



OUTREACH

January 2020

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Message from the Executive Director

By Elizabeth Nykorowytsch Macnab, CHRL

Every January we start off with good intentions. Then something happens and those resolutions disappear.....Do you plan on being in better health? Why not get started with your high dose flu shot from your medical professional. Did you decide to be more active? I encourage you to visit ossco.org and our educational calendar for OSSCO's lecture series (Tuesdays with OSSCO) or the four different computer programs available in our office (Wednesdays and Thursdays), at the Jamaican Canadian Association (Tuesdays and Thursdays) or Loyola Arrupe Centre (Saturdays). Do you want to be more mindful of your friends and neighbours? Then you'll want to register for OSSCO's Step Up to Elder Abuse 1-day learning assembly at Earl Bales Community Centre in March. You'll leave with more awareness on the prevention of elder abuse. Not sure how to become more engaged by networking socially or professionally? Register for our winter program called Get Set to Reconnect. These four half-day

workshops remind us about the importance of belonging, dealing with change and loss, how to re-establish social and professional connections (networks) and dealing with ageism in the workplace. Out of work? OSSCO's 2-day Job Search Strategies workshops help you create your skills inventory; personalize your job search and discover the importance of your introduction. Our four networking group sessions help you connect and maintain networks important to you. Both programs are offered in five locations in the GTA. If you live outside Toronto, OSSCO has several continuous learning programs. OSSCO works to remove barriers to learning, so that we become more resilient and connect with people with similar interests. Our educational programs are offered free of charge to people 55+. For our conferences, and large learning events, we even remove the cost of transportation for some. The only resolutions to keep this year is, promise to keep learning, to become more engaged and staying in the know.

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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Boomers beware – You might be more at risk of flu than you think

Supported by an educational grant from Sanofi Pasteur

When we think about people who might be most affected by flu season, most of us picture vulnerable groups such as children or seniors. But these aren't the only people at risk of the potentially devastating consequences of flu. If you or a loved one are 50 years of age or older, the risk of contracting the flu is higher than you might think. As we age, our immune systems weaken naturally, increasing the risk of contracting infections like influenza. The weakening of the immune system can result in higher incidence and severity of infectious diseases like influenza, as well as lower strength and persistence of antibody responses to vaccines. Adults 50 years and older have medical conditions that are more frequently linked to flu complications, compared to younger adults. Conditions such as diabetes and cardiovascular disease increase the risk of hospitalization and heart attacks when combined with the flu. Every year the flu contributes to an average of 12,200

hospitalizations and 3,500 deaths. 1. Get vaccinated. The flu shot is the first and most important step to protecting yourself against the flu. 2. Maintain a healthy diet. Eat a nutritious diet with loads of fruits and vegetables and stay hydrated with fluids. Keep active, as this will help boost your immunity, which is key in staying healthy throughout the flu season. 3. Practice good health habits. Wash and sanitize your hands regularly, wipe down surfaces in your home and workspace, and stay away from those who are sick with the flu.

**To learn more visit,
www.sanofi.ca**

SANOFI PASTEUR 

Ask An Expert: Who can give me guidance in selecting the right place to live comfortably as I age?

*Answered By Jane Teasdale,
Principal Director of Business
Development, Mosaic Home Care*

Home is the place that allows you to be who you are while being able to express that to others around you. Being socially connected gives you the opportunity to meet like-minded people. By sharing green spaces, interests, activities and developing a great sense of community. As you age

the right place is the place that best supports you to live as you want. You should look for guidance from a professional, preferably a registered social worker, who works primarily in this area. Your doctor might be able to connect you with one in the health care system or you could contact a social worker privately for advice. Avoid organisations who might offer "free" advice as they may rely on commissions from those they pass you on to. To help those who advise you, be clear as to who you are and what matters to you?



ELDER ABUSE:

It is a crime of entitlement and power. It's grounded in ageism. Elder abuse can also be defined as any intentional or negligent action that harms-or creates the risk of harm-to a vulnerable older adult.



We can help contact us at
at 416-785-8570 or
education@ossco.org

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Help Raise A Child

By Sara-Joy Turner, Volunteer Recruitment and Engagement Coordinator, Nanny Angel Network



Are you a senior looking to build bridges with younger generation? Do you actively look forward to time with the grandkids? Grow your family by becoming a Nanny Angel Childcare Volunteer today where you can use your wealth of childcare experience to support children whose moms have been diagnosed with cancer. As a Nanny Angel you will have the opportunity to get out into your community and partner with families to lessen the impact of cancer. For four hours a week for six months (or as long as you wish!) you can provide moms enduring the cancer illness with respite by providing grief and bereavement support to their kids. You will also contribute a sense of normalcy to the whole family by reengaging kids with play and activity. If caring for children is what you love to do - volunteering with Nanny Angel Network is right for you!

Get involved today:
nannyangelnetwork.com/get-involved/

Get Your Memory Back

By Rishawn Dhir, Founder and Chief Executive Officer, Memoryz

Every three seconds, someone is diagnosed with dementia. Memoryz is tackling this problem by empowering families in need and attempting to redefine the standard of dementia care. Our mobile application assists with three primary tasks: scheduling and sending medication reminders, creating easy-to-follow schedules, and providing emotional support and assistance via our built-in chat system. In this way, Memoryz enables caregivers to simplify and facilitate everyday tasks and helps their loved ones achieve a sense of independence. Memoryz is currently looking for individuals to test our application. If you and your family members are interested in trying it out.

Visit the website and sign up:
<https://www.memoryz.ca>



Memoryz

Want a better relationship with your cell phone? We can help!
Register for our January courses at 416-785-8570 or programs@ossco.org

Looking for work?

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

Call Times Change to register:
416-927-1900

Minds in Motion in Toronto

By Romina Oliverio, Community Partnerships Manager, Alzheimer Society of Toronto



The Alzheimer Society of Toronto Active Living Program offers an exciting range of activities and outings to enhance social inclusion and physical well-being while exploring the benefits of creative therapies for people with dementia and their care partners. Programs include art series, equine therapy program, non-impact aerobics, Minds in Motion (a cognitive and physical exercise program) performing arts events and dementia-friendly tours of cultural institutions in Toronto. **For more information on the Active Living Program, please visit www.alz.to**

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Welcoming New Board Members



Sharon M. Mooney, MBA, B.Com, BSc, TESL

For the last decade, Sharon has focused her career on leading Centennial's Centre of Entrepreneurship. Under her leadership, the Centre was able to deliver successful programming to youth, the underemployed and the community. Over the course of 10 years, 1500 start-ups were launched as a result of Sharon's dedication and tireless efforts in stretching funding dollars. In 2014, Sharon's efforts were recognized with the Board of Governors Award of Excellence in the category of Community Partnership, and in 2015, the team earned the Silver Program Excellence Award and the Entrepreneurship in the Community Award from Colleges and Institutes Canada. Sharon volunteers with the Red Cross and Acclaim Health working with palliative care clients in her community.



Shaukat Rizvi has dedicated his time to seniors

A retired international seniors executive experienced with more than 30 years in leading Fortune 500 multi-national organizations like Philips (Holland) and Panasonic (Japan). He has been instrumental in driving record profitability across multiple business units. He has also worked as the advisor to the Government of Pakistan for the Alternate Energy Board. His drive to giving back led him to establish "Senior Forum Canada" in 2016 which is a social organization with an objective in bringing visibility to the needs of seniors across a diverse ethnic background to help eliminate social isolation. Mr. Rizvi has a Masters in Electronics Engineering (Netherlands), Bachelors in Electrical Engineering (Pakistan)



Ellen Yachnin is passionate about "public service"

Ellen recently retired from the Ontario government after a 30-year career that spanned both the federal and provincial governments, and covered a diverse set of issues like immigration and economic development. Most recently, Ellen worked as the Ministry for Seniors and Accessibility and was responsible for the expansion and delivery of the Age Friendly Community (AFC) which is a World Health Organization (WHO). Ms. Yachnin is an experienced Foreign Service officer with full posts held in London, Hong Kong and Rome; with additional secondments in New York, Prague, Beijing and Tokyo. She has an Honours Bachelor of Arts degree in International Relations from the University of Toronto and a Masters in Public History from the University of Waterloo.

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