

# 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 will be inviting our neighbouring  
Municipalities to participate.**

**Please come join us! Refreshments will  
be provided.**

**\*Virtual  
attendance, social distance  
spaces, PPE,  
transportation, and 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
Saturday March 4, 10:00AM	Hospice Northwest - Don't Duck the Conversation
Saturday March 4, 1:00PM	Dying with Dignity Canada - Medical Assistance in Dying (MAID)
Saturday March 4, 2:00PM	Presenter & Topic TBD
Tuesday March 7, 1:00PM	Alzheimer Society - Let's Talk Dementia!
Tuesday March 7, 2:30PM	Topic and Speaker TBD
Thursday March 9, 6:00PM	Elder Abuse Prevention Ontario - Power of Attorney for Property/ Protecting Finances
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
Wednesday March 22 TBD	Norwest Clinic - Diabetes Prevention Workshop
Thursday March 23, 6:00PM	Elder Abuse Prevention Ontario - Elder Abuse & Ageism 101
Thursday March 23, 7:30PM	Elaine Wiersma - Dementia topic TBD
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
Saturday March 25, 1:00PM	Danielle Covello - Recreation Therapy & Dementia Care Consulting (Topic TBD)
Tuesday March 28, 1:00-4:00	EVERGREEN DAY - A variety of Topics from Norwest Clinic
Thursday March 30, 6:00PM	Hospice Northwest - Grief Presentation

**\*A comprehensive booklet will be mailed to all households separately to give a breakdown of what kind of information will be covered at each session - Stay tuned! \***

**RSVPs are welcome and encouraged to commence immediately!**

**RESERVE YOUR SPOTS TODAY!**