



# Provincial Workshops and Lectures 2017

For 30 years, Ontario Society of Senior Citizens Organizations presenters and facilitators have brought a lifetime of experience to a wide variety of topics. They have a keen understanding of their subject matter and help raise awareness on subjects to enhance our own quality of life. Interested in booking a presentation? Contact us at 1-800-265-0779 or email [ocsc@ocsc.ca](mailto:ocsc@ocsc.ca) for more information. Here is a list of our 2017 workshops and lectures.

## **GREATER TORONTO AREA**

### **Engaging Seniors' in Civic Dialogue: from Dialogue to Action \***

Building a better community starts with you. You will learn about • the role of government and community leadership • rights and responsibilities in public domain • how to contribute the elder's time and skills to solve public problems • bridging differences for better community • advocacy process and techniques • take action -letter writing and social media. \*Available in English, Farsi, French, Mandarin and Russian. Please request an instructor at least 8 weeks in advance.

### **Home Alone: Overcoming Loneliness and Social Isolation**

Experience 3 *Seniors Conversations Worth Sharing* on the subject of loneliness and social isolation. There will be 3 different perspectives presented and discussed... from that of the senior, community specific initiatives and a regional, private and non-profit sector view. Topics include: • Staying engaged and active • Participating in programs that suit individual seniors and the seniors' community interest • Accessing a community-based service/program • Promoting inclusion for the most isolated in our communities.

### **Living Well as Seniors**

Topics include: • Fostering sound physical and spiritual health as your age • A holistic approach to your physical well-being • Finding joy • Achieving balance in your life • Your spiritual health - "finding the sweetness in your life".

### **My Home, My Community: Safety Starts Here**

This elder abuse awareness workshop benefits individuals planning to move to or know someone who is living in a retirement community. Topics about • basics of healthy retirement communities • Recognizing Elder Abuse and Corrective Action • Allegations and prevention of Abuse • Protection of seniors in retirement communities. Resource brochure provided

### **Voices of Older Persons: Strategies for Positive Active Aging**

At a Forum, 167 older persons identified barriers and strategies for positive active aging. Topics include: • What ageism looks like in your community • Identifying 10 key areas for



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Positive Active Aging • Making your community a better place for older persons • What specific actions can we take to improve our situation • Who profits from ageism? • What steps can we take to eliminate barriers?

### What's Next? Housing and Healthy Discussion

Planning your future is the 1<sup>st</sup> step to remain independent. Topics include: • Society has changed • Start the conversation to become informed • Reviewing housing options as we age • How to deal with giving up the familiar • Deciding to stay in my house: develop an in-home support plan • What if moving is in your future? Consider other housing options • Facing the issue of long term or chronic care housing • Create your life plan 65+

### What's Your Why?" Cancer Screening Awareness Program for Older Adults \*

OSSCO brought this awareness program to Ontario which builds on the work of and uses materials developed by researchers Dr. Penny MacCourt and Ms. Marian Krawczyk from the BC Psychogeriatric Association. **What's Your Why?** is an interactive 90 minute - 2 hour educational workshop. Topics include: • 4 cancers which benefit from early detection • how to get screened • hear first-person stories from older adults about why they got screened. Through discussion, videos and resources, participants find their own "why" to take care of their health. \*Available in English and French. Please request a French speaking instructor 6 -8 weeks in advance.

## GREATER HAMILTON AREA

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## GREATER OTTAWA AREA

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## NIAGARA REGION: St. Catharines, Niagara Falls

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## NORTHERN ONTARIO: Greater Sudbury Area, Sault Ste. Marie

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## SOUTHWESTERN ONTARIO: London- Middlesex

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## SOUTHWESTERN ONTARIO: Windsor- Essex County

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