



# The Prime Times

“Building an Age-Friendly Society”

## COA at Parliamentary Breakfast

The President of the Council on Aging of Ottawa was invited by the Canadian Federation of Nurses Unions to present elements of a national seniors' strategy at the Parliamentary breakfast they hosted on February 4<sup>th</sup>. COA's position emphasized four elements:

- 1) A public awareness and health literacy campaign to promote healthy aging
- 2) Stronger partnership between all levels of government to develop more age-friendly communities
- 3) More integrated approaches to chronic disease management for our most vulnerable seniors; and
- 4) A combination of a national home care and income security measures to alleviate the uninsured costs of older people living with a chronic condition.

Dr. Steve Morgan of the University of British Columbia also presented on the need for a national Pharmacare strategy.

For further information click on the links to the summary of the Breakfast's proceedings: [An Aging Population, Prescription](#)

[Drugs and the Future of Public Health Care in Canada](#) and COA's presentation [Making it Count: Cost-effective Approaches for Adapting to the needs of Canada's Aging Population](#)

## Law student to research elder abuse

COA welcomes Ottawa U law student Geneviève Colverson for a co-op placement, funded by AJEFO and *la Clinique juridique francophone de l'Est d'Ottawa* from February to April 2014.

She takes on challenging in-depth research to shed light on legal recourses open to older adults suffering abuse. Her conclusions will be presented to *le Groupe de travail francophone sur l'abus* in April.

## Another Age-friendly business recognized



*Congratulations to the staff at the Main Street Scotiabank, nominated for their age-friendly service, as well the accessibility of the branch.*

## How The Ontario Government's Home Retirement Act (2010) Protects You



*Susan Lines, inspector with the Retirement Homes Regulatory Authority*

Susan Lines gave a French presentation on the 2010 Ontario Retirement Homes Act which provides protection for retirement home residents so they can live with dignity and make choices about their care. Resources for residents and families can be found at [RHRA's website](#).



## Planning Ahead: Who will Make Decisions?



*John Johnson, lawyer with Nelligan, O'Brien & Payne and COA Vice-President*

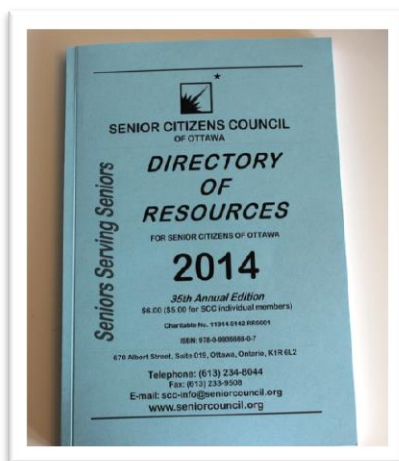
John Johnson's presentation illustrated how planning ahead carefully for the future can help give you and your loved ones certainty, security and peace of mind. Waiting too long can make these conversations difficult or even impossible when a senior no longer has the capacity to do so.

Click to view John Johnson's [Planning Ahead: Powers of Attorney, Living Wills & Estate Trustees](#) Lunch & Learn presentation



## Just Out

The 2014 edition of the **Directory of Resources for Senior Citizens** - the 200 page directory with the most up to date services available for seniors in greater Ottawa. To get a copy mailed to you, call The Senior Citizens Council at **613 234-8044**. Copies available for pick up at 670 Albert Street. (\$6.00)



## THANK YOU!

We would like to extend a **big thank you** to all the United Way donors who designated the COA as the intended recipient of their United Way donations. We appreciate your support.

To donate to **The Council on Aging of Ottawa**, [click here.](#)

## 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.

### March 12 - French

[Les femmes en Église : entre désillusion et espérance](#)

Speaker : Pierrette Daviau, PhD

### March 26 - English

[Shift your brain – Shift your life](#)

Speaker: Cathy Lumsden, MA

### April 30

**Annual Spring Luncheon**

[Age-Friendly Communities – Pipe Dreams or Possibilities](#)

with keynote **Dr. Samir Sinha.**

11 am to 1:30 pm



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