



The Kanata Seniors Council recently honoured Kay Dubie with the 2024 Frank Valentine Award during an Open House event held September 4th.

This award is named after Frank Valentine, a dedicated volunteer for seniors in the community, and recognizes individuals who exemplify his spirit of service.

Kay Dubie has been actively involved in improving the lives of seniors since moving to Kanata in 2007.

The award was presented by Chris, Frank Valentine's son, highlighting the legacy of community service that the award represents.

COMMUNITY SUPPORT SERVICES

Our Ontario local community health support network has again re-branded. If you're in receipt of Home and Community Care Support Services (HCCSS formerly the LHIN), nothing will change for you, but the organization is now referred to as Ontario Health at Home.

The government says this change will streamline service delivery across the province, and care will be delivered through 'ON Health Teams'.

The provincial phone number (613-310-2222) remains the same and services, including home care, LTC admission, and community nursing support should not change. But look out for new references now to OHaH as opposed to LHIN or HCCSS.

For more information, go to:

<https://www.ontario.ca/page/home-community-care>



Kanata Seniors Council
"Seniors Helping Seniors"

CONTACT US
Phone: 613-254-7164
email: council@kanataseniors.ca
Website: kanataseniors.ca
Facebook: [Facebook Link](#)



Kanata Seniors Council
HEALTH FAIR
Saturday, October 19
at the Kanata Seniors Centre
2500 Campeau Drive, Kanata
9:00am to 3:00pm

Get Free Screenings & Information
Heart Valve Disease
Medication Safety
Mental Health
Community Health Resources
Keeping Fit
Blood Pressure Clinic
Foot Care Clinic
Hearing Clinic

Come to the Council's Health Fair and explore new ways to improve your physical and mental health.

*Clinics require an appointment. Contact the front desk
Phone: 613-580-2980*

Thank you to our sponsors: Brookside Senior Living, Ottawa Hears, Solva Senior Living, The Bradley, Waterford Grand, Wellings of Stittsville, Wildpine, All Seniors Moving, Carp Commons, Freiheit Home Care, Lifeline Canada, Red Oak, Robertson House, Timberwalk, Ideal Caregivers 4u



Funding provided by Ontario

Many thanks to our Sponsors and Contributors

Sponsors

- Solva Senior Living
- The Bradley
- Waterford Community
- Ottawa Hears
- Wildpine Stittsville
- Brookside Senior Living
- Wellings Stittsville
- All Seniors Moving
- Aspira Red Oak
- Freiheit Care Inc.
- Robertson House
- Lifeline Canada
- Carp Commons

Contributors

- Ideal Caregivers 4U
- Crystal View Lodge
- Timberwalk
- Kanata Theatre



When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."



Kanata's Best Kept Secret



Rates with all-inclusions below starting at:

\$2895

/mth*

Brookside is pleased to be celebrating its official one-year anniversary as a locally owned and operated retirement community. With over 25 years of experience in senior living the owners embody a unique blend of expertise and heartfelt hospitality, care, and service. Around the corner from the Brookstreet Hotel, our beautiful setting features serene ponds, mature trees, and lush green landscaping, offering a tranquil oasis that families love to visit and our seniors love to call home. Come see our beautiful renovations including our stunning exterior courtyard oasis!

For those who permanently move in before July 15th we're offering your first four weeks for FREE!

Schedule your visit today!

INCLUDED IN ALL OUR RENTS:

- Range of private accommodations styles including spacious bathroom with walk-in showers
- Three delicious home-cooked meals daily with snacks throughout the day
- Weekly housekeeping service
- Weekly laundry service including personal items.
- Medication management and administration
- 24/7 onsite healthcare professionals with emergency pendant
- Reminders for meals & activities
- Monthly vital monitoring and wellness checks
- Assisted living including 2 PA available for an additional fee

Your retirement options are endless, but your choice is easy.



20 Shirley's Brook Drive,
Ottawa, Ontario
343-204-0589
Jessica@brooksideliving.ca

*based on accommodation portion rebated at 50% in month two

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ROBERTSON HOUSE

Retirement Community



Where: 1 Mill Hill Road Nepean
catherine.armstrong@springliving.ca
613-222-1968



Passionate about your well-being.



MUSIC ON A SUNDAY AFTERNOON

“Music on a Sunday Afternoon” is an opportunity for residents in Kanata North to hear concert class music right in the community in a venue with excellent acoustics and a beautiful setting.

“Romantic Music For Violin and Piano”

by DUO ETERNITY

September 29th at 2:30 pm

“Autumn for Oboe and Strings”

by OTTAWA HANDEL QUARTET

October 20th at 2:30 pm

St. John's Anglican Church
325 Sandhill Road
Kanata North

Admission is by a cash donation.
Open to the public, so everyone is welcome.
www.OHQ-QHO.ca



Upcoming Travel and Lifestyles events in October

International Dining at the "Persian Grill, Bells Corners"
360 Moodie Drive, Nepean 12:00 pm - 2:00 pm Ticket Cost: \$5.00 (plus the cost of your meal) Wednesday, 9 October 2024

OC Transpo Bus and LRT Ride to downtown Ottawa
Visit the Ottawa Art Gallery
10:00 pm - 2:30 pm
Ticket Cost: \$15.00 (plus the cost of your meal)
Transportation and admission to the Ottawa Art Gallery (Seniors must have a Presto card)
Wednesday, 23 October 2024

Fall Makeover - Learn about the makeup trends for older adults for Fall 2024
10:30 am - 12:00
Ticket Cost: \$5.00
Wednesday, 30 October 2024

For more information and to get your tickets, visit the booth in the lobby area every day except Thursday from 11:30 - 1:00 pm

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Café Chatter

Summer was slower than normal in the Café due to a lack of activities at the Centre. We look forward to seeing our returning clientele for delicious meals and the special lunches served periodically.

With the arrival of September, we were happy to welcome many of our regulars who attended the free Pancake Breakfast that was held September 4th. Pancakes, sausages, and coffee were had by all.

Our Thanksgiving lunch is on Wednesday, October 16th. Flyers will be posted by the end of the month.

We have introduced "Pizza Fridays" to the menu. Come and enjoy Dominos Pizza every Friday from 11:30 a.m. to 1:00 p.m. Cost is one slice of pizza - \$3.50; one slice of pizza with a drink of choice - \$5:00.

The Café Manager, Linda and I, would like to thank all our volunteers for their service over the summer months and look forward to another season of great affordable food, friendship, and lots of laughter!

Pizza TIME

DOMINO'S PIZZA FRIDAYS
Brought to you by the
Kanata Seniors' Council



Fresh slices of pepperoni or cheese pizza.

\$3.50 a Slice
\$5.00 for a slice & a drink

Every Friday from 11am to 1pm




October Menu

Here are the entrees for September that will stimulate your taste buds

MONDAY
October 7 - Rigatoni with sausage, peppers and zucchini
October 14 - Thanksgiving Cafe Closed
October 21 - Sheet-Pan Chicken and Vegetables
October 28 - Tex-Mex Casserole

TUESDAY
October 1 - Chicken Pot Pie w/salad
October 8 - Fettuccine w/cream sauce, mushrooms & ham w/salad
October 15 - Hot Pork Sandwiches w/mashed potatoes & Coleslaw
October 22 - Beef Stroganoff w/garlic mashed Potatoes & glazed carrots
October 29 - Vegetarian Chilli w/corn bread

THURSDAY
October 3 - Chicken in BBQ sauce w/salad
October 10 - TBA
October 17 - Sausage Pasta Bake w/salad
October 24 - Moroccan Beef Cornbread w/salad
October 31 - Kielbasa & Sauerkraut w/Bund

MENU ITEMS SUBJECT TO CHANGE

AROUND OTTAWA

Ride the bus in Ottawa for FREE on Sundays and Wednesdays for Seniors 65 years and older.

NCC Gatineau Park FREE shuttle: every 30 minutes, six days a week until October 27.

On weekends, the shuttle runs from downtown Ottawa to Chelsea starting 09:10 am, last return 04:45 pm

For weekdays and detailed schedules go to:
<https://ncc-ccn.gc.ca/places/gatineau-park-shuttle>




WILDPINE RESIDENCE

Real Residents, Real Life

613.914.1214

RAPID RESPONSE FOR IMMEDIATE CARE NEEDS

Planning ahead is always the most pro-active thing we can do to prepare for challenges or just to get our proverbial ducks in a row.

But what happens if an illness or injury that can't be planned for, leaves you needing ergonomic changes in your home or the need to move to more supportive living?

That's where **Solva** can help! Our entirely free service is here to guide, support, educate, and inform you of all the options available for seniors housing and how to benefit from in-home supports.

Our rapid response service is here for immediate permanent or respite/short stay needs. We are entirely independent of any retirement home but know them all and can very quickly provide you with detailed information.

Tap into our expert knowledge and reach out to us for a chat:
 613-421-6073
 info@solvaseniorliving.ca
 No obligation and FREE



Proudly Supporting Seniors and Families For More Than 10 Years



Seniors Advocating for Seniors

Share your thoughts and ideas with us; you will find us all ears. Connect with us to amplify your voice about matters in our city.

Contact us at: council@kanataseniors.ca



**Dangerous Liaisons
 by Christopher Hampton**

The plot focuses on the Marquise de Merteuil and the Vicomte de Valmont, once lovers, now rivals, who amuse themselves by ruining others and each other.

November 6-16, 2024
 613-831-4435
kanatatheatre.ca

IMPORTANT PHONE NUMBERS
 (revisions in red)

Medical, Fire, or Police Emergency: 911 Ottawa

City Services: 311 Community Services

Information: 211

Health Connect: 811

Ontario Health at Home: (613) 310-2222

Meals on Wheels: (613)-233-2424

Mental Health (The Royal): (613) 722-6521 ext. 6637

Ottawa Police, Elder Abuse: (613)-236-1222 ext. 2400

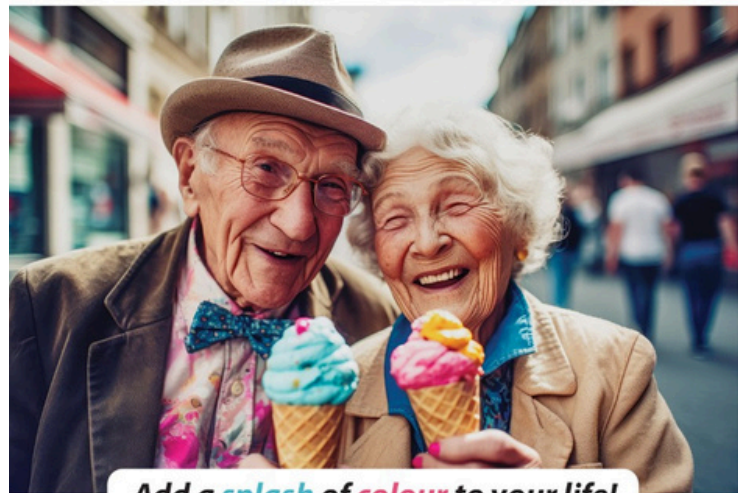
Ottawa Public Health: (613)-580-7644

Para Transpo / OC Transpo: (613)-560-5000

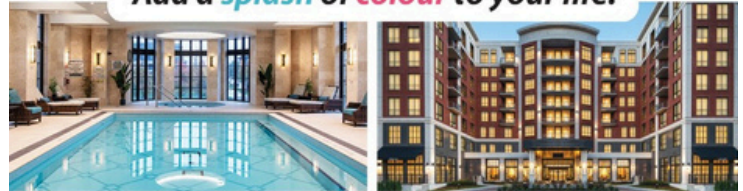
Queensway Carleton Hospital: (613)-721-2000

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NEW! Internet/Streaming TV Teaching Facility

Check it out! We can teach you one-on-one how best to take advantage of the free streaming facilities available on the Internet. We have a 43-inch Smart TV in the Seniors Centre connected only to the Internet, able to show you the various services live.

Don't have a smart TV at home? Not a worry, as long as you have an Internet connection, your TV has an HDMI connector, and you are willing to spend less than \$100 for a plugin upgrade at home, we can show you how to make your TV smarter with one of the available add-on devices like Firestick or Roku.

Lessons are \$10 each or 3 for \$25.

Drop into the Seniors Centre to book a visit or call 613-580-2980.



MOST NEEDED



RICE

900 gram packages



BAKING GOODS

Flour, sugar, oil



MEAT & FISH

Canned and flaked



BABY ITEMS

Food, wipes, diapers (size 3-6)



CANNED VEGETABLES & FRUIT

Peas, carrots, pineapple



DRY PASTA

Macaroni and rotini preferred



LARGE JUICE CARTONS

1 litre



SCHOOL SNACKS

Juice boxes, granola bars, fruit cups

If you require food assistance and you live in Kanata, we can help you. Please call 613-836-7847 between 9am and 12pm, Monday to Friday, to book an appointment.



kanatafoodcupboard.ca



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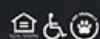
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ReImagine Senior Living

TRAVEL & LIFESTYLES EVENTS

Visit to the Experimental Farm - August 21st



Rideau Carleton Casino and Horse Races - September 5th



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DOCTOR OF AUDIOLOGY

- ✓ Improve hearing in background noise
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- ✓ Advanced tinnitus assessment & rehabilitation
- ✓ Always the latest technology in hearing aids and accessories

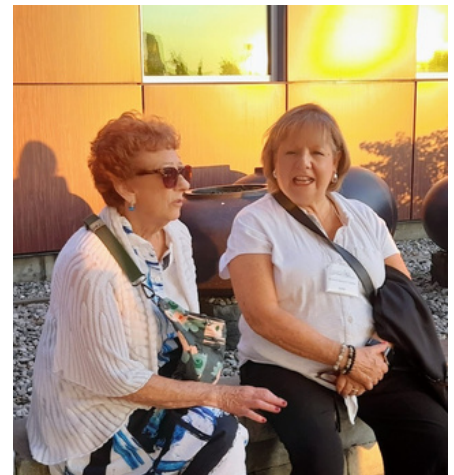
 

Untreated hearing loss can lead to cognitive decline, depression, isolation, and increased risks of dementia and falls.

📞 343-800-5909 🌐 OTTAWAHEARS.COM

📍 400 March Rd, Kanata



Pancake Breakfast and Open House - September 4th



Trying out new activities offered at the Centre



Never too early to get ready for winter with knitted items from the Crafts table



Trying out carpet bowling



The Health and Wellness and Older Adult information booths



Pancake Breakfast kitchen staff



Lucky winner of prize basket



Travel and Lifestyles Booth



Photo tips always come in handy



Hello / Bonjour,

My name is Céline Ruest and I am the new Editor of the Kanata Seniors Council Newsletter.

My husband and I moved to Kanata in 2020, and have been active members at the Centre for the last two years.

We have enjoyed meeting new people either with the Sounds of Music, at euchre, or at special events organized by the Council.

Your feedback would be appreciated, so let me know if there are certain areas of interest that you wish to see highlighted in the newsletters.

feedback@kanataseniors.ca



Laughter Is the **Best** **Medicine**

How is the moon like dentures?
Both come out at night.

