

Age-Friendly *Forum*

Election Facts

The 2018 Welland Municipal and School Board Election day is October 22nd, 2018.

The Voters' List is available at Civic Square. You can come in or call to see whether your name is on the List.

Voter Notification Cards: Everyone on the Voters' List will receive their card at the end of September, early October. These cards tell electors where and when they can vote. If you don't receive yours, contact us at 905-735-1700 or election@welland.ca

Identification - To receive your ballot, you need to bring identification with you to your Voting Location. Your identification must include BOTH your name and your address. Some good examples are a bank statement or utility bill, or your driver's licence.

Advance Poll - Date – Saturday October 6th and Tuesday October 9th through to Saturday October 13th. Time – 10:00 a.m. to 6:00 p.m. Location – Welland Civic Square.

NEW! OPEN POLLS on October 22nd. Any Welland elector can go to these locations, regardless of their address. These two OPEN POLLS will be at the Welland Civic Square, and the Welland Community Wellness Complex.

Contact information for the Welland Election Team: 905-735-1700 or election@welland.ca

Federal Government's First Minister of Seniors

Canada's ageing population needs a champion in the federal government who will address the many and varied needs of seniors and people approaching retirement. The new Minister of Seniors is a significant first step towards that goal.

"After a period of three years without a Minister of Seniors, the NIA is encouraged by Prime Minister Trudeau's appointment of Minister Filomena Tassi to that role.

Seniors represent a key voter base, but it's our expectation that today's news means that the federal government is serious about leading a concerted and comprehensive approach to addressing the needs of older Canadians, from issues in health care to retirement income security," said Michael Nicin, Executive Director of the National Institute on Ageing.

Age-Friendly Niagara from a Global Perspective

The Age-Friendly Niagara Network (AFNN) which is implementing the *Niagara Aging Strategy and Action Plan* locally recently did some concentrated learning about age-friendly communities across the globe.

Four AFNN members attended the International Federation on Ageing Conference in Toronto in August. The collection of approximately 1,300 persons from 75 countries from all corners of our planet made for an extraordinary learning experience.

We attended sessions with world-renowned authorities on subjects ranging from modern findings on brain health (encouraging news!) to socially assistive robots for activities of daily living.

We also made a presentation on lessons learned from our Age-Friendly Niagara experience. From the other informative sessions on age-friendly developments ranging from Singapore to Oslo, we received much affirmation from these sessions that we are doing the right things in Niagara, and need to focus now on the commitment from political and community champions to advance and sustain our efforts. Accordingly, the AFFNN has prepared a fact sheet to stimulate conversation among candidates for local 2018 municipal elections.

Check our website for more information and access to our newsletter:
agefriendlyniagara.com

Dominic Ventresca
Co-chair Age-Friendly Niagara Network

Single Sided Deafness (SSD)

When someone has SSD, they will have difficulty hearing someone on the impaired side, they will be unable to determine the direction of a sound and may experience difficulties with communication in large groups or noisy environments.

The most common treatment is the CROS aid (Contralateral Routing of Signal). Information from deafened side is wirelessly transmitted to the hearing side.

Communication Strategies

- Face the hearing impaired person directly
- do not talk from another room
- speak clearly, slowly, distinctly, but naturally
- avoid sudden changes of topic
- try to find a different way of saying the same thing
- whenever possible, provide information in writing

Noise Exposure

- Protect your hearing and that of others.
- Loud noise exposure may be hazardous to our hearing which can result in permanent hearing loss.

Information from UHN Toronto General Hospital

Ageism

from an article by Doug Rapelje

Ageism occurs when people stereotype others based on age. It occurs almost everywhere in society.

Although most studies of ageism focus on its negative effects, it can also have surprising positive effects, such as when we associate aging with greater wisdom, patience, and an enhanced appreciation of life's benefits.

Ageism is everywhere. Some people don't like older people much, and certainly don't like the prospect of growing old. Even older people can be guilty of ageism. When I took my mother, in her late 70s, to tour Sunset Haven – where I began my career – I asked her, "What did you think, Mom?"

"Nice place, but too many old people!"

By contrast, Ellis Katsof's book, *Life 3.0 Postirement, not Retirement Profiles*, profiles more than 100 baby boomers, both men and women, from all walks of life. It shows this generation continuing to contribute to their communities and life happy, productive lives after retirement.

In Niagara, the Age-Friendly project for all ages promotes a more positive toward our growing older population and is working to reduce ageism.

Welland's Age-Friendly Moves

Compiled by Caroll Sernasie Community Volunteer

Age-friendly ideals are manifested in every-day life in Welland: on/off ramps and cut curbs on sidewalks; inter-municipal bus service; benches in the market square and along the canal; seats in business waiting areas; and larger, more legible City street signs.

Recently, the City of Welland was honoured to be one of 40 Ontario communities awarded an "Ontario Age-Friendly Community Recognition Award", as were neighbours Thorold and St. Catharines.

When Welland's Mayor Frank Campion was interviewed about the Award he said that Welland's seniors "... are leaders, volunteers, and advisors who have the experience and resources to improve our city and its social infrastructure." (The Tribune, Dave Johnson, April 4, 2018).

Today, Welland's older citizens have access to many Age-Friendly social and support programs - here are a few:

Welland Community Wellness Complex, (905-735-1700)

Serves all age groups: Therapeutic Pool; Children's activities; Yoga; Zumba; Tai Chi; Arts & Crafts; Billiards / Pool; Table Tennis; Pickle Ball.

Welland, Pelham Community Support Services Of Niagara (CSSN), (905-788-3181)

Offers Meals on Wheels; Lunch Out; Transportation; Homemaking; Volunteer Visiting; Home Maintenance & Repair; Safety at Home.

Senior Retirement Living – A Partial List of Possibilities Locally

Compiled by Carol Sernasie Community Volunteer

Seasons Retirement Community, (905-735-5333)

Independent & Assisted Living, Apartment and townhome rentals.

Seasons is a Canadian company which owns and operates retirement residences.

Wesley-Robins Retirement Village, Inc., (905-714-0242)

Independent Living; Purchase apartment or town house; some rentals. A charitable non-profit corporation formed by Wesley United Church from a gift of land and money to the Church from Mr. & Mrs. C.L. Robins, church members. The bequests were made to Wesley United Church for the express purpose of building, owning and operating a seniors' residence.

St. Charles Village, (905-788-1844)

Independent & Assisted Living; Apartment rentals.

Privately owned & operated.

Birchwood Place, (905-682-9201)

Affordable housing, rental apartments geared to income.

Owned & Operated by Niagara Regional Housing.

Villa De Rose/Welland Retirement Suites, (289-820-8606)

Independent & Assisted Living; Apartment rentals.

Privately owned & operated.

Plymouth Cordage By Revera, (905-735-3322)

Independent and Assisted Living; Short-term respite; Suite rentals.

Owned and operated by Revera, a privately-owned Canadian company.

Hospice Niagara, (905-735-1701; 613-241-3663)

Provides Visiting Volunteer Services, Day Hospice, Bereavement Support, Palliative Care.

Government funding plus community donations support its programs.

Contacts For Seniors' Services:

“211” Call 211 – when you don't know who to call,

Niagara Community Information Database; gateway to community, health, government and social services; help to navigate the system for services you need when you need them.

A Guide To Programs And Services For Seniors In Ontario,

(1-800-668-9938)

A publication of resource referral services:

Aboriginal Seniors, Active Living, Care giving, Finances, Housing, Legal Matters, Lesbian, Gay, Bisexual, Transgender Seniors' resources, Lifelong Learning, Long-Term Care, Transportation, Veterans' Services.

Niagara Region Community Programs For Seniors, (905-984-2621)

Telephone referral service to outreach community programs including exercise, respite, home visits.