



OUTREACH

November 2020

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Special Edition



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

Message from the Executive Director

By Elizabeth Nykorowytch Macnab, CHRL

November is a month of remembrance, but there are also memorable fun days like, Go Cook for Your Pets Day on Nov 1st, Rocky and Bullwinkle Day on Nov 19th and Celebrate Your Unique Talent Day on Nov 24th. There are also dates when we focus on wellbeing and improving society like Family Caregiver Day on Nov 1st, World Pneumonia Day on Nov 12th and International Day for the Elimination of Violence Against Women on Nov 24th. Most of us know this month for Nov 11th, Remembrance Day. When we stop to remember the sacrifices and countless lives lost. During COVID-19, we need to remember the essential workers who work in healthcare. There are also thousands of other essential workers to remember this month who work in retail/ grocery stores, on public transit, in home repair and...??? I'm sure you can add to the list. When COVID-19 arrived, OSSCO was starting to organize its 10th annual Premier Senior's Conference and Information

Fair. This is Ontario's only Senior's Conference offered free of charge to people 55+. Our goal was to exceed the 285+ seniors who attended last year's one day learning event. They experienced six workshops and more than 40+ exhibitors. Sadly, it is postponed this November. OSSCO decided to remember the people who supported last November's Conference. They educated us and gave us valuable information to take away. Inside this edition, you'll find articles and valuable information from the same companies, to keep you educated. Also don't forget to email us to join OSSCO's TeleLearning weekly activity with our facilitator Noreen. She brings seniors together to learn, discuss and share what's important to them. Back by popular demand, OSSCO is launching its Story Writing program delivered remotely using Zoom. Visit our website and Facebook page to learn more about these and other free learning activities for people 55+. Stay safe, be well.

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What is your future plans?

*Supported by Jane Teasdale,
Principal Director of Business
Development at Mosaic Home
Care*

Plan Well Guide: a novel
decision aid to support
decision-making in serious
illness (like COVID-19
pneumonia) Main discussion
points include will be:

- With respect to future medical care, why think ahead/plan ahead?
- Highlight current deficiencies in communication and decision-making process related to serious illness
- Introduce you to Plan Well Guide planwellguide.com
- Discuss future collaborations

On Tuesday November 17th, 2020 at 1:00 p.m. to 2:00 p.m EST join Dr Daren Heyland he is a Critical Care doctor and a Professor of Medicine at Queen's University, Kingston, Ontario Canada. He also serves as the Director of the Clinical Evaluation Research Unit at the Kingston General Hospital which functions as a

methods center for multicenter clinical research (See ceru.ca). For over a decade, he chaired the Canadian Researchers at the End of Life Network (CARENET, www.thecarenet.ca) which has a focus on developing and evaluating strategies to improve communication and decision-making at the end of life. He was the lead investigator and founding scientific director for a Network Centers of Excellence in Technology Evaluation in seriously ill Elderly Patients (TECH VALUE NET, now called Canadian Frailty Network). More recently, he has developed a few web-based tools to aid lay people in decision-making related to serious illness, see www.planwellguide.com and www.mycuguide.ca. Overall, Dr. Heyland has published approximately 400 peer-reviewed papers, raised more than \$115 million in external grant support and given > 350 international presentations.

**Register at 905.597.7000
info@mosaichomecare.com**



**Take better pictures with any
devices (phone or SLR)
We can help!
Register now
programs@ossco.org**

Who needs a medical ID?

*Supported by Medicalert
Foundation Canada*



MedicAlert Foundation Canada is a registered Canadian charity that proudly embraces our mission to put every Canadian in a position to benefit from high-quality health information at time of need. Since 1961, we've helped protect over 1 million Canadians! We live our mission everyday through a range of MedicAlert charitable and outreach programs that help so many live more securely and confidently! But there are hundreds of thousands of vulnerable Canadians we still must reach. As a charity, we rely on our subscribers and generous donors to keep these live-saving programs going strong:

Fully subsidized programs

No Child Without program

Our No Child Without program, which was first founded by a federal government grant, is now supported by generous donations. This program helps ensure that eligible kids **cont...**

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medical conditions aged 4-14 receive free MedicAlert protection. Over the past 10 years, the program has expanded to cover more than 6,000 public and catholic schools across Canada.

Membership Assistance program

We understand some Canadians may not be able to afford MedicAlert protection due to their financial situations. This program, which we solely subsidize, provides partial or full financial assistance for MedicAlert IDs and service plans for eligible applicants.

FASD (Fetal Alcohol Spectrum Disorder) program

Fully subsidized by MedicAlert since November 2015, this program was created in partnership with Anishinabek Police Services and Maamwesying North Shore Community Health Services to help those living with FASD in the community. We are working towards expanding the program to the rest of Ontario soon.

First Nations & Inuit

We work with Health Canada to make MedicAlert services available to eligible First Nations and Inuit families and communities under Health Canada's Non-Insured Health Benefits (NIHB) program.

Canadian Veterans cont...

In partnership with Blue Cross, eligible Canadian veterans can get MedicAlert protection service partially or fully subsidized.

Partially Subsidized Programs

MedicAlert Safely Home

MedicAlert Safely Home helps ensure that people living with Alzheimer's disease or dementia are quickly reunited with their families. This nation-wide program in partnership with the Alzheimer Society of Canada offers eligible subscribers an unique MedicAlert blue bracelet for people with dementia for free with their service plan.

National Education "Look · Read · Call" Program

We train Canada's healthcare professionals and emergency responders to 1) look for the official MedicAlert emblem on medical IDs, 2) read the engraved medical information and 3) call the exclusive 24/7 Emergency Hotline to access our subscribers' detailed health profiles. **For more contact 1.800.668.1507 or medicalert.ca**

Need someone to talk to?
Ofcourse you do, join Noreen every Wednesday for her TeleLearning weekly activity
Contact us for more information at programs@ossco.org

Look to the future, 2021

Support by March of Dimes

March of Dimes Canada will hold the 21st Annual Ability and Beyond Dinner, Presented by Bell July 15th 2021. The evening will include live and silent auctions, and an inspiring presentation by Actor, Author, Producer & Director, Henry Winkler. Audiences always leave Henry's presentations inspired and entertained. Through humorous anecdotes and inspirational life lessons about overcoming adversity to his storied career in television and entertainment, groups of all ages can learn from Henry's speeches. All the money raise will support March of Dimes Canada's After Stroke programs, MODC's new Canadian model of care to support stroke survivors and caregivers after a stroke. MODC is proud to have enhanced and expanded our stroke related services to more communities throughout Canada, with more information available on the recently launched After Stroke website at afterstroke.marchofdimes.ca. **To reserve your tickets or for more information and sponsorship opportunities contact 416-425-3463 ext.7290 lyielding@marchofdimes.ca**

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We miss our volunteers

By Meg Mathur, OSSCO's
Educational Program
Associates



Volunteer opportunities still exist in this time of COVID-19 but we sure do miss our volunteers. We cherish our volunteers' contributions at our numerous events including our Annual General Meeting and Annual Premier Seniors Conference. Our volunteers and contributors gave 1,487 hours of their time this past fiscal year to our organization. They helped us by making our events run smoothly and taking care of behind-the-scenes details. Any type of work helps. We've had volunteers do a variety of great things for us such as plan programming content, register attendees and stuff swag bags. So many contributions! Volunteering is important for the mind and soul; helping for only one day or ongoing makes an impact. Meeting people and building lasting relationships is a huge reward for us and for volunteers. We can't wait to see them in-person again.

Remember when...

By Jean Raymond Soulodre,
OSSCO's Educational Program
Associates

Remember when we would get together with friends over coffee, a light snack or even (dare I say it?) for dinner and conversation in a restaurant? It seems like we have been sequestered for an eternity, yet it has only been approximately eight months. Remember when at about this time last year we were having our Annual Senior's Conference? This year would have been our tenth. Due to COVID restrictions we are not allowed to gather in public anymore. It is sad really because this conference was a time to reconnect with friends, some we see monthly, others only annually. A key part of the conference was all the small conversations that occurred. Conversations with friends, acquaintances and yes, the opportunity to make new connections. The suppliers' fair was also a good spot to visit. To find out about a new product or service or even to verify one we previously purchased is still current and "no, there is no software update...". It is sad to reflect on this loss. However, this brings up an idea, what if we were to meet virtually? This is your call to action.

Make a list. May I suggest three categories, family, friends and co-workers. This last group might also be called former coworkers, depending on individual circumstances. Pick one name from each column and contact them either by phone or email. No more than three, no less than one. Imagine how many people you will have connected with in just three weeks. There is a group of like-minded individuals, over fifty years, who have been maintaining a weekly get together for almost a year. At first it was meetings in person at a particular Tim Horton's, but as COVID hit and restrictions became the norm, the group began meeting virtually Via ZOOM. We exchange information on job openings, discuss social happenings and mostly check up on each other. We have become friends. There is good all around us, sometimes we need to look in a new direction. Instead of feeling down from listening to the news and the litany of COVID statistics, why not rekindle the connections you had before the COVID pandemic hit.



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Remembering last year's Ontario Premier Senior's Conference



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**Thank you to everyone that made this event a success and everyone
that continues to support us so we can support you.**



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