



OWN E-LETTER – October 2016, Vol. 3, Issue 3



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Chair's Report – Marilyn Schafer



After a long, hot summer I thought it would be a good idea to review some of OWN's objectives as we approach our 30th anniversary in 2017!

We are a volunteer feminist advocacy organization that addresses social and political issues that affect midlife and older women. We proudly support women's greater representation on power and decision-making bodies.

OWN, it's members and designated representatives work independently and collaboratively for social justice issues by influencing federal, provincial and municipal roundtables, seniors' strategy committees and sister organizations, recognizing universal declarations, charters, covenants and resolutions as they pertain to women and seniors.

Through systems thinking OWN initiates public discussions that relate to the social and safety determinants of health. We live in a world that is increasingly complex, interconnected, and constantly changing. We are confronted with complex problems that are hard to solve.

Systems thinking can offer a different way of thinking and solving problems effectively. We do not address causes in isolation, but rather choose to understand how a system works as a whole, and how individual causes interact and change over time. This holistic approach reduces unintended consequences and outcomes.

We enrich our members' lives by coordinating social and educational activities. Currently we are engaged in a Creative Aging series as well as Housing Literacy events promoting universal design, barrier-free, accessible, adaptable, visitable models. Social Link offers members a series of social activities on a monthly basis. La Vie en Rose provides French conversation to women once a month. The Writers groups and OWN sponsored book clubs here at 115 The Esplanade, North Toronto and North York Central Library are thriving. Make your **OWN** connection by visiting our website and

facebook. Check out our Housing Committee activities and find out why the Toronto City Council, Daniels Corp., Verdiroc Development Corp., and others have endorsed our **Living in Place** campaign.

Activism *and* Systems Advocacy



Photo 1: Ursula with Carolyn Bennett

for another way of bringing about action on the urgent task of rebuilding good, accessible, responsible government. The problem at hand was how to stem the decline of representative democracy, a trend of concern to many citizens and to many elected representatives.

Scrupling is an old Quaker practice. When faced with difficult issues such as war and slavery, Quakers sat with neighbours to listen, share and search for ways to respond, each within their own sense of responsibility. The session was not a debate or argument to win or lose, but rather a serious, heartfelt search for ways to move forward.

Toronto Friends invited their MP, Carolyn Bennett and other politicians to participate. The session was so successful that I asked Ursula to mentor a group at First Unitarian Congregation, which she gladly did. Again, Carolyn Bennett participated eagerly. Representatives of the other parties, including senators were invited. Only the Conservatives refused to attend.

Since then, we have used scrupling as the format for many discussions of contentious issues. We even held a scrupled all candidates' meeting during the last election campaign - to rave reviews. We have also passed along the guidelines to others, as far away as Africa, which pleased Ursula immensely.

How does scrupling work?

Participants are asked to focus on 2 questions. The questions scrupled at our first gathering were:

“Scrupling”, with thanks to OWN member Ursula Franklin

by Kate Chung

I'm grieving the death of Ursula Franklin, and remembering her with gratitude.

Six years ago, Ursula revived “Scrupling”. She and other Toronto Friends were finding that writing letters to government was not accomplishing results, so they looked

1) Why do certain policy issues of concern to the public not receive parliamentary attention & resolution?

2) What can we, as a community, do, after trying traditional means of communication unsuccessfully and finding ourselves faced with lack of response?

Here are a few guidelines passed on to us by Ursula:

- The core of the session is a group of people who know each other, and who are willing to adhere to the ground rules. It is **not** an open forum. Participants come with heart and mind prepared to try a different mode of interaction.
- Elected representatives from all major parties are guests of the community, present to share their perspectives and to help find solutions in a non-confrontational atmosphere. They sit in the circle and participate according to the same guidelines as everyone else.
- The sessions are off the record, to encourage a safe and productive environment for discussion (no media present). What is said here stays here; what is learned here leaves here. (Note: This rule was modified for the wonderful all candidates' meeting.)
- Purpose is to share perspectives and try to find solutions that everyone can support.
- Process-based, not issues-based. Focus is on process problems that prevent issues from being discussed and resolved.
- Session begins in thoughtful silence, and there is silence between speakers.
- Each speaker has a maximum of one minute.
- Due to the time restrictions, some people may not have a chance to speak, but all will thoughtfully listen.
- No speaker will repeat what someone else has said.
- There will be no formal introductions of everyone. Instead, as you stand to speak, please state your name and how this issue is connected to you.



Ursula saw Canada's social fabric being torn apart by huge hands. She called on OWN and all of us to take away the power from those hands, and work to restore our social fabric.

It would be a wonderful tribute to Ursula to carry on this innovative tradition. Let's organize an OWN scrupling.

Toronto Seniors Strategy Accountability Table report

By Mary Hynes

The Accountability Table is probably the first Toronto City group to have a mandate from Toronto City Council to be a fully integrated community and City Staff organization. The community members are not advisors or consultants. The different sectors representing senior community interests are working with staff from City Departments.

OWN, City staff and other community members of the Accountability Table have begun work on "Version 2.0" of the Strategy. There will be many small scale community consultations with seniors from community groups and at seniors gathering places. There will also be one large community consultation, probably in the late fall.

There are a substantial number of objectives from the original Strategy that have only been partially implemented and 5 that have not yet begun to be implemented. OWN is working with the rest of the Accountability Table to follow up on these to see them fully implemented.

SPACE Coalition report

By Mary Hynes

As part of its work in protecting and expanding community use of public space, the SPACE Coalition has a strong interest in community hubs. OWN has an interest in inclusion of seniors in the planning and the use of community hubs. Community hubs can help reduce the social isolation experienced by many older women who live alone.

The SPACE Coalition has consulted with Karen Pitre, Special Advisor to the Premier on Community Hubs. Last year she was a keynote speaker at a SPACE Coalition breakfast meeting and explained what the Ontario government was doing with its community hubs initiative. In August 2015 the province released *Community Hubs in Ontario: A Strategic Framework and Action Plan*. This August the update, *Enabling & Celebrating Community Hubs: One-Year Progress Update* was released.

The SPACE Coalition is currently planning a fall symposium on community hubs for November 14. Karen Pitre is to be a featured speaker, she is scheduled to run from 8:45 am to 11:00 am. The \$10.00 registration fee will include breakfast. OWN will post a notice on its website and facebook when location and other details are available.

OWN Peterborough Report

By Maureen Scollard

The Older Women's Network in Peterborough meets downtown every Wednesday from 10 – 11am at the Whistle Stop Café.

Usually the number of women attending is 6 - 8 and sometimes as high as 15 and the topics of conversation range from the personal to the political, with many connections made between the two. We network a lot around local political issues - for example, recently several of us attended the rally in support of the Immigration Detainees who were on a hunger strike in Lindsay and Toronto.

Names of the various groups OWN - Peterborough are involved with:

Women's Events Committee
Persons With Disabilities
No Casino PTBO
For Our Grandchildren
Council of Canadians
Poverty Reduction Network - includes working groups - affordable housing action committee, income security, and legal clinic board
Transition Town
Sustainable PTBO
PTBO Public Health
Faith Groups
Trent Seniors In Society
Monthly Peace Vigil
Raging Grannies

Law Commission of Ontario and Advocacy Centre for the Elderly (ACE) collaboration

The Law Commission of Ontario (LCO) recently released three papers in their series of commissioned research from external experts across Canada. This initiative forms part of their project, **Improving the Last Stages of Life**.

Over the summer, the LCO will release further papers in the series. Papers currently under review are listed on their website project page: <http://www.lco-cdo.org/en/last-stages-of-life-commissioned-papers>.

The views expressed in these commissioned papers do not necessarily reflect the views of the LCO, nor does the LCO take responsibility for their content.

The 3 released papers are listed below, click on the links to read, they are in PDF format:

1. [*Perspectives on the final stages of life from LGBT elders living in Ontario*](#), by Dr. Arne Stinchcombe, Dr. Katherine Kortess-Miller & Dr. Kimberley Wilson.
2. [*Understanding the lived experience of individuals, caregivers and families touched by frailty, chronic illness and dementia in Ontario*](#), by Dr. Mary Chiu, Dr. Adrian Grek, Sonia Meerai, LJ Nelles, Dr. Joel Sadavoy & Dr. Virginia Wesson.
3. [*Improved care setting transitions in the last year of life*](#), by Dr. Donna Wilson & Dr. Stephen Birch.

For more information on the LCO's project, please visit our project webpage at <http://www.lco-cdo.org/en/last-stages-of-life>.

Ending Gender-based Violence

Canada's inquiry into violence toward Indigenous women

Editorial from The Lancet , Volume 388 , Issue 10046 , 732, August 20, 2016

On Aug. 3, the Government of Canada announced a national inquiry on the epidemic of violence toward Indigenous women. The inquiry follows decades of urging by advocates, international human rights groups, and the UN to investigate and explain the 1200 women and girls who have been murdered or gone missing in the country since 1980. Indigenous women in Canada are 8 times more likely to be killed by an intimate partner than are non-Indigenous women and three and a half times more likely to be victimised. The inquiry promises to investigate the root causes, including racism, marginalisation, and poverty. It has committed to a systemic approach to examining how law enforcement procedures, the judicial system, and social services can be more responsive and ensure women's rights. An early criticism is the inquiry's lack of explicit focus on policing and police misconduct. Indigenous women are said to be over-policed in terms of criminalisation and incarceration, but under-policed in terms of protection. The same could be said of the health-care system. On one hand, the over-medicalisation of Indigenous women is well documented: pharmacological rather than holistic treatment for distress, depression, or addiction; the subversion of traditional practices of childbirth and infant care. On the other, by failing to detect signs of abuse or women's vulnerability, health-care providers similarly under-medicalise women in terms of protection. Health-care communities around the world assert their key role in addressing violence toward women—through screening in primary care, emergency, obstetrics and paediatric settings, and by providing referrals to shelters, social services, and legal aid. That Indigenous women have substantial health-care needs—their rates of illness and fertility are generally higher than those of non-Indigenous women—means there are considerable opportunities for health-care providers to help but many chances to fail. Canada's historical disregard for Indigenous women is a national tragedy with international lessons. Although the inquiry's mandate is suitably broad, encompassing justice, reconciliation, and the self-determination of Indigenous peoples, it should also illuminate the failure of and opportunities for health-care systems to protect Indigenous women.

Update on Ontario's Roundtable on Violence Against Women (Summer 2016)

Ontario's permanent Roundtable on Violence Against Women was established in March 2015 to provide advice to the government on ongoing and emerging gender-based violence issues. Membership is made up of representatives from more than 20 provincial umbrella organizations in the violence against women sector, as well as experts from other sectors to speak about issues affecting specific populations. Since March 2015, the Roundtable has met 10 times (including in-person meetings and teleconferences) and advised the government on a range of initiatives, including:

- [2015 Provincial Summit on Sexual Violence and Harassment](#);
- [The Sexual Violence and Harassment Action Plan Act, 2016](#);
- Development of the [Creative Engagement and Innovation Fund](#);
- Responding to violence against women in rural, remote and northern communities (including development of the [Rural Realities Fund](#));
- [Ontario's Long-term Affordable Housing Strategy Update](#);
- [Independent Legal Advice for Sexual Assault Survivors Pilot Program](#); and
- [Ontario's Strategy to End Human Trafficking](#).

The Roundtable also explored emerging issues and invited guests to present on topics such as domestic violence, issues affecting remote, rural and northern communities, ending violence against Indigenous women, justice and policing issues, and responses to sexual violence on college and university campuses.

The permanent Roundtable on Violence Against Women is one of 13 key initiatives from It's Never Okay: An Action Plan to Stop Sexual Violence and Harassment.

Questions about the Roundtable on Violence Against Women can be sent to the Ontario Women's Directorate at owd@ontario.ca.



OWN HOUSING COMMITTEE

By OWN Housing Committee Member Ronny Yaron

The Older Women's Network Housing Committee wants to express our appreciation to Councillor Wong-Tam for assisting us in having first the Executive Committee, and then City Council, pass a motion to endorse our Living in Place Campaign. It was her wording that allowed this to happen and we are very grateful. It will give a boost to our cause of promoting universal/barrier-free design for multi-unit buildings.

“Pam McConnell was present at the Executive Committee and she spoke in support of the motion along with Councillor Shiner, which also made a difference. Councillor McConnell said it was “a no brainer”.

What is *Universal Design*? Why do we need it?

By Kate Chung

The Older Women's Network Housing Committee is calling for a change to federal and provincial building codes to require that all new multi-unit buildings be Universal Design.

Universal Design will accommodate everyone of any age or ability. True universal design goes beyond mere accessibility. It demonstrates an underlying commitment to including as wide a range of users as possible. The Accessibility for Ontarians with Disabilities Act does not include housing. It regulates accessibility of public buildings and businesses. We need innovative housing which is affordable, barrier-free, adaptable, multi-generational, visitable and promotes the spirit of community.

Disabilities play no favourites. Anyone of any age can have been born with a disability or can be struck by illness or accident which creates a temporary or lasting injury. We have all heard of the cyclist hit by a truck and the stroke patient who cannot return home to an inaccessible apartment. Nobody should be made homeless due to accident or illness. If need arises, home-care services can be arranged, provided the home is barrier-free.

While OWN focuses on advocacy and public education, a sister organization, Unitarian Commons, is aiming to build the first building to tackle the twin socio-health problems of isolation and barriers to mobility in homes. Due to the difficulty in finding funding for rental housing, they are starting with a non-profit, affordable condo building.

Not wanting to end up in a seniors' ghetto, the Unitarian Commons team decided to build multi-generational co-housing. It is their hope that this pilot project will be replicated by others across Canada. Despite a search, no comparable building was found in Toronto. Despite the fact that the Ontario Building Code requires that 15% of units be accessible, informal inquiries at new condominium sales offices about their accessible units were met with lack of information on the part of uninformed sales agents.

- Over 4.4 million Canadians (one out of every seven) live with some form of **disability. That's a substantial group of possible buyers who are generally overlooked by builders.**
- The increasing concern about healthcare costs, chronic disease and disabilities, and an aging population creates a corresponding demand for affordable barrier-free housing.
- There is a misperception that Universal Design costs a great deal more than conventional design. However, in fact, the cost of Universal Design in housing is only about 1% more, provided it is planned from the initial design stage.

- Contrary to another common misperception, barrier-free homes are actually spacious and elegant, due to their thoughtful design.
- In our opinion, barrier-free housing should be a human right. Age-ism and able-ism are the last frontier of discrimination. A Charter challenge is currently underway in an effort to end discrimination in housing design.

Over 200 people have responded to the brief survey which is available on the websites of both OWN and Unitarian Commons. By answering the survey, you can help us demonstrate to government and builders that people need and want universal design in housing. You can do this online at <http://unitariancommons.ca/survey/> or by email or snail mail at <http://olderwomensnetwork.org/own-housing-survey>

You can also help by letting your elected representatives know about this need, and by dropping into sales offices to ask about barrier-free design in new condos.

The Older Women's Network Housing Committee gave a presentation on June 20 at the City of Toronto's Affordable Housing Committee. Mayor John Tory sat in on the presentation. OWN member Thea Kurdi, an Architectural Accessibility and Universal Design Specialist, did a wonderful job of making this controversial topic clear. You can see the presentation here: <http://www.toronto.ca/legdocs/mmis/2016/ah/bgrd/backgroundfile-94585.pdf>

Fred Victor Transitional Housing for Older Women

By Sherry Hayes

Manager, Transitional Shelter for Older Women

Program Information:

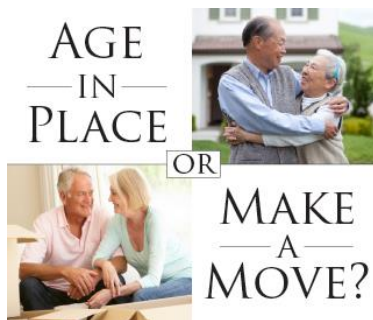
The 23-bed Transitional Shelter for Older Women (TSFOW) serves women who are 55+ and/or women who are vulnerable due to complex physical, mental health, developmental and/or substance-use related issues. Fred Victor operates the program in partnership with LOFT Community Services. LOFT will provide specialized psychogeriatric care coordination/case management which will include planning to appropriate housing such as independent housing, supportive housing/assisted living or long-term care utilizing a client centered approach. LOFT will also provide PSW care to any client in need of seniors assisted living services such as support with activities of daily living and personal care. FV will manage the day-to-day operations of the shelter and facilitate social recreational programming for the residents. The program's service approach is based on principles of harm reduction, recovery, active listening and welcoming and inclusive service delivery.

Eligibility:

- Age: 55+ and/or vulnerable women who are homeless with psychosocial and co-morbidity issues (two co-existing diseases or disorders) such as: diabetes,

cancer, high blood pressure, arthritis, osteoporosis, sleep apnea, angina, heart attack, stroke, glaucoma, high cholesterol combined with psychosocial factors, such as mental health and/or behavioural issues.

- Women must be residing in an emergency shelter to be referred.
- The length of stay is indefinite until the client finds appropriate, permanent housing.
- There is currently a waiting list for the program. Women will be accepted on a first come, first served basis.



Showcasing Retirement Homes in Toronto

Atrium at Kew Beach:

500 Kingston Road, Toronto, Ontario, M4L 1V3

416-699-6622

<http://atriumatkewbeach.ca/>

Atrium At Kew Beach Retirement Residence is a 90 suites smoke free environment offering assisted living and a comfortable lifestyle for both active and less active Resident

in a caring and dignified environment. There are a variety of different suites at varying rates from bedsitting to one bedroom and the larger kitchenette suites, all with their own private bathrooms. Atrium is for those who, for their own reasons, make the choice between living alone with all the responsibilities of maintaining a private residence or living in a social and secure environment.

Beach Arms Retirement Residence:

505 Kingston Road, Toronto, Ontario, M4L 1V5

416.698.0414

<http://www.beacharms.com/>

The Beach Arms is conveniently located close to everything the Beach has to offer: shopping, two libraries, churches, restaurants, Kew Gardens Park, community centres, physician and dental offices, pharmacies and of course, the lake and boardwalk.

If interested, you may join us for coffee, be our guest for lunch, or consider a trial stay to appreciate retirement living at Beach Arms Retirement Residence.

Retirement Suites by the Lake:

2121 Kingston Road, Toronto, Ontario, M1N 1T5

416-267-2121

<http://www.suitesbythelake.ca/>

We have a variety of large [suites](#) where you can live in comfort surrounded by your personal items. Accommodations at Retirement Suites by the Lake include spacious suites with walk-out, lake view terraces, garden patio suites, and large one-bedroom suites with views of the lake.

In addition, we have many levels of [care](#) for our seniors at our assisted living facility, including a supportive “Aging-in-Place” care program for your peace of mind.

The amazing choices at Retirement Suites by the Lake in Toronto allow our senior residents to live an independent lifestyle with all the comforts of home, while enjoying the comfort of living with assistance, if desired.

Why not see everything we have to offer for yourself? [Contact us](#) to arrange a personal tour of retirement residence in Toronto, Ontario today. We would love to have you join us for lunch with family and friends at Retirement Suites by the Lake.

OWN Members in the Community

OWN member and Universal Design specialist Thea Kurdi has a radio show, *The Accessibility Edge*, which runs on Voices for Ability radio (v4aradio.com). Thea has won the Best Show 2016 award for this program, presented annually by the charity organization that runs the web radio site *Connect 4 Life*!

Thea is of course delighted and surprised. She says it is her first award since she was a child. She was given the award at their annual fund raising gala event on Sept. 30th. The work *Connect 4 Life* does is really great which is why Thea volunteers her time to make the show.

In Memoriam

Suzanne Johnson passed away on June 26, 2016 at Hazelton Retirement Homes. Suzanne was the first winner of OWN's Feminist of the Year award in 2012. She was a woman who gave her life to both civil rights movements and to women's movements around the world.

In 1976, with the skills Suzanne developed while working at CUSO and CIDA and along with Dr. Norma E. Walmsley, she created MATCH International Women's Fund -- Canada's first international organization to place the issue of women's rights and empowerment as central to successful and sustained development in the global South. Suzanne's commitment to social justice issues was not just on the international stage, but also included local and national initiatives, including affordable housing and race equality. She was a woman who did more from her kitchen table than most of us do in a lifetime. By the time she co-founded The MATCH Fund, she had already launched and run the very first volunteer recruitment centre for CUSO in Toronto in the early 60s and she had spearheaded CUSO's expansion to Kano, Nigeria. She had served on the board of International Students' Centre, Save the Children, and the U.S.-based Student Non-Violent Committee. These projects saw her protesting alongside Coretta Scott King, setting up a shantytown for 3,000 of the nation's poorest people on Washington D.C.'s National Mall, traveling to Haiti to work with the most disadvantaged children and, in 1975, leading the Canadian delegation to Mexico City for the first UN World Conference on Women. By the time Suzanne officially retired from the board of The MATCH Fund, the organization she had built was changing lives: ending female genital mutilation in Malian villages, and supporting battered women's shelters in India. The MATCH Fund will continue to carry on her legacy.

Lillian Firner passed away at home on August 10, 2016 at the age of 103, she was OWN's oldest member.

Lillian was introduced to the OWN through her sister, Leslie Lawlor. She graduated from Victoria College at the University of Toronto in 1935 and remained active in the University Women's Club for many years. Lillian worked in the Purchasing and Sales department at General Motors until her marriage in 1940. She returned to work, taking up bookkeeping, in the early 1970s. She was also a volunteer with the CIBC in Durham region, along with being an active member of the Women's Group of the Simcoe Street United Church. Lillian lived in many cities throughout Canada and loved to travel, with frequent visits to Mexico, British Columbia, North Dakota and Arizona. Our condolences go out to her many nieces, nephews, family and friends.

Beverley McClelland died peacefully on June 2, 2016 in Ottawa, Ontario. Beverley made her life's work caring and advocating for the public health needs of her community. She graduated from Victoria Hospital and the University of Western Ontario in 1953. There she made lifelong friendships and nurtured the desire to help others in need. After taking time to raise her young children, Beverley went on to a 25-year career in Public Health, serving the community of North York as a Registered Nurse. Upon her retirement, she began her second career as volunteer to the Toronto senior community and beyond. She was passionate about educating and mentoring older adults in the community, and empowering them to speak up and speak out on issues of concern. Beverley co-founded the Toronto Council on Aging where she helped develop friendly-to-seniors programs. A natural public speaker who conveyed vision with a calm sense of certainty, Beverley was frequently called upon to speak at conferences on aging. Her wealth of knowledge, warm personality and outgoingness made her a mentor to many. In 2012, she was humbled to be recognized with the Ontario Volunteer Service Award. Her leadership and wise counsel will be missed. Condolences to her family.

OWN Special Interest Groups

La Vie en Rose

The French Conversation group has reconvened after the Summer. In September we all shared our summer experiences with great merriment. We welcome back Mirelle Ouellet, a member who has not been able to attend for a couple of years.

Note that we do not teach, but provide a forum for those who do know French to practice speaking in a congenial atmosphere.

OWN Writers Group

Finding Christie Gardens

By Wendy Ounpoo

I'm walking home from Sobeys
taking the "scenic route".
That is, I'm not on Dupont.
My mind is a million miles away
as I look at tiny front gardens,
some lovingly planted,
others cluttered with tricycles and garbage cans.
These are signs of the different lives lived in each row-house.

Suddenly I realize I've been walking far too long.
Where am I?
Christie Gardens is not at the end of the street where it should be.
I look a little stunned.
A stranger, a young man,
approaches and asks "Are you lost?"
"No" I assure him.
He asks "Do you want the Old Folks Home?"
Not wishing to sound rude or ungrateful, I say
"I seem to have turned down the wrong street."
He, in a kindly, but patronizing way, says
"It's the next street over, dear."

Oh My God! I'm losing it.
I've been here nine months.
In a city where I've lived for sixty five years,
I'm momentarily lost.
People feel they have to help "the little old lady".

Who and where am I now?

I used to be someone else - mother, wife, nurse, artist, friend -
many roles.
Now I'm different – old, decrepit,
but not embarrassed when I wander around looking carefully at things,
noticing , thinking, getting ideas for my art.

I live in Christie Gardens, a retirement home,
a very pleasant place.
I can't say I had trouble adjusting.
I didn't.
I settled right in.

There was no opposition from three girls,
vastly relieved their mother looked after herself,
found the best place for her.

I've done the best I could throughout my life.
Now I need to look after ME.

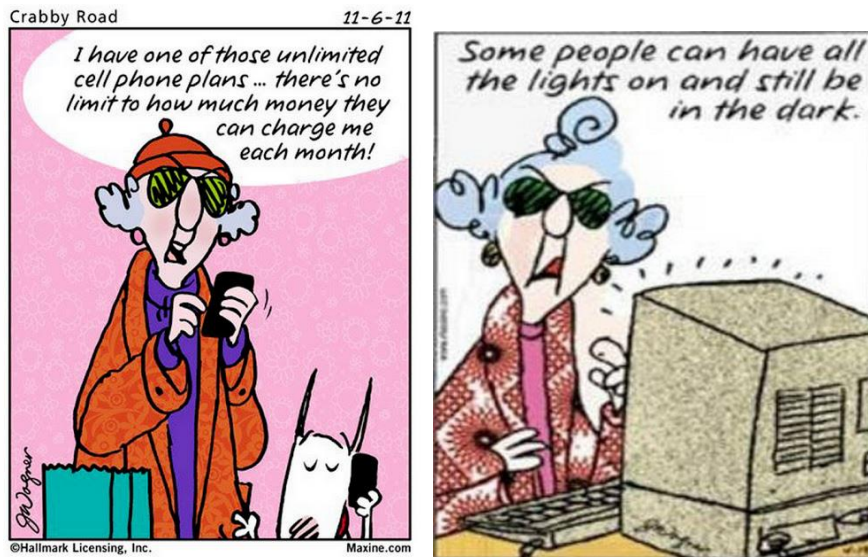
I accept myself as I near the end of my eighth decade,
ten years more than the Bible predicts.
Made peace with my mistakes,
asked for forgiveness.
Most importantly, I've forgiven myself.

Truthfully, I'm afraid of lessening degrees of agility,
of losing sharpness of mind.
I'm not afraid of death,
only the pain that usually precedes it.

I've reinvented myself yet again.
I like who and where I am.

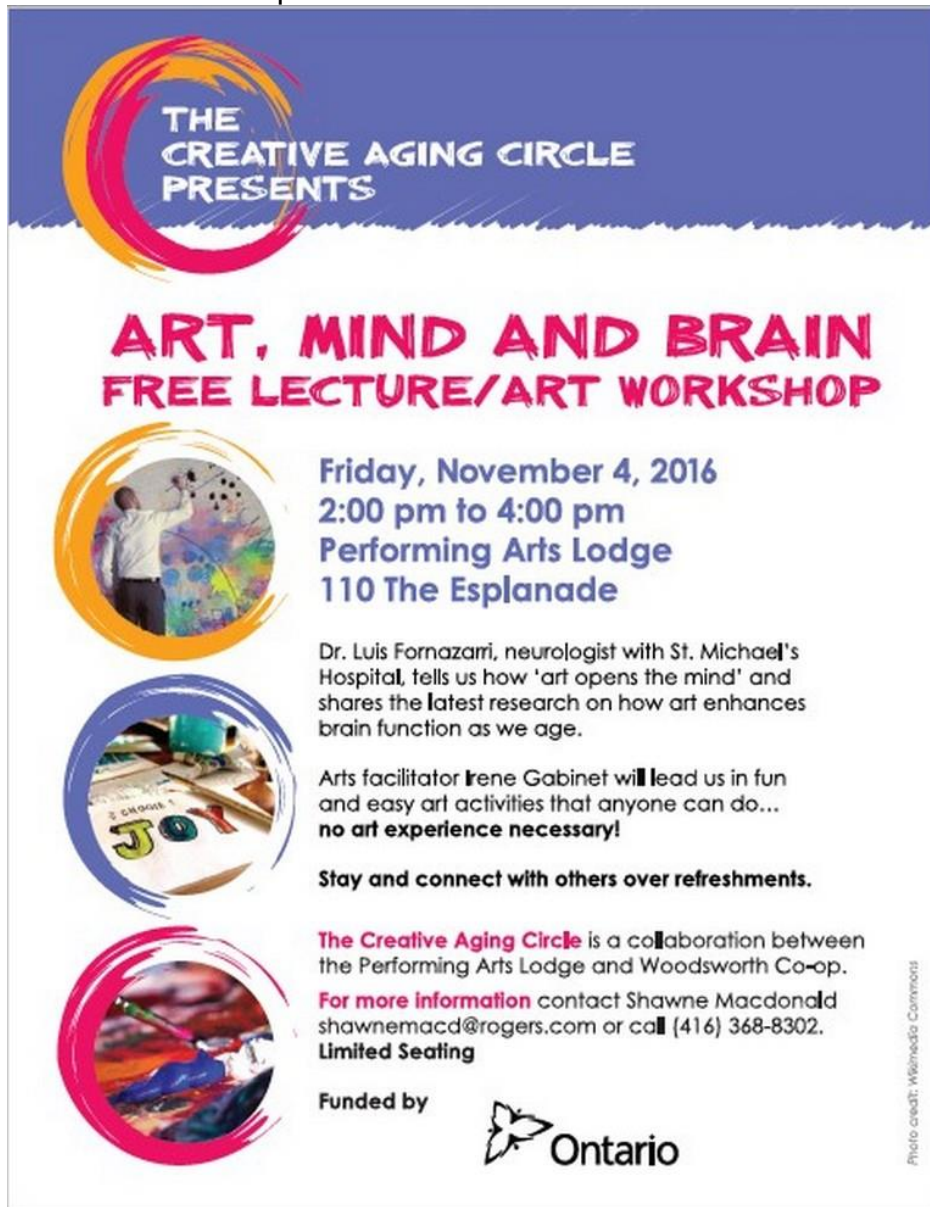
Alfreda Mordas Reading Room

In the absence of a committee, Sylvia Hall and Marilyn Schafer are reviewing the mandate of the Reading Room with a view to carrying out the resolution of the OWN Council that the fiction content of the collection be removed and given to a deserving organization. Currently we are trying to locate such an organization. This has come about as no one is using the collection anymore and there is no regular person here to monitor usage. We will update you as changes occur.



Upcoming Event

November 4, 2016 - The Creative Aging Circle presents **Art, Mind and Brain**, a free lecture/art workshop. See below for more info:



THE CREATIVE AGING CIRCLE PRESENTS

ART, MIND AND BRAIN

FREE LECTURE/ART WORKSHOP

Friday, November 4, 2016
2:00 pm to 4:00 pm
Performing Arts Lodge
110 The Esplanade

Dr. Luis Fornazari, neurologist with St. Michael's Hospital, tells us how 'art opens the mind' and shares the latest research on how art enhances brain function as we age.

Arts facilitator Irene Gabinet will lead us in fun and easy art activities that anyone can do... **no art experience necessary!**

Stay and connect with others over refreshments.

The Creative Aging Circle is a collaboration between the Performing Arts Lodge and Woodsworth Co-op.

For more information contact Shawne Macdonald shawnemacd@rogers.com or call (416) 368-8302.
Limited Seating


Funded by 

Photo credit: Wikimedia Commons

ANAM CARA

Anam Cara is a Gaelic term for soul mate. Soul mates share a bond that transcends time and place. OWN has a commemorative record book which honours individuals or a group. A donation to OWN purchases a page in the book with a message concerning the honoree, a photo, or any other tribute desired. This book is on permanent display at the OWN office. It is a great way to celebrate a life. If you would like to take advantage of this, please contact the OWN office and we will send you an application form.

Recent OWN members honoured are **Beverley McClelland, Connie Yang, and Elizabeth Quan.**

Check our website, facebook page and new Twitter feed for more info on OWN activities and news.

<http://olderwomensnetwork.org/>

<https://www.facebook.com/OlderWomensNetwork/>

Twitter: @OWN_Ont

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