

**Ontario Society of Senior Citizens Organizations**

*La Société des Organisations des Citoyens Aînés de l'Ontario*

# Learning Without Barriers - Workshops & Lectures

Ontario Society of Senior Citizens Organizations continues to bring a lifetime of experience to a wide variety of topics. OSSCO presenters and facilitators have a keen understanding of their subject matter and help raise awareness on subjects to enhance quality of life.

Interested in booking a presentation? Call OSSCO at 1-800-265-0779 or email [info@ossco.org](mailto:info@ossco.org) to book an OSSCO presenter or for more information.

## Healthy Involvement in Public Policy by Seniors

Building a better community starts with you!

You will learn about:

- The role of government and community leadership
- Rights and responsibilities in public domain
- How to contribute the elder's time and skills to solve public problems
- Bridging differences for better community
- Advocacy process and techniques
- Take action letter writing and social media

**Languages:** Available in English, Farsi, French, Mandarin & Russian

\*Please request a facilitator at least 8 weeks in advance

### Locations:

Greater Toronto Area  
Greater Hamilton Area  
Greater Ottawa Area  
Niagara Region  
St. Catharines, Niagara Falls  
Northern Ontario  
Greater Sudbury Area  
Sault Ste. Marie  
Southwestern Ontario  
London-Middlesex, Sarnia-Lambton,  
Windsor-Essex County

## Supporting Connected Communities: Overcoming Loneliness & Social Isolation

Experience 3 Seniors Conversations Worth Sharing on the subject of loneliness and social isolation. 3 different perspectives will be presented and discussed - Senior, Community Specific Initiatives and Regional, Private & Non-Profit Sector. Topics will include:

- Staying engaged and active
- Participating in programs that suit individual seniors and the seniors' community interest
- Accessing a community-based service or program
- Promoting inclusion for the most isolated in our communities

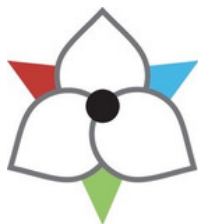
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345 Wilson Avenue, Suite 404 Toronto, ON M3H 5W1

Telephone: 416-785-8570 Toll Free: 1-800-265-0779 Fax: 416-785-7361 Email: [info@ossco.org](mailto:info@ossco.org)

Charitable Registration Number: 88502 6351 RR0001



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## Learning Without Barriers - Workshops & Lectures

### Supporting Safe Communities: Elder Abuse Awareness & Prevention

This workshop helps recognize the warning signs and shows you how to identify abuse and help older adults at risk. The Centre for Research and Education on Violence Against Women and Children developed this community minded program which we deliver. Topics will include:

- Ageism as part of abuse
- Recognizing the warning signs of abusive behaviour
- Who abuses older adults and risk factors contributing to abuse
- What neighbours, friends and family members can do to help
- How to keep yourself safe from abuse and how to find help

**Languages:** Available in English & French

\*Please request a facilitator at least 8 weeks in advance

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### My Home, My Community: Safety Starts Here

This elder abuse awareness workshop benefits individuals planning to move to or know someone who is living in a retirement community.

Topics will include:

- Recognizing elder abuse and corrective action
- Allegations and prevention of abuse
- Protection of seniors in retirement communities

Resource brochure will be provided.

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### Home Is Where I Am

Planning your future is the first step to remain independent.

Topics will include:

- Society has changed
- Start the conversation to become informed
- Reviewing housing options as we age
- How to deal with giving up the familiar
- Deciding to stay in my house: develop an in-home support plan
- What if moving is in your future? Consider other housing options
- Facing the issue of long term or chronic care housing
- Create your life plan 65+

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## Provincial Workshops & Lectures 2019

### What's Your Why? Cancer Screening Awareness Program for Older Adults

OSSCO brought this awareness program to Ontario, which builds on the work or and uses materials developed by researchers:

Dr. Penny MacCourt and Ms. Marian Krawczyk from the BC Psychogeriatric Association. **What's Your Why?** is an interactive 90 minute to 2 hour educational workshop. Topics will include:

- Four cancers which benefit from early detection
- How to get screened
- Hear first-person stories from older adults about why they got screened

Through discussion, videos and resources, participants will find out their own 'why' to take care of their health.

Languages: Available in English & French.

\*Please request a French-speaking facilitator at least 6 to 8 weeks in advance

### Locations:

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Greater Ottawa Area

Northern Ontario

Greater Sudbury Area

Sault Ste. Marie