuing Education at The University of Ottawa on Dec.4th.

MORE ON AGE-FRIENDLY

What is an age-friendly business?

An Age-Friendly business values its older consumers and is responsive to their diverse and evolving needs. It includes features such as:

- wider aisles and easily-opened doors
- clear and readable signage
- places to sit and refresh
- patient, helpful staff

AFO Recognized Businesses

Bank of Montreal, College Square,
Bulk Barn, Billings Bridge
Dunrobin Meat and Grocery
Moores Clothing for Men, Lincoln Fields
Ross Independent Grocer
White Haven Pharmacy

Age Friendly Ottawa • Ottawa ville-amie des aînés •

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Best Wishes for the Holidays and Happy New Year 2014.

The Council on Aging of Ottawa — Le Conseil sur le vieillissement d'Ottawa