



KANATA SENIORS COUNCIL

Seniors news

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RETIREMENT LIVING FAIR 2018

GETS TEN THUMBS UP



On Saturday, April 28th, just under 300 visitors poured into the Kanata Seniors Centre for the two hours of this year's Kanata Seniors Council's Retirement Living Fair.

Seen l to r: Councillor Hubley, Kay Dubie, KSC President, Ottawa Mayor Jim Watson, Councillor Marianne Wilkinson

Along with the visitors Kanata Councillors Allan Hubley and Marianne Wilkinson were much in evidence along with Karen McCrimmon, MP for Kanata Carleton and MPP Jack MacLaren. Mayor Jim Watson, although faced with a crowded agenda, managed to visit all the booths before speaking briefly to thank the organizers and congratulate the Council on providing such an exemplary service to Ottawa's growing older adult community.

Driving the organization of yet another successful Fair were Council Director John Kern and his wife Marsha who had every detail covered from setting up to tearing down!

This year 40 exhibitors (5 of which were 'not for profit') were on hand showcasing the services and products that they offered to the older adult community. From providing meals to hearing aids, from security systems to downsizing assistance, from retirement residences to estate planning, the major aspects of interest to seniors were well represented.

Seniors Council members along with members of the Centre staff helped out, the Café staff were on hand with mouth-watering cookies and squares not to mention tea and coffee, and from start to finish the Fair went with a swing.

The results of a short survey indicated that both the exhibitors and those who visited were more than satisfied with the organization of the fair and many hoped that the event would be continued for coming years.

THE KANATA SENIORS COUNCIL WOULD LIKE TO THANK: *Capital Audiology, Be Well Mobile, Capital Audiology, Be Well Mobile Fitness, Hazeldean Gardens, CARP, Helix Hearing, Capital Medical Equipment and Meridian Credit Union. Sponsors who covered food and supplies for the Fair were: Island View Retirement Residence for the Food and the Courtyard on Eagleson for give-away bags. Western Ottawa Community Resource Centre sent out a mailing of 300 of our Fair flyers. BKL Design Group for design of Fair material*



OFF WITH A BANG!

One hundred and forty hungry people enjoyed the games kickoff breakfast at which the torch was lit by Liz Tucker's enterprising grand daughter, Erin Gallagher, aged eight, to open the eighth year of the Kanata Senior Council's Far West Fun Fest, 2018 edition.



After getting fuelled up for two weeks of exercise (both mental and physical) it was off to an energetic drumming session which left participants feeling that every muscle in their body had had a good workout.



The next day started with two hours of square dancing under the eye of caller Francois Desmarais after which some hit the great outdoors to enjoy a camp fire, hot chocolate and s'mores while the more artistic souls headed off for an afternoon of painting and drinking wine.

The weekend allowed aching bodies to relax but not for long..Monday started with an energetic "Zumba morning" but the afternoon allowed everyone to exercise their mental talents at a taxing trivia session while others paid a quick visit to childhood days for a session of using their artistic skills using such media as play dough, paint and collage.

Where to next? Who knows but the guarantee of fun, laughter and the chance to make new friends and enjoy the company of old ones is the engine that that drives Far West. And keeps people coming back.



CITY OF OTTAWA OLDER ADULT PLAN (OAP)

On Monday, June 4th, at 10.00 a.m. at the Kanata Recreation Complex, 100 Charlie Rogers Drive, the Kanata Seniors Council, at the request of the City of Ottawa, is hosting a consultation to set the bounds of the City's Older Adult Plan over the next three-year period.

Back in 2011, the City of Ottawa began discussions regarding setting up an Older Adult Plan (OAP) to assist the City in implementing concrete actions that would respond to, and serve, the needs of its older adult population which was growing dramatically. The basic objectives were defined in 2011, but it was agreed that the plan would be revisited from time to time so that it could continue to meet the specific needs of older adults both today and in the future.

The Kanata Seniors Council set up a day of discussions so that the residents of the West of Ottawa could have their say on a series of 8 topics as they related to seniors. The topics were: Community support and health services; Transportation and buses; Outdoor spaces and buildings including roads, sidewalks and parks; Housing; Respect and inclusion; Social participation and recreation services; Civic participation and recreation services and Communication and information. After a day of discussion, a team from the Council consolidated the responses and submitted our report to the City. A copy of that report is available on request.

Following our report and those from other consultations across the City the Older Adult Plan was completed and work began on it in 2012. The OAP is split into 3-year time periods. The third part of the plan will run from 2019 to 2021.

The success of the consultation will depend on YOUR input, so it is hoped that you will make plans to attend. Refreshments and lunch will be provided depending on the length of discussions. Please plan to attend and voice any concerns that you have that relate to Older Adults in Ottawa and, in particular, to those 8 areas that are listed (see right) bearing in mind that the needs of seniors are only going to increase over future years and that this is *your* chance to have *your* say.

OLDER ADULT PLAN

EXAMPLES OF ACCOMPLISHMENTS

2015 – 2017

OUTDOOR SPACES AND CITY BUILDINGS:

Upgrades to 2637 sidewalk curbs to reduce tripping and to 39 City facilities to improve accessibility.

COMMUNITY SUPPORT AND HEALTH

SERVICES: 3,000 Older Adult Emergency Preparedness kits distributed in 6 languages, 450 smart burners, 1525 carbon monoxide alarms and 229 smoke alarms installed for low-income seniors

HOUSING: 131 new units of affordable seniors housing under development.

TRANSPORTATION AND MOBILITY:

152 accessible benches installed at 22 Transitway Stations; 48 intersections modified with accessible pedestrian signals and countdown timers.

SOCIAL, RECREATION AND CULTURAL

PARTICIPATION: 17 locations equipped with older adult appropriate fitness equipment; 200 participants in Falls Prevention workshops; Techno Buddies offered older adults one-on-one computer and technology assistance by teen volunteers.

COMMUNICATION AND INFORMATION:

1212 Guides of Programs and Services for Older Adults distributed in 5 languages; 83,000 Older Adult Recreation Guides distributed in English and French.

YOUR PRESENCE IS REQUESTED

WHEN: 10.00 A.M., MONDAY JUNE 4TH

WHERE: KANATA RECREATION COMPLEX

100, CHARLIE ROGERS DRIVE

THIS IS YOUR CHANCE TO HELP

TODAY'S SENIORS AND THOSE WHO ARE TO COME

SEE YOU THERE.

TRAVEL

COMING EVENTS

- **NEXUS TRAVEL PRESENTATION** includes two exciting once-in-a-lifetime China Packages on Tues June 19 in Malack Hall C, 2500 Campeau Dr, Kanata starting at 9:30 am. This is China/Canada Tourism year – two can travel for the price of one. All are welcome to attend and there is no cost to attend.
- **“DINE AROUND MYSTERY TRIP”** outside Kanata on Tuesday June 26th. Cost is \$ 25.00 which covers visits to a number of venues and the bus. Lunch is not included. This trip is sold out but there is a waiting list
- **RIDEAU HALL AND LUNCH IN THE BY-WARD MARKET** on Tuesday July 10th which includes a tour of the Governor General's Residence and lunch at Tucker's Marketplace all for only \$ 35.00.

Watch for the dates and flyers for the following exciting trips being planned:

- Trip to Chelsea on July 25
- Boat trip on Ottawa River on Aug 23-Wine tasting trip in Sept (watch for date)
- Upper Can Playhouse trip to see a musical comedy on Oct 12



Mark your calendars and watch for more flyers on the following Council Special Events:

PANCAKE BREAKFAST in conjunction with the Centre' Open House on Fri Sept 6. No charge to attend.

THE KANATA SENIORS COUNCIL ANNUAL GENERAL MEETING, MONDAY SEPT 10. This is your chance to hear more about the Council's future plans, have your voice in the Council's future and meet the new Council Directors. There is no charge to attend and a lite meal will be served.



WELCOME TO
THE KANATA SENIORS COUNCIL
TECHNOLOGY TEAM!

Did you know that membership on the Kanata Seniors Council gives you access to a variety of technology services?

- ◆ Connect your computer, phone or tablet to Wi-Fi at the Kanata Seniors' Centre or use one of our five Windows 10 PCs
- ◆ One PC is equipped with an extra-large LCD monitor and larger fonts for better accessibility
- ◆ Take one-on-one computer, laptop, tablet, e-reader or smart phone training.
- ◆ Attend Computer Seminars to learn more about technology topics.
- ◆ Don't miss our Tips page for more help with Technology.
- ◆ Learn how to transfer, edit and manage the photos on your digital camera. Learn how to connect a printer, scanner or memory stick.
- ◆ Learn how to keep your personal information private and your computers safe from viruses and malware

LESSONS COST \$20 FOR 3 ONE HOUR PRIVATE SESSIONS
FOR INFORMATION OR TO SIGN UP PLEASE CONTACT US
AT

[HTTP://KANATASENIORS.CACOMPUTER_TRAINING.HTML](http://kanataseniors.cacomputer_training.html)

OR BY TELEPHONE @ 613-580-2980



“SENIORS HELPING SENIORS”

A CHANCE FOR THE SENIORS OF TODAY

PLAN FOR THE SENIORS OF TOMORROW

10.00 A.M: MONDAY JUNE 4TH

KANATA RECREATIONAL COMPLEX.

WHAT'S COOKING

CAFE CHATTER FOR MAY, 2018

One thing about the Café - there are few dull moments. The few are when our clients are not there.

Rachel Vaillant looks at our menu board for inspiration for dinner and, while we're talking dinner, did you know that we have dinner "take outs"? They're getting more popular and, what's more, we're getting really good "feed back".

One Tuesday we were treated to great live entertainment by Greg Conrad and a friend at lunch time. It was enjoyed by the lunch crowd and most of the art group which were getting set up for their class. Greg and his friend were so good, and the requests for a return visit came in from so many, that an invitation was presented for future lunch-time gigs!

Summer is coming up fast and many students are realizing they have nothing to do - or at least their parents are - so the café is beginning to be checked out for volunteering opportunities.

At our next cooks meeting, we will be discussing, summer venues and menus. Up for discussion, main hot meal days, a varied summer menu, and even all-day breakfasts. We've had a request for a "pub" day. If you're interested, please get back to me and let me know. You know where you can find me!

May's been busy ... what with the Tulip Festival Lunch and yes two, count them TWO, investment meetings in one day. As for the Garage Sale, it was (as always) a great success. Volunteer ladies and gentlemen did a bang-up job at organizing and assisting at sales and many customers bought stuff they didn't know they needed. Anyway, it's all for a good cause.

Frank n'Sense

As you may have heard we will be putting together a cook book and here are some of the titles that have been discussed and *rejected!*

1. *Getting Even: Hillary's High-Fat Cookbook* 2. *Peanut Butter and Jelly Sandwiches for Dummies* 3. *Cooking with Condiments - An Apartment Dweller's Guide to Making Something Out of Nothing* 4. *Everything's Yogurt... Eventually!*



FROM THE PRESIDENT

A couple of months ago during volunteer week, I missed an opportunity to recognize a group of people who help keep our events happening. This group is our volunteer members. Without their tireless support, both our Council and Centre would not be able to present such a varied programme.

As you are aware all the Council activities are run by volunteers, with one exception, our Café Manager, **Frank Zietlhofer** who works well beyond his requirement, to ensure our Café is well managed to keep our wonderful reputation in tact.

John Kern and his team of workers maintain the Travel Team. This group is responsible for finding, selling and escorting the many trips we present each year. **Ken Cownley** is our man in charge of the technical services we provide. Ken has several tutors who provide lessons and seminars to help our seniors keep up with the "tech" world we now live in. **Ken Major** is our by law, tax and information guy, who likes to dig thro files and come up with ideas to help make our Council run more efficiently. **Rachel McGregor** oversees reporting on needs and wants for the Café. **Peter Fedirchuk** has become our man to find us new ways of increasing our revenue. **Liz Tucker** is our resident Treasurer, and sometimes I think she does live in the building as she seems to be around a good deal of the time. **Jeet Wadehra** look after any health information that needs sharing for our members. **Sarah Trant** is our communications specialist and editor of our Seniors News. **Ann Paris** is the document keeper, making sure all the forms and information is forwarded to the government agencies that we must comply with. Last but not least, **Frank Boisvenue** is our friendly ambassador whose job it is to turn up at various affairs and promote our Council and is always willing to help anyone else who could use a hand. Margaret Burman is our tireless recording secretary, who manages to keep us informed by somehow deciphering our many discussions and putting it all down on paper. Our webmaster, **Yvonne Parlour** is the recipient of many messages and manages to collect the thoughts and pictures into a web page that has grown increasingly "hit" as the jargon goes, by more and more seniors in our area. This is the team that works for your benefit, and so I would like to say a big belated thanks for all they do.

Kay

