



# OUTREACH

November 2019

## INSIDE THIS ISSUE

- 1** Message from the Executive Director
- 2** 2019 Ontario's Premier Seniors Conference & Information Fair
- 3** Step Up To Elder Abuse Project
- 4** The value of networking
- 5** Catching the Flu and Losing Your Independence
- 6** Eliminate Contract Consultants
- 7** Volunteering: if you are not, you're about to be voluntold
- 8** MedicAlert speaks for those who can't.

## Message from the Executive Director

*By Elizabeth Nykorowytch Macnab, CHRL*

Nine years ago, OSSCO transformed from multicultural information fairs into organizing a major 1-day learning event for seniors with an information fair. To support our theme of Health and Well-being, we have educational program sponsors to increase awareness and knowledge of what we might encounter as we age. Our exhibitor hall had 40 tables to explore and discover new programs and resources for your well-being. At Conference, we celebrate learners who completed the 2-day Job Search Workshop and Employment Networking Group programs. These two programs are, funded by Ontario Trillium Foundation, help older unemployed workers reframe their job search process and reconnect those critical social and business connections to find work. We will be announcing our newest safety awareness program called Step Up to Elder Abuse.

This vital program identifies what elder abuse is and the steps to prevent becoming a victim of abuse. This year's Conference was informative and helped attendees maximize on their health & well-being journeys. We hope you have left with more knowledge than when you arrived, and you have been uplifted from your peers, speakers and exhibitors. You can check out our Facebook and website for more on the conference.

We would also like to announce that Breckles Insurance are working with BOON and OSSCO to help launch OSSCO's 1st ever Loyalty Program for Ontario Seniors, their Friends and their Families. Watch for announcements in upcoming newsletters. This loyalty program not only gives seniors "cash back", but will help you donate to support your preferred seniors' organization.

**Ontario Society of Senior Citizens Organizations**  
**La Société des Organisations des Citoyens Aînés de l'Ontario**

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Charitable Registration Number: 88502 6351 RR0001

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## 2019 Ontario's Premier Seniors Conference & Information Fair



Thank you to everyone who came to the conference. It was great to see everyone having fun while learning. We can't wait to see you at our 10th Conference in 2020. A special thanks to **Sanofi Pasteur our Platinum Education Sponsor, ECC LTD. our Silver Sponsor & Breckles Insurance our Bronze Sponsor.**

We would also like to thank our six speakers, **Gary Lam** from Sanofi Pasteur, **Eman Attallah** from MedicAlert, **Jakob Milligan** from ECC, **Dorothy Mazeau** from Golden Girls Canada, **Mark Jenkins** from March of Dime and **Josephine Barry** from My Dignity.

And to all our volunteers, you did a fabulous job!



## Step Up To Elder Abuse Project

*By Nghy Nguyen,  
OSSCO's Educational Program Assistant*

Ontario's Seniors Conference & Information Fair launched OSSCO's Step Up To Elder Abuse project. This project creates several learning experiences with resource materials for people 55+ and seniors on the **7 types of elder abuse. These are physical, emotional, sexual, financial, abandonment, neglect and self-neglect.**

In addition to the workshop there is a 1-day learning conference. It is free of charge if you are 55+. The conference is booked for March 4th at Earl Bales Community Centre, (4169 Bathurst St.). The conference includes panel discussions from knowledge experts and seniors sharing their stories. **To learn more about this event on Wednesday, March 4th, 2020, or to book a workshop contact [education@ossco.org](mailto:education@ossco.org).**

*This project is funded by Horizon for Seniors Program. Thank you to our Seniors Advisory and Assembly Seniors Planning Committee Volunteers for their feedback & insight.*

## The Value of Networking

*By Meg Mathur, OSSCO's Educational Program Associate*

Conferences are one of the most efficient means of networking when you're looking for job opportunities. Outside of job fairs, which are direct hiring opportunities, a conference and trade show on a topic of your own interest is a rich source of information that you can use on your job search. With some digging, you'll be surprised to find that there are many free conferences out there - including ours! It's an opportunity to see, in-person, the people who work at companies that share your values. You can ask questions of the speakers during Q&A sessions or start a casual conversation after their talk. You can speak with the exhibitors and collect information about their companies quite easily because that's why they are there. You could also volunteer at conferences to gain some experience and make connections while you're helping out and putting your skills to use.



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## Catching the Flu and Losing Your Independence

Supported by an educational grant from Sanofi Pasteur



It's all too easy to put off getting the flu shot and to think that you won't get the flu, or that if you do, it won't be that bad. But every year, an average of 12,000 Canadians are hospitalized because of influenza complications, and about 3,500 die as a result. These hospitalizations and deaths occur disproportionately in older adults and others at high risk, like those with medical conditions such as heart diseases, diabetes and lung conditions.

Because older adults are also more likely to have one or more medical conditions, they are at increased risk of influenza complications. Looking at data spanning the 2010-15 flu seasons in Ontario, in those adults 65 years and older who were hospitalized for the flu, over 65% had an underlying condition. A single hospitalization can have a devastating impact on an older adult's ability to fully recover.

Functional declines such as loss of muscle strength and loss of independence can occur very quickly during a hospital stay. Prolonged hospital stays can lead to a "cascade of dependency" where immobility leads to poor outcomes, including significant loss of ability to carry out activities of daily living. In some cases, this requires older adults to move to a long-term care home. But surviving the flu doesn't mean patients will go home unscathed. Studies have found that as many as one-third of older adults leave hospitals with a reduced ability to carry out their activities of daily living such as eating and dressing. Why choose to go through this traumatic event when you can better protect yourself with the flu shot?

Maintain your independence and maximize your quality of life. Getting the flu shot is the best option for preventing the flu. **Ask your healthcare provider for the vaccine best suited for you!**

Vaccination does not protect 100% of individuals and does not reduce the risk of complications such as hospitalization once a person gets influenza.

**SANOFI PASTEUR** 

## Eliminate Contract Consultants

Supported by ECC



The purpose of ECC is to assist elderly homeowners in navigating and managing any residential consumer contracts that are unfair, unreasonable, or in contravention of the Consumer Protection Act, 2002. We offer a free consultation to determine if we are able to assist the consumer with their dispute.

**ECC LTD.**   
ELIMINATE CONTRACT CONSULTANTS LTD

ECC has a working relationship with several law firms who are highly experienced with these matters and compassionate of our client's situations. The purpose of our service is to manage the process of their dispute in a way that makes the process very easy, straight forward, and convenient, especially considering some of our clients are 80+ years old, have mobility issues, and have been taken advantage of.

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## Volunteering: if you are not, you're about to be voluntold

By Jean Raymond Soulodre,  
OSSCO's Education Program  
Associate

What! Work for free? Yes. When in the process of looking for work, I was reminded by a mentor to "put myself out there" by volunteering at a conference. Trusting the advice, I signed up, and soon discovered the magic of volunteering. I gave up my job search for three days to help with the conference; it was like a mini vacation. For three days, I attended one of Canada's leading career events. In return, I got a free t-shirt to wear (mandatory) and to keep. The red colour was extremely bright. I was easily identifiable and a 'tour guide'. I took a break from focusing on me and was helping people. I attended many seminars when a seat was available. I missed out on a few introductory minutes or thank you closings of the seminars before I would whisk over to my next work station. I met other volunteers, people from all levels of the profession, students, administrators from the organization's office, teachers and managers. I grew my network. The more popular seminars were always over booked. It gave me time to meet with exhibitors and

grow my professional network. My network contacts doubled and I was more aware of future opportunities. Did I find a job? No...but with my new contacts I was able to get in contact with a hiring manager. I also met new friends and learned to "put myself out there". Well worth the investment.



### MedicAlert speaks for those who can't.

People with dementia can become lost, even in familiar places. If you care for someone with Alzheimer's disease or other dementias, your greatest fear is your loved one going missing or coming to harm. With MedicAlert® Safely Home® protection, there's an effective way to help bring your loved one ... safely home. Critical information and our 24/7 Emergency Hotline number are engraved on the unique MedicAlert blue bracelet worn by the person with dementia. Should they ever go missing, police can quickly identify them by calling us. People with dementia can become

disoriented even in familiar places. When called, the 24/7 Emergency Hotline specialists immediately contact family members and caregivers to let them know the situation and location of their loved one, reducing anxiety for everyone. Your loved one's identification, health records, up-to-date photo, wandering history and emergency contacts are available to emergency responders and police through our 24/7 Emergency Hotline, where calls are answered by a live agent.



Looking for work?

Workshop for Women 50+  
OSSCO's Enhancing  
Economic Opportunities  
for Older Workers

November 22 and 29

Call Times Change to register:  
416-927-1900

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