

The Council  
on Aging  
of Ottawa



Le Conseil sur  
le vieillissement  
d'Ottawa

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INFO-FLASH News 2020-12-10



## Everything is Different in 2020! Year-End Appeal

I think you can agree that 2020 has been different than any other year! It brought a global pandemic to our community, putting older adults at greater risk. With the support and efforts of the COA's dedicated volunteers (150+ of them!), we have worked to ensure seniors are able to access the information, support, and virtual social activities during the lockdown. In addition to the highly visible [We Need Change Now!](#) campaign that shone a light on the conditions in long-term care in Ottawa, we have...

- Moved to [COA Online](#), hosting all our educational events, AGM, and committee meetings online
- Coordinated not one, but two surveys; one for our members and subscribers and the other [for seniors on the impact of COVID-19](#)
- Informed seniors of hundreds of age-friendly community events through [Community Events Calendar](#) and INFO-FLASH Events
- Secured funding for the expansion of the Smart Aging Program

### Your Generosity Matters

Your donations make a tremendous difference in the lives of Ottawa's seniors! There is still more to do with your help.

1. **Donate Now**. Can we count on your financial support in the amount of \$50, \$100, \$200? Whatever amount you can afford helps us continue this important work for seniors in the Ottawa community.
  2. Make **a recurring monthly donation** in an amount of your choosing.
  3. **Volunteer with the COA**. Explore opportunities currently available.
- Thank you for your support that benefits Ottawa seniors.

If you wish to discuss your gift, please call me at 613-789-3577 Ext 102. Your donation brings us one step closer to our vision of “respected, informed and engaged seniors living in an age-friendly city.”

Sincerely,



### The COA Move from 1247 Kilborn



*'Twas two weeks before Christmas and all through the house (office)  
Not a creature was stirring, not even a mouse;  
The boxes were stacked by the exit with care,  
In hopes that the movers would take them from there.*

*The staff were all nestled safely at home,  
With desks all set up, and even their phones.  
Yes, you can still reach us, by email or phone,  
Just not at Kilborn, we've closed it all down.*

*The lights may be off, but the smiles are still on.  
We all hope to see you before the year's gone,  
Please join us next Wednesday for our Open House;  
Lots of good cheer online, and nary a mouse.*

**The COA office at 1247 Kilborn Place** will be closed as of **Monday, December 14, 2020**. Our new location will be at the Rideau Community Hub (the old Rideau High School). Following renovations to the new premises, we will let you know when our doors will be open at the new location. In the

meantime you can still reach us at the same phone numbers and emails and at the address listed below.

**The Council on Aging of Ottawa**  
**217 - 815 St. Laurent Blvd.**  
**Ottawa, Ontario K1K 3A7**

**Join us for our Holiday Open House**

A promotional banner for the COA Virtual Holiday Open House. The top section is dark green with the COA logo (a stylized snowflake) and the text 'The Council on Aging of Ottawa' and 'Le Conseil sur le vieillissement d'Ottawa'. Below this is a close-up image of blue and green Christmas ornaments. Overlaid on the right side of the ornaments is the text 'Wednesday, December 16 at 1:00pm'. A red banner across the middle contains the text 'COA Virtual Holiday Open House' in white. The bottom section is dark green and features a 'COA online' logo with a cursor arrow pointing to it, followed by the text 'Register now!' in white.

**The Council on Aging of Ottawa**  **Le Conseil sur le vieillissement d'Ottawa**

**Wednesday, December 16 at 1:00pm**

**COA Virtual Holiday Open House**

 **Register now!**

**In Memoriam**



**Roland Lecomte**

COA President 2007-2009

COA Board Member 2004-2010.

Roland Lecomte has been committed to the improvement of the quality of life of seniors throughout his academic and professional career. Roland played a key role in the implementation of numerous academic programs in Ottawa in both French and English and has been particularly active in many seniors related organizations and committees in Ottawa throughout his retirement. Roland passed away on December 4, 2020. Roland was a fine and gentle man who always saw the possibilities. The Council on Aging is a better place as a result of his involvement and leadership.

## Looking for Volunteers!

### Board Treasurer

The Treasurer of the Council on Aging of Ottawa is responsible for the financial oversight of the organization. The Treasurer:

- Acts as a signing officer for financial transactions and other documents
- Works closely with the Accountant
- Gives monthly financial reports to the Board
- Leads the development and monitoring of the organization's budget

Contact Sarah Bercier at [s.bercier@coaottawa.ca](mailto:s.bercier@coaottawa.ca) for more details.



## In Other News

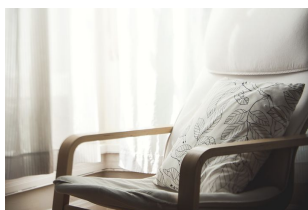


## What seniors need to know to stay protected this flu season - PDF



### What seniors need to know to stay protected this flu season - PDF

As a follow up to our last article about the flu vaccine, we wanted to address some concerns that older adults across Canada shared with us.



## Leave my house... but to go where?

**McMaster Optimal Aging Portal**

### The Bottom Line

- Seniors want to stay in their homes and be independent for as long as possible, but sometimes need more support and care.
- Different types of housing exist to maintain their autonomy, support social relationships, health and well-being, ensure security and independence, as well as encourage their participation in activities.
- Take the time to analyze your needs and consider the different options available to you.

[Learn more](#)

### COVID-19: Updates on the law and benefits

**Community Legal Education Ontario  
(CLEO)**



**CLEO**

Community Legal Education Ontario  
Éducation juridique communautaire Ontario

CLEO has new information about the law and services during the COVID-19 pandemic.



## Home care:

- [How can I get homecare services if I don't want to move into a long-term care home?](#)
- [Is it safe to have a healthcare provider come to my home during COVID-19?](#)
- [Can I be treated at home for COVID-19 even if it puts my life in danger?](#)
- [Can I get end-of-life care at home if I'm very sick and don't want to die in a hospital?](#)
- [What should I do if a family member dies of COVID-19?](#)

Please visit [COVID-19: Updates on the law and legal services](#) on Steps to Justice for information on other areas of the law including employment, family, housing, and income assistance law.

For services available in your community check the [COA Special COVID-19 Updates](#) and the [Champlain Community Support Network](#)



**COVID-19  
Alert**

## GIVE YOUR FEEDBACK:

### on the City of Ottawa's New Official Plan

The draft City of Ottawa New Official Plan is a complex document. In order to facilitate your feedback, we have created a series of one-pagers on the key topics we heard in our engagements so far.



There are 22 of these documents providing a brief overview of the *New Official Plan* proposed policies. You can select the topics of interest to you or go through them all.

A link is also provided below each one-pager, taking you to a tailored feedback form. This allows you to give feedback directly on this area of interest.

If you have any questions or would like to provide general comments, you can always do so through [newop@ottawa.ca](mailto:newop@ottawa.ca).

We understand there are many one-pagers and feedback forms. You will have until February 17, 2021 to complete these. Please feel free to take time to go through these at your own pace.

For a high level introduction to what is new in the draft New Official Plan, please start with [our Introduction one-pager](#).

#### One pagers and feedback forms

**Disclaimer:** INFO-FLASH is published as an information and education service. We try to present the most current information available. Things continue to change rapidly with COVID-19. Some details and links to external sources may become out of date.

**Commitment:** As a bilingual organization, the COA makes every effort to provide complete and well-written information available in both official languages. The information coming from third parties may not be bilingual, but is shared in both languages when available.

Feel free to share this newsletter with your family and friends.



**Donate now**

**For all other COA News check the Updates**



## Contact Us

[coa@coaottawa.ca](mailto:coa@coaottawa.ca)

(613) 789-3577

[www.coaottawa.ca](http://www.coaottawa.ca)



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