

Aging and Health Seminar Series Information Booklet

Conmee Township is hosting an Aging and Health Seminar Series for the month of March!

Please refer to this booklet for more information on what each topic will cover!

We look forward to your RSVP

Please contact Nikita to confirm whether you require:

Free transportation to/from the event

Free Respite care to cover a loved one while you attend the event

Free Respite care to assist you at the event yourself

Any dietary restrictions

Any social distancing measures, PPE, or virtual attendance option

Nikita Cava – Deputy Clerk-Treasurer

(807) 475-5229 ext. 3

deputyct@conmee.com

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Thursday March 2nd

6:00PM: Hospice Northwest – General Overview of Programs and Services

Hospice Northwest is a leader in providing compassionate companionship that strives to make every moment matter through each individual's journey with Hospice. They define Hospice as "a philosophy of care, rather than a place" and are accredited through HPCO (Hospice Palliative Care Ontario).

Join us for this 1.5 hour presentation as Cherie Kok, Executive Director, gives an overview of the programs delivered by Hospice Northwest including "Hearts & Hope", "Circle of Friends", "Grief Workshops", and "Advanced Care-planning". It's never too late to start the conversation

See website for more information on programs and services available:

<https://www.hospicenorthwest.ca/>



7:30PM: Ontario Society of Senior Citizens Organizations (OSSCO) –

Health Involvement in Public Policy

OSSCO is a provincial organization and registered charity whose purpose is to bring together seniors, keep them educated and informed as well as engaged on current issues. They focus on making aging easier for everyone through education, research and public policy.

Join us for an 1 hour presentation with Q&A to follow as Elizabeth Macnab, Executive Director, gives us a good refresher on how different levels of government affect public policy, how to engage in civic dialogue to leverage those governments for resources and services, and how to work with groups in the community for a common cause or good, advocating for change.

Learn more about the organization by visiting their website:

<https://www.ossco.org/>



***A Pines on Hume update will follow**

Saturday March 4th (page 1)

10:00AM: Hospice Northwest – Don't Duck the Conversation

A discussion about end of life may be one of the most important talks you'll ever have. Being prepared and discussing our end-of-life wishes in advance can give ourselves, our loved ones and our health care team a sense of peace. We can feel comforted knowing we are more likely to have our wishes followed, we will have a better quality of life and death and our loved ones will have less stress and anxiety during an already difficult time. Join Kimberley Ramsbottom and Kathleen Buso for this 2 hour presentation as they review the "Don't Duck the Conversation" Personal Planning guide

More information about the guide can be found on the website:

<https://www.hospicenorthwest.ca/resources/dont-duck-the-conversation/>



12:00PM: Lunchbreak – a Pines on Hume update will be presented at 12:30

1:00PM: Dying with Dignity Canada – Medical Assistance in Dying (MAiD)

Medical Assistance in Dying has been legal in Canada since 2016 and the legislation has recently been amended. Have you wondered who is eligible and what the process entails? Nora Ohanjanians will provide a 30 minute brief history of how MAiD came into law; outline eligibility criteria as well as the application and assessment process; and describe what is next for existing legislation. A conversation with a Mary Anne Cecutti will follow; you are encouraged to send questions ahead of the presentation

See the Dying with Dignity Canada website for more information:

<https://www.dyingwithdignity.ca/end-of-life-support/get-the-facts-on-maid/>



Saturday March 4th (page 2)

2:00PM: Bereavement Authority of Ontario (BAO) – Guide to Death Care in Ontario

The Bereavement Authority of Ontario (BAO) is all about consumer protection for grieving families. Delegated by the provincial government, the BAO is responsible for protection of the public interest in regulating and supporting licensed: funeral establishment operators, directors and pre-planners; cemetery, crematorium and alternative disposition operators; transfer service operators; and bereavement sector sales representatives across Ontario.

In this 1 hour presentation Michelle Crognale will present information about funeral and death care services, your options, and what the authority does for families in the province. She will answer questions and offer free Consumer Information Guides for those who attend.

See website for electronic version of Info Guide:

<https://thebao.ca/for-consumers/consumer-information-guide/>



3:00PM: Kevin Holland – MPP for Thunder Bay-Atikokan, Ministry of Municipal Affairs and Housing Parliamentary Assistant

Welcome our Member of Provincial Parliament (MPP) home as he gives the constituents in our riding an update on his current projects with the Province of Ontario! Kevin was a longstanding Mayor and member of council for the Township of Conmee (31+ years) and we are proud to have him home to speak about the work he is doing to support us all.

More information about Kevin and updates on his work can be found at:

<https://kevinhollandmpp.ca/>



KEVIN HOLLAND, MPP
THUNDER BAY-ATIKOKAN

Tuesday March 7th

1:00PM: Alzheimer Society – Let’s Talk Dementia!

By 2030, it is predicted that the number of people living in Canada with dementia will be approaching 1 million. Currently, there are over 124,000 people living in Canada who have been diagnosed with dementia. 61.8% of those living with dementia in 2020 were women. 1 in 5 Canadians have experience caring for someone living with dementia. With numbers like this, it is important that we open up the conversation regarding dementia as it is likely to affect us all, or someone we know, sooner or later.

Join Debbie Heitto for a 1 hour presentation with Q&A to follow as she gets the conversation started!

See website for more information regarding the Thunder Bay Alzheimer Society:

<https://alzheimer.ca/thunderbay/en>

Alzheimer Society

2:30PM: Vision Loss Rehabilitation Canada – Information Session

Vision Loss Rehabilitation Canada (VLRC) is a not-for-profit national healthcare organization and the leading provider of rehabilitation therapy and healthcare services for individuals with vision loss. Their services are tailored to the unique needs and goals of each person who comes to them for help. Just like every person who experiences vision loss is different, so are the things they are working to achieve in life.

Join Tammy Orr Orakwelu as she provides a 1 hour overview of programs and services that support the individual goals of the clients they serve, Q&A will follow.

To learn more about their programs and services, please visit the website:

www.visionlossrehab.ca



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Thursday March 9th

**6:00PM: Elder Abuse Prevention Ontario (EAPO) – Power of Attorney for
Property/Protecting Finances**

Elder abuse is not just physical abuse. Other forms of abuse include psychological, financial, sexual and neglect. Approximately 8%-10% of seniors experience some form of elder abuse each year in Canada. Elder Abuse Prevention Ontario is recognized as the provincial organization leading elder abuse prevention in Ontario. Their mission is to create an Ontario that is free from abuse for all seniors. They provide support to seniors affected by abuse, foster public awareness, deliver training, and community building.

Join Mary Shkoury as she guides us through a 1 hour presentation on the role of the Power of Attorney for Finances and how to protect your finances as you age. Q&A to follow.

For more information about EAPO, please visit their website:

<https://eapon.ca/>



**Elder Abuse
Prevention
Ontario**

***A Pines on Hume update will follow**

7:30PM: Ministry of Finance –

Introduction to Ontario's Estate Administration Tax

Would you like to better understand how Ontario's Estate Administration Tax works?

Or has someone asked you to be their estate representative?

Learn how this provincial tax fits into the overall estate administration process!

By attending this 45 minute seminar, you will learn:

- whether Estate Administration Tax could be payable on the value of your estate
- what assets to include and exclude in the value of the estate
- how to calculate and pay the tax owed
- how to file an Estate Information Return.

Come spend an hour with Jeremy Bertrand from the Ministry of Finance to gain valuable knowledge on this important component of the estate administration process.

For more information, please see website:

<https://www.ontario.ca/page/estate-administration-tax>



Ontario

Tuesday March 21st

1:00PM: Osteoporosis Canada – Bone Health 101

Did you know that at least **1 in 3 women** and **1 in 5 men** will suffer from an osteoporotic fracture in their life? Osteoporosis Canada is the only national organization serving people affected by osteoporosis. The organization works to educate, empower and support individuals and communities on bone health and in the risk-reduction and treatment of osteoporosis. In this 45 minute session, learn how to reduce your risk of fracture by attending this presentation that will cover what osteoporosis is, the risk of fracturing a bone, maintaining healthy bones, the impact of nutrition and physical activity, and falls prevention. Q&A will follow.

For more information about Osteoporosis Canada, please visit their website:

<https://osteoporosis.ca/>



2:30PM Thunder Bay Counselling – Overview and Tips for Financial Assistance

Managing your money can be confusing and stressful; every person has different needs, and sometimes there just doesn't seem to be enough money. Managing your money is important to your health and well-being. In this 1 hour presentation, let us help you get started by sharing knowledge and tools to help you manage your money, provide information about the benefits and income supports available to you, review the products and services that can help meet your needs, and support you in building confidence to manage your money in a way that works for you!

Join Karen Shalley from Thunder Bay Counselling as she guides us through this session. For more information on the Financial Counselling services being offered by Thunder Bay Counselling, please visit their website:

<https://www.tbaycounselling.com/financial-counselling/>



Thursday March 23rd (page 1)

10:30-12:30 – NorWest Community Health Centres: “Do you know if you have any risk factors for developing diabetes?”

While some risk factors of Diabetes Type II can be managed or reduced other factors may be beyond your control. Understanding the risk factors associated with type 2 is the first step to living a better life. Join Certified Diabetes Educator Valery Fortier to learn about risk factors that can be managed or reduced and take the CANRISK test and assess your risk in two minutes or less. Lunch will be provided.



**NorWest Community
Health Centres**
**Centres de santé
communautaire NorWest**

6:00PM: Elder Abuse Prevention Ontario (EAPO) – Elder Abuse & Ageism 101

EAPO's vision is, “An Ontario where seniors are free from abuse, have a strong voice and are safe and respected”. Their mission is, “To create an Ontario that is free from abuse for all seniors”. EAPO is the provincial organization recognized for its leadership in elder abuse prevention in the province, providing education, training, resource development and information about the increasingly complex issues of elder abuse.

Join Mary Shkoury for this 1 hour presentation as she gives us the tools to identify Elder Abuse and Ageism in the moment as recognition is a key component to prevention. Q&A will follow.

To learn more about Elder Abuse Prevention Ontario please visit their website:

<https://eapon.ca/>



**Elder Abuse
Prevention
Ontario**

Thursday March 23rd (page 2)

7:30PM: Northwest Dementia Working Group – Through Our Eyes

The North West Dementia Working Group (NWDWG) is a grassroots advocacy group of people living with dementia and care partners. Their vision is to ensure people living with dementia are treated with respect, dignity, and afforded their human rights. The NWDWG is involved in numerous initiatives including education, awareness, advocacy, challenging stigma, and influencing public policy.

Please join us for the NWDWG's presentation titled "Through Our Eyes". The presentation was developed in partnership with people with dementia and care partners. We will discuss the appropriate language and communication to use with people living with dementia, as well as the associated stigma. A few people living with dementia will join us to share their own personal experiences of how dementia and its stigma has affected them.

For more information on the North West Dementia Working Group, please visit their website www.nwdwg.ca or Facebook: <https://www.facebook.com/profile.php?id=100068854071530>



Saturday March 25th (page 1)

10:00AM Ontario Society of Senior Citizens Organizations (OSSCO) –

Reducing Isolation and Loneliness

OSSCO is a provincial organization and a registered charity whose purpose is to bring together seniors, keep them educated and informed as well as engaged on current issues. They focus on making aging easier for everyone through education, research and public policy by applying the principles of the *4 Stages of Aging Model*. COVID19 magnified the impact that Isolation and Loneliness had on our society.

Join Elizabeth Macnab, Executive Director, for this 1 hour presentation as she explores ways to minimize the effects of isolation and loneliness and identifies ways to reduce the incidents of it occurring in our communities. Q&A will follow

For more information on OSSCO please see their website: <https://www.ossco.org/>



Saturday March 25th (page 2)

11:00AM Sharon Bak – PTSD Stories from the Edge & Boots on the Ground for First Responders

Sharon speaks openly about mental illness in a way that tells other people that they are not alone. Mental illness affects 1 in 4 of us, yet there is still a lot of stigma to overcome. Hearing someone else speaking so openly about mental illness makes it more relatable.

It is a very brave thing to be able to get up in front of a group of people and share your experiences with them. Often many of us feel ashamed or guilty because of what we are experiencing due to the stigma of mental illness that is still visible in our society today. Please welcome Sharon for this 1 hour presentation with Q&A to follow as she shares her stories of healing with others!

For more info visit her website: <https://www.ptsdstoriesfromtheedge.com/>



12:00PM: Lunchbreak – a Pines on Hume update will be presented at 12:30

1:00PM Danielle Covello – Recreation Therapy & Dementia Care Consulting

Recreation Therapy benefits people on a social, physical, emotional, cognitive, and spiritual level by addressing barriers to leisure and making it more accessible. One barrier to leisure that is becoming more common as our population ages is Dementia; it impacts each and every person it affects differently – it is never the same twice. Join Danielle for this 2 hour workshop as she guides us in learning about how Recreation Therapy can impact dementia care.

Gain information on new initiatives to promote health and well-being at home while supporting a person living with dementia. Simple exercises to be done at home will also be demonstrated.

More information on how to stay connected with Danielle will be shared during the session



Tuesday March 28

1:00-4:00PM NorWest/Evergreen: “Could a fall change your lifestyle?”

NorWest Community Health Centres Team & Evergreen Pharmacy are committed to helping people stay healthy and prevent injuries. Join us for an afternoon to discuss falls prevention, exercise and have fun!

Session#1

Pharmacists Henry Tempelman & Devon Myers will speak on the pharmacist role in fall prevention, how medication safety can change as you age to prevent falls and tools to prevent falling. Stay Up-Right so you don't get Down-Wrong!

Session #2

Why is Proper Footwear & Care of Your Feet So Important?

Healthy feet help you maintain good balance, which can help prevent falls. Join Foot Care Nurse Cynthia Bagnall for an overview on taking care of your feet and why proper footwear is so important in maintaining stable support for standing and walking.

Session #3

Finding Balance - Learn what you can do, to maintain your independence by identifying intervention that help prevent falls and recognizing risk factors that can lead to a fall. Take home falls prevention resources and learn about home and district referrals that you can access.

Session # 4

Chair Yoga - NorWest Community Health Centre's presents Christine who will lead you through a gentle chair yoga practice that will exercise your mind and body. Learn seated yoga postures, breathing techniques and new ways of relaxation and stress management.



Thursday March 30th

6:00PM: Hospice Northwest – Grief Presentation

Hospice Northwest is a community volunteer organization that complements, enhances and delivers end of life care, including grief and bereavement services. The mission of Hospice Northwest is to foster a compassionate community response to the needs of anyone living with, dying from, or affected by illness and disease. Their vision is to be a leader in providing compassionate companionship, education and support to individuals and their families as they travel through the final stages of life and death. It is extremely likely that every one of us will experience some level of grief in our lifetime.

Please welcome Claudia Otta and Rachelle Baetz for this 2 hour presentation as they give us the tools to navigate these difficult times in our lives.

To learn more about Hospice Northwest, please visit their website:

<https://www.hospicenorthwest.ca/>

