

Aging and Health Series!

**Conmee Township is the proud
recipient of \$14,984.00 from the
Province of Ontario!**

Following province-wide consultations in 2018 with seniors and their family members, caregivers and support organizations, the ministry has identified four priority areas to support older

Ontarians across the province:

1. Age at home and in communities
2. Be safe and secure
3. Remain healthy, active, and socially engaged
4. Participate in the labour market and economy as they wish.

With this funding, we will be able to

1. Strengthen the safety and well-being of older adults (e.g., delivery of programs about falls prevention or elder abuse awareness / prevention).
2. Adapt and deliver programs and services to isolated older adults either virtually (e.g., internet or telephone-based programs) or in-person (following current provincial guidelines) so they can stay active and socially engaged.
3. Create safe opportunities for older adults to network and increase participation in community labour markets through virtual mentoring, volunteerism, and training to support entrepreneurship.
4. Focus on supporting these priorities for rural communities, specifically.

**We are inviting all ages from all areas
to participate in the upcoming
AGING AND HEALTH SERIES!**

Please come join us!

***Virtual
attendance, social distance
spaces, free PPE,
Free transportation, and free
respite
services are also available if
required***

**The schedule can be found on the
backside of this article.**

Refreshments will be provided at all sessions. Saturday sessions will have a full lunch meal and break included from 12:00-1:00. Please communicate any dietary restrictions to Nikita when you RSVP.

**To RSVP, or for more information,
please contact Nikita @
(807)475-5229 ext. 3 or
deputyct@conmee.com**



AGING AND HEALTH SERIES SCHEDULE

Thursday March 2, 6:00PM	Hospice Northwest - General Overview of Programs and Services
Thursday March 2, 7:30PM	Ontario Society of Senior Citizens Organizations (OSSCO) - Health Involvement in Public Policy *A Pines on Hume update will follow*
Saturday March 4, 10:00AM	Hospice Northwest - Don't Duck the Conversation *Pines on Hume update during lunch*
Saturday March 4, 1:00PM	Dying with Dignity Canada - Medical Assistance in Dying (MAiD)
Saturday March 4, 2:00PM	Bereavement Authority Ontario (BAO)- Guide to Death Care in Ont.
Saturday March 4, 3:00PM	MPP & MMAH Parliamentary Assistant Kevin Holland - Update
Tuesday March 7, 1:00PM	Alzheimer Society - Let's Talk Dementia!
Tuesday March 7, 2:30PM	Vision Loss Rehabilitation Canada - Information Session
Thursday March 9, 6:00PM	Elder Abuse Prevention Ontario - Power of Attorney for Property/ Protecting Finances *A Pines on Hume update will follow*
Thursday March 9, 7:30PM	Ministry of Finance—Introduction to Ontario's Estate Administration Tax
Tuesday March 21, 1:00PM	Osteoporosis Canada - Bone Health 101
Tuesday March 21, 2:30PM	Thunder Bay Counselling - Overview and Tips for Financial Aid
Thursday March 23 10:30-12:30	NorWest CHC - Diabetes Prevention Workshop
Thursday March 23, 6:00PM	Elder Abuse Prevention Ontario - Elder Abuse & Ageism 101
Thursday March 23, 7:30PM	Northwest Dementia Working Group - Through Our Eyes
Saturday March 25, 10:00AM	Ontario Society of Senior Citizens Organizations (OSSCO) - Reducing Social Isolation and Loneliness
Saturday March 25, 11:00AM	Sharon Bak - PTSD Stories from the Edge & Boots on the Ground for First Responders *Pines on Hume update during lunch*
Saturday March 25, 1:00PM	Danielle Covello - Recreation Therapy & Dementia Care Consulting
Tuesday March 28, 1:00-4:00	NorWest/Evergreen - "Could a fall change your lifestyle?"
Thursday March 30, 6:00PM	Hospice Northwest - Grief Presentation

***Contact Nikita at deputyct@conmee.com if you would like an information booklet!**