

The Prime Times

"Building an Age-Friendly Society"

Take Charge...of your health

Seniors in Ottawa have told us access to information and services is important to their health and independence. The Council on Aging, led by our Health Issues Committee, is responding to this need by developing a senior's health literacy program, "Take Charge of Your Health. This pilot project with key community partners will develop and evaluate the role of older Health Ambassadors in promoting healthy living.

There are two fundamental assumptions about the program:

- 1) Health decisions are affected by how we access, understand and use health information; and
- 2) Older adults are able to learn and adopt new attitudes and activities designed to promote their health and independence. A research associate working under the direction of Professor Linda Garcia, a former Board member, has been recently hired to

conduct a literature review on best practices in seniors' health literacy. This information will then be used to develop and test a peer support program later this year... stay tuned for news of our progress.

Age-Friendly Business of the Month: Hillary's



Congratulations to David Hillary and the staff at Hillary's, nominated for their age-friendly service, as well the accessibility of facility.

In 1959 a young David Hillary proposed two 'most ridiculous' ideas to his father, Fraser: - build a new *Hillary's* dry cleaning plant at the southern edge of the city on Bank Street; - offer drive-in drop off service. Taking a leap of faith in implementing both ideas has resulted in a franchise that continues to flourish and to seek out better ways to serve its customers. [Read more](#)

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



Women in the Church – Between Disillusionment and Hope

Dr. Pierrette Daviau, formerly with the department of Humanities at Saint-Paul's University, in Ottawa, gave attendees of the March 12 COA Lunch and Learn an enlightening overview of feminist struggles as they unfolded between 1940 and the present, primarily within the Quebec Catholic Church.



Dr. Pierrette Daviau,
formerly of Saint Paul's University

The feminist vision of women gaining full access to the same roles available to men within the Church requires greater receptivity to the profoundly inclusive aspects of feminist spirituality.



Moving Forward

Similar to other consumer led organisations such as the Senior Citizens Council and The In-Community, after more than 39 years of partnership, the Council on Aging will no longer be supported by the donors of United Way /Centraide Ottawa.

This change comes at a critical moment for the COA, as we move into the next phase of our implementation plan for Age-Friendly Ottawa. We re-structured organisational roles in November to sustain our commitment to this plan. The continued financial support of the City of Ottawa and the Province of

Ontario as well as various provincial and federal grants are deeply appreciated, and they will allow us to maintain momentum for change in developing a more age-friendly community.

The Board of Directors of the Council on Aging deeply appreciates our longstanding partnership with United Way, but realise that if we are to truly achieve the scope of change we aspire to, we will need to diversify our funding over the coming years.

Although the 'Taste of Art' Gala held last fall, and support from a private family foundation applied for earlier, are initial steps in this direction, a more comprehensive fundraising strategy is being developed this year. Stay tuned!

For those anxious to support our continued work... no need to wait.

DONATE to build an age-friendly community

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.

April 9 - English

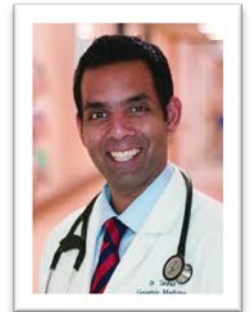
Continuing Education

[Propaganda in the Modern World](#) with Dr. Randal Marlin. First 15 registrants will receive a free copy of *Propaganda and the Ethics of Persuasion*

April 30

11 am-1:30 pm

Annual Spring Luncheon



Ottawa Convention Centre

Keynote speaker: Dr. Samir Sinha, Expert Lead, Ontario Seniors Strategy will speak on [Age-Friendly Communities – Pipe Dreams or Possibilities.](#)

Mayor Jim Watson and other dignitaries will also be in attendance.

THE COUNCIL ON AGING OF OTTAWA

(613) 789-3577 (ext.11)

coa@coaottawa.ca

www.coaottawa.ca