

# Embracing Aging 2020

A series of FREE sessions to understand the aging experience and equip ourselves with the resources that best support this time in our lives. Presented by:



**Eglinton St. George's United Church**  
Extending love · Serving others · Growing in faith

## JANUARY 12<sup>TH</sup>, 2020 • 12:30PM Moving on Smartly



Have you ever visited a retirement community and left wondering whether you asked all the right questions; whether there are important considerations that may not have been covered in

discussion? **Comfort Life** has helped families find retirement communities since 2002. **Agnes Stawicki, Managing Editor**, will join us to share insights and provide valuable resources designed to help navigate the vast array of options as families make critical decisions about their retirement living and care.



And, whether considering a move in the near term, or down the road, it is never too early to think

about how to best downsize. **Red Coats** is one of Ontario's premier home transition management teams. Members of their senior team will share their strategies and tips for how to take 'overwhelming' out of the equation.

## FEBRUARY 2<sup>ND</sup>, 2020 • 12:30PM Aging-in-Place: Growing Older, Staying at Home



Being able to stay safe and independent in your home or condo as you age requires housing that is free of barriers and adaptable to your changing needs. You may also need support

from family, friends, or service providers. As an **Occupational Therapist** who specializes in aging-in-place and accessibility, **Margot McWhirter** will discuss ideas for creating spaces that help older adults - you or a loved one - thrive at home.

## MARCH 29<sup>TH</sup>, 2020 • 12:30PM Scam Alert!



For more than 100 years the **Better Business Bureau**, has been dedicated to creating a community of trust by fostering honest and responsive consumer and business

relationships. **Patrick McKeen, President & CEO** of the Better Business Bureau (BBB) serving Central Ontario, will present highlights and insights from BBB's latest Risk Report. This annual report is designed to help consumers protect themselves from the most significant scams reported to BBB's Scam Tracker on [bbb.org](http://bbb.org).

## MARCH 8<sup>TH</sup>, 2020 • 12:30PM Community Resources Meet & Greet Fair

During this session, mid-way through our 2020 Embracing Aging series, we will be joined by numerous agencies and service providers who will showcase how they support active living, caregiving, finances, health and wellness, housing, long-term care, safety, security and transportation. You will have a chance to connect with their representatives, one-on-one, to learn what they have to offer and seek practical guidance.

## APRIL 19<sup>TH</sup>, 2020 • 12:30PM Toronto's Coming of Age



**Dr. Samir Sinha** is the Director of Geriatrics at Sinai Health System and the University Health Network in Toronto. With a significant breadth of international training and expertise in health policy

and the delivery of services, he is a highly regarded expert in the care of older adults. In 2012 he was appointed the provincial lead for the Ontario's Seniors Strategy. He joined us in May, 2016 to tell us about the work that led to developing the Toronto Seniors Strategy. In this session, he will provide an update on work underway to ensure that our city, province and country are ready to meet our coming of age.

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