



Realizing potential. For all women.
Le pouvoir par le savoir.

**CFUW – Owen Sound & Area Newsletter
JANUARY 2025**

President - Cynthia Lemon
Vice-President – Ruth Henderson
Secretary – Sandra Shantz
Treasurer - Styn Furness
Past President – Anne Seymour

[CFUW – Owen Sound & Area](#), celebrating 34 years... 1990 – 2024

CFUW: 'Women Helping Women'

CFUW is a non-partisan, voluntary, self-funded organization with over 100 CFUW Clubs, located in every Province across Canada. Since its founding in 1919, CFUW has been working to improve the status of women, and to promote human rights, public education, social justice and peace. It holds special consultative status with the United Nations (ECOSOC) and belongs to the Education Committee of the Canadian Commission to UNESCO.

Our Club was founded in 1990, spearheaded by two very dynamic women, Alma Wilson and Norah Egner. Our charter was awarded in August 1991 at the national annual general meeting in Toronto. We were the 135th club in Canada at that time.

We look forward to celebrating our 35th Anniversary, beginning September 2025. Join the planning committee!

PRESIDENT'S MESSAGE

What is the tipping point for galvanizing advocacy?

I am following a couple of seniors groups on Facebook. There has been some actively expressed frustration with seniors' lack of engagement in big issue items for aging in place, as an example. Apparently, we sign up for information and resources. We take in Zoom presentations and webinars. We go to lectures and speaker series. We devour newspapers. We listen to radio. We research. We learn. We discuss. But apparently, we do not advocate, write letters, protest to right all the wrongs in the world. This is not entirely accurate.

We have always been busy women. We educated ourselves, raised families, worked in the home, and in the work world. We served in our communities. We volunteered on boards, in schools, and in churches. We have given endlessly over our years. And we see this still today. We are busy, active, and engaged. We work on causes. We speak out. We do what we can. Can we do more? Can we work harder to engage more people, build

PRESIDENT'S MESSAGE, continued ...

a collective mass to have a louder, difficult to ignore voice? There are a lot of issues out there. We are smart people. I believe we can and will do more.

What is your tipping point?

Cynthia

~ Cynthia Lemon, President, CFUW Owen Sound and Area

CFUW Land Acknowledgement

We want to acknowledge that this place where we come together is within the ancestral and traditional territory of the Anishinaabe Nation: the people of the Three Fires known as the Ojibwe, Odawa, and Pottawatomi Nations. We give thanks to the Chippewas of Saugeen and the Chippewas of Nawash Unceded First Nation, now known as the Saugeen Ojibway Nation as the traditional keepers of this land.

Recommended By-Law Amendment

At our General Meeting and Program on Tuesday, January 14, 2025, the Executive is recommending a by-law change to Article 5 as follows:

1. By-Law 5 - Meetings

1.1 Delete (General meetings normally held monthly starting in July, with a minimum of five meetings per year.)

New Clause: A minimum of four (4) general business meetings will be held each year.

1.2 There shall be an Annual General Meeting of the Club in June for elections and consideration of annual reports.

Rational: A minimum of five meetings per year with a formal business component is not necessary in an organization of our size. A minimum of 4 meetings per year sustains the accountability required for the members to have updates on the business and finances of CFUW Owen Sound and Area.

We will require a 2/3 majority to pass this recommendation at the January meeting.

EXECUTIVE COMMITTEES' REPORTS

ADVOCACY

The Advocacy Committee is pleased to share our policy resolution submission that will go to Ontario Council on January 15, 2025 for consideration at the Ontario Council Annual General Meeting in the spring. This has been a significant focus for us over the past two years. Thanks to our committee members, Anne Seymour, Jan Chamberlain, Marianne Williams, Donna Phillips, Leslie Garnet for all of their input and suggestions. Extra special thanks to Angela Yenssen, who did the best part of the heavy lifting on this proposed resolution.

A copy of the proposed resolution is provided below. We will have an opportunity to discuss this at our January 14, 2025 general meeting and program event.

~ Cynthia Lemon, Advocacy Committee Coordinator

Resolution Submission for the upcoming OC Council AGM – First Draft submitted on October 30, 2024 - Second draft attached. OC Resolutions Chair advocacy@cfuwontcouncil.org		
Please remember to save it with a file name (Club/Topic) No PDF Documents can be accepted		
Club Name CFUW Owen Sound and Area		
Club President Cynthia Lemon	Phone 519-270-0910	e-address lemondalefarm@gmail.com
Club Advocacy/Resolutions Committee Chair Cynthia Lemon	Phone 519-270-0910	e-address lemondalefarm@gmail.com
Date of submission January 15, 2025		
Title of Resolution Ontario Seniors' Advocate		
RESOLVED, That CFUW Ontario Council urges the Government of Ontario to establish a seniors' advocate who is an independent officer of the legislature, as has proven effective in British Columbia, with the following mandate: <ul style="list-style-type: none">• receives submissions from the public regarding challenges to maintaining quality of life experienced by the people of Ontario as they age, including but not limited to challenges to, their ability to age in place;• monitors the impact of provincial policy and legislation on the experience of aging in Ontario;• collaborates with the Ontario Ombudsman and the Patient Ombudsman to identify trends in complaints received by those offices about challenges to quality of life experienced by Ontarians as they age;• provides annual reports to the legislature about the advocate's activities and		

recommendations to address systemic challenges Ontarians experience with maintaining quality of life as they age, prioritizing recommendations to help the people of Ontario age in place.

Background:

CFUW National passed a resolution in 2024 calling on all levels of government to collaborate to facilitate local communities developing services that support aging in place in local contexts. This resolution was based on data about two trends in the aging experience in Canada:

- i) 90% of Canadians aged 45 and older want to age in their homes rather than relocate to long-term care homes; and,
- ii) aging in homes and community settings is more cost effective for governments than moving people to long-term care homes (CFUW, 2024).

The National Seniors Council (2024) highlighted the multiple complex systems that contribute to an individual's ability to age in place and otherwise experience quality of life in the aging process in Canada: prosperity, health, society, environment, and good governance. The Ontario government needs a mechanism to consolidate information about the multiple facets of aging to support the people of Ontario to maximize their quality of life while aging, including aging in place as much as possible. An advocate role is a viable and influential mechanism for centralizing information and creating action plans to support quality of life for an aging population as demonstrated by the effectiveness of other advocate roles with stimulating systemic reforms.

Seniors' Advocate in British Columbia

The Office of the Seniors' Advocate for British Columbia ("OSA") is independent of government and has highlighted problems with public services adversely impacting older adults that led to government reforms of various systems in British Columbia (Shaw, 2024). One of the reasons the OSA has been so effective with promoting changes in services for seniors is that the OSA collects data that highlights systemic issues that would not have been identified otherwise (Shafi, 2023). For example, the OSA completed a robust analysis of income inequality among seniors that revealed almost half of seniors live below a full-time minimum wage income (Shafi, 2023). This reality was previously obscured by a small fraction of seniors with very high incomes driving up the mean income for seniors in the province (Shafi, 2023).

Seniors' Advocate in Newfoundland and Labrador

The independent seniors' advocate in Newfoundland and Labrador has achieved similar success to the OSA in British Columbia with stimulating change in government policy to support seniors. The government at least partially implemented 88% of the recommendations issued by the Office of the Seniors Advocate Newfoundland and Labrador from its inception to 2023 (Shafi, 2023). Recommendations fully implemented include expansion of age-friendly communities and improvements in housing options for seniors (Shafi, 2023).

Child and Youth Advocate in Ontario

An example of a successful advocate role with a population other than seniors is the

work of the child and youth advocate in Ontario. The advocate was independent of the government and engaged in activities leading to increases in the rights of children and youth in the child welfare system in Ontario (Hancock, 2020). The *Supporting Child, Youth and Family Services Act, 2017* included extensive rights for children and youth receiving child welfare services to provide input into the services they receive due to the efforts of the child and youth advocate to inform the creation of the legislation (Hancock, 2020).

Multiple organizations protested the elimination of Ontario's child and youth advocate role in 2018, noting that the organizations relied on the advocate to inform them about systemic reforms required for young people that they could implement and champion (Campaign 2000: End Child and Family Poverty in Canada et al., n.d.). Service providers such as the Ontario Association of Children's Aid Societies (2018) particularly expressed concern about the adverse impact of the loss of the advocate role in highlighting the needs of especially vulnerable young people, such as Indigenous and African Canadian youth. These concerns about the loss of the child and youth advocate role, and the success of the role in achieving legislative reform, demonstrate the value of creating an independent advocate role to identify necessary policy, legal, and other systemic reforms to support vulnerable people.

Federal Housing Advocate

Another example of an independent advocate role stimulating policy reform is the work of the federal housing advocate. The housing advocate issued a report urging the federal government to address the issue of encampments of homeless people on public land (Office of the Federal Housing Advocate, 2024). The government responded to the report by allocating funding to adopt a human rights based approach to encampments in alignment with the advocate's recommendations (Office of the Federal Housing Advocate, 2024).

Alberta Advocate for Seniors

The Alberta government created a seniors' advocate role in 2014 (French, 2019). The role was eliminated in 2019 and the function of addressing seniors' concerns was transferred to the health advocate role (French, 2019). The outgoing seniors' advocate expressed concern that seniors' issues would not be as prominent if the seniors' advocate function was subsumed under another role (French, 2019).

The seniors' advocate was able to highlight some important concerns for seniors despite the limitation that the advocate was part of a government ministry and was not independent of the legislature (French, 2019). Older Albertans have requested reinstatement of a seniors' advocate because they feel their concerns have been neglected since the seniors' advocate role was eliminated (National Association of Federal Retirees, n.d.).

Dimensions of a Seniors' Advocate Role for Ontario

The examples of advocacy roles created by governments across Canada above highlight that advocate roles are particularly effective in moving forward systemic reforms to improve living conditions for people in a jurisdiction where the advocate role is independent of government and focused on a specific population or

issue.

The proposed seniors' advocate role for Ontario meets both of these criteria. The advocate will be independent of government to have the power to critique government as needed. The advocate role will also have a focused mandate of addressing systemic issues related to quality of life while aging with priority given to the aspect of quality of life of aging in place.

Creating a seniors' advocate with a mandate to focus on quality of life related to aging rather than current seniors is necessary for three reasons. First, a seniors' advocate focused on the aging experience can address the needs of people under age sixty-five who experience challenges typically associated with older age. Health issues usually arising in older age can impact people younger than age sixty-five due to their genetics and life experiences (World Health Organization, 2024).

A second reason the seniors' advocate should have a mandate focused on the aging experience and not current seniors is to avoid intergenerational conflict. Younger people might feel that the government is only concerned about the well-being of current seniors if a seniors' advocate role is created. Structuring the seniors' advocate role around the aging experience facilitates younger people seeing the role as relevant to them. Establishing systems, policies, practices, and legislation to support quality of life during the aging process is important to Ontarians of every age as they plan for their futures.

The priority placed in the advocate's mandate on facilitating aging in place will further generate support from younger people for the advocate's role. As noted earlier, data indicate that supporting aging in place promotes both quality of life for older people and fiscal responsibility for governments (CFUW, 2024; National Seniors Council, 2024). Therefore, establishing a priority on aging in place in the seniors' advocate's analysis of quality of life in the aging experience will elicit support for the seniors' advocate role from younger people concerned about the financial burden of supporting an aging population.

Finally, a seniors' advocate role should have a mandate focused on the aging experience to differentiate this proposal from legislation tabled by the New Democratic Party (NDP) in 2020 and 2023 to create a seniors' advocate role (Bill 196, Seniors Advocate Act, 2020; Bill 101, Advocate for Older Adults Act, 2023). Both of these defeated bills proposed by the NDP focused on advocacy specifically for seniors and family members who provide care to seniors (Bill 196, Seniors Advocate Act, 2020; Bill 101, Advocate for Older Adults Act, 2023).

CFUW does not want to be perceived as taking a partisan position through the organization's advocacy projects. For this reason, CFUW should adopt a resolution to create a seniors' advocate role with a focus on quality of life in the aging experience rather than advocacy for seniors per se so that the organization is not perceived as advocating for the NDP's approach to supporting aging in Ontario.

Implementation:

The goal of this resolution is to empower the Ontario government to implement strategies to support an aging population by proposing an independent role to analyze systemic barriers Ontarians experience to maximizing their quality of life while they age with priority placed on addressing barriers to aging in place. An independent seniors' advocate will be able to assemble the data the government needs to implement policies and legislation to facilitate aging in place programs at the local level as per the CFUW (2024) national resolution and thereby promote quality of life in the aging experience in Ontario. The advocate role's broad mandate to address quality of life as people age empowers the advocate to identify various dimensions of the legislative and policy framework in Ontario that impede quality of life in the aging experience in addition to identifying barriers to aging in place.

We will ask CFUW clubs in Ontario to introduce this resolution to their local MPPs and seniors' groups. We will also present this resolution to other provincial advocacy groups with an interest in this issue, such as the Ontario Health Coalition, Seniors for Social Action Ontario, the United Senior Citizens of Ontario, and the Ontario Association of Councils on Aging. We will circulate media releases about the resolution across the province.

Once the resolution has received some attention and other provincial advocacy groups support the resolution, a submission will be prepared and forwarded to all provincial political parties in partnership with other provincial advocacy groups. We will also submit a petition to the legislature to implement the resolution.

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Resolved Clause(s), Background and Implementation – up to 4 pages in total Bibliography – up to 2 pages in total

CFUW Ontario Council

Resolutions Information and Guidelines, 2024-2026 www.cfuwontcouncil.org

Email: advocacy@cfuwontcouncil.org

EXECUTIVE COMMITTEES' REPORTS, continued...

NEWSLETTER

At the Executive meeting held April 2nd, 2024 it was approved that this Newsletter, from now on will be published 4 – 6 times a year with interim “e-blasts” as required. As usual, it will be emailed directly to members and posted to the website.

Please send contributions for the Newsletter to the editor/coordinator: **Judy Beth Armstrong**

armstrong.judybeth@gmail.com.

Please note that it is CFUW - Owen Sound & Area policy that:

- items in the newsletter should be related to CFUW information and events. Occasionally community events and information may be included if these relate to the CFUW mandate and interest groups, and that
- unless a member specifically gives permission, a member's personal information will not appear in the newsletter. For this information members should go to their copy of the Members' Directory.

~ **Judy Beth Armstrong, Newsletter Coordinator**

PROGRAM

General Meetings/Programs are **usually** held on the 2nd Tuesday of the Month.

An informative and well-attended program was held **WEDNESDAY, NOVEMBER 13, 2PM** at Grey Roots Museum & Archives. Guest speaker Naomi Vodden, Brightshores' Director of Mental Health and Addiction Services, talked about Brightshores' new Mental Health and Addictions Wellness and Recovery Centre in the newly renovated former Bayview Public school building.

A festive get-together and Christmas luncheon was held at Legacy Ridge, **TUESDAY, DECEMBER 10, 11:30AM**. We enjoyed mingling with friends old and new, a delicious lunch, and had a lot of fun with Pat McCoy's Trivia.



Festive gathering & luncheon at Legacy Ridge, Dec 10 2024

The first General Meeting & Program of the NEW YEAR, on the topic of **Avoiding Frauds & Scams**, will be held this **TUESDAY, JANUARY 14, 2025, 2PM** at Seasons Retirement Community, 1389 16th Ave East, Owen Sound. Always entertaining and informative, Community Services Officer (CSO) with Owen Sound Police Services, Jason Cranny, will provide tips on avoiding the pitfalls of frauds and scams. Q & A, followed by a brief business meeting and refreshments. Please note that Visitor Parking at Seasons is limited, so carpool if possible; use the Canadian Tire lot for additional parking. Special thanks to Seasons for offering meeting space and providing refreshments. Members are invited to bring a new friend who may be interested in joining our club. *See poster below for details.*



Realizing potential. For all women.



GENERAL MEETING & PROGRAM

TUESDAY, JANUARY 14, 2025

2:00 PM AT SEASONS RETIREMENT COMMUNITY

1389 16TH AVENUE EAST, OWEN SOUND

GUEST SPEAKER:

JASON CRANNY, Community Services Officer (CSO)

Special Constable Jason Cranny will provide tips on avoiding the pitfalls of frauds and scams. "Falling for scams has never been easier... Highly personalized cyberattacks can come via text message, email or by phone ..." ~ *Toronto Star*, November 24, 2024

- Bring a friend/potential member
- Q & A
- Brief business meeting
- Refreshments and social time



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EXECUTIVE COMMITTEES' REPORTS, continued...

PROGRAM, continued ...

TUESDAY, FEBRUARY 11, 2PM: We meet again at Seasons Retirement Community, 1389 16th Ave East, Owen Sound for a compelling presentation, **Home Care and The Law**, by guest speaker **Angela Yenssen**, lawyer – and our own member! *This is a CFUW Advocacy Presentation.* Q & A, followed by social time and refreshments. Please note that Visitor Parking at Seasons is limited, so carpool if possible; use the Canadian Tire lot for additional parking. Special thanks to Seasons for offering meeting space and providing refreshments. Members are invited to bring a new friend who may be interested in joining our club. *See poster below for details.*

~ Brenda Bergen & Meran Farmer, Program Committee Co-Coordinators



GENERAL MEETING & PROGRAM

TUESDAY, FEBRUARY 11, 2025

2:00 PM AT SEASONS RETIREMENT COMMUNITY

1389 16TH AVENUE EAST, OWEN SOUND

GUEST SPEAKER: ANGELA YENSSEN

Home Care and the Law

This presentation, given by CFUW Owen Sound and Area member (and lawyer) Angela Yenssen, will provide an overview of the legal framework that determines access to publicly funded home care services in Ontario. The ways in which the law supports and hinders the efforts of family and friends to provide caregiving support will also be discussed. ~ A CFUW Advocacy Presentation

- Bring a friend/potential member
- Q & A
- Refreshments and social time



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INTEREST GROUPS

Please note, from our *CFUW By-Laws*, 2.3: *Membership in interest groups shall be open only to members in good standing. Guests are welcome to attend either two (2) general Club meetings or two (2) interest group meetings per year.*

ART EXPLORERS ~ Wednesday, January 22 at 2PM – by Zoom

We thank Art Explorers Coordinator, Cynthia Porter, for planning ahead for our winter art explorations while she explores summer in New Zealand. Loreen Cumming and Vivian McCaffrey will host the January zoom session. The invitation to the zoom meeting will be sent out a few days before. But anytime between now and then, take a look at the film we will view together and discuss at the January 22nd meeting of Art Explorers.

Cynthia wrote: “I have chosen this first video particularly for January. It is entitled “A Conversation with Judith Martin, 2024.” She is a textile artist, referred to as a Canadian textile legend, who lives year-round appreciating the solitude on Manitoulin Island. The beautiful quilts and installations she has designed are truly works of art and really inspiring. Judith is articulate and tells her life through her work and each of her beautiful creations are like a journal of her unique life, both physical and spiritual.”

This film [<https://www.youtube.com/watch?v=xkTxrwoKjcE>] is 44 minutes in length.

~ Cynthia Porter, Art Explorers Coordinator

BOOK CLUB: Groups 1 & 2

Our book clubs enjoy numerous recommended books over the year. We always have great discussions, great snacks and great social time. If you would like to join us, please contact Cynthia Lemon at lemondalefarm@gmail.com or Meran Farmer at meranjoan@gmail.com. We are delighted to welcome new members!

~ Meran Farmer and Cynthia Lemon, Book Club Coordinators

Group 1: As always, there is no shortage of amazing books to read. November’s pick was *Horse* by Geraldine Brooks. If you have not yet read this novel, please add it to your reading list. There are many wonderful, and difficult parts to this book. The relationship between a man and the horse is beautifully described and puts you right there into the thick of it. A must read!

Our December book was *No Time to Spare* by Ursula K. Le Guin. It is a series of “blogs” that share what matters most. There are many topics that tie into aging, literature, and choosing a cat. There is much to consider when reading this book.

Many thanks to our hosts and leaders of our discussions. They always make our afternoons warm and stimulating!

~ Cynthia Lemon

Group 2:

Our Book Club selection for January is an historical fiction novel by Caroline Cauchi, *Mrs. Van Gogh*. The hostess is Eleanor Huff and we will be meeting at Seasons on January 27th at 1:30PM.

If you’d like to join us, please email: meranjoan@gmail.com

~ Meran Farmer

INTEREST GROUPS, continued...

HEALTHY LIFESTYLES – Wednesdays @ 10:30 AM

Our dedicated group of walkers has had a busy couple of months, and are ready to begin again after a two-week break. We have decided to meet at Harrison Park **Wednesday mornings at 10:30** for the next few weeks, until further notice. The weather has been so unpredictable, and the paths at the park are safe. However in the meantime Janet and I will continue to scout out trails in the area that are maintained in the winter. If you would like to receive our Healthy Lifestyles email, please let us know. You can contact us at rosemaryemccann@gmail.com

~ Rosemary McCann and Janet Barker, Healthy Lifestyles Co-coordinators

TUESDAY ONLINE SOCIALS – Every Tuesday at 4:00 PM

Our Tuesday online social hours are just for chatting. Everyone is always welcome to drop in and out at any time. There is no format. We talk about everything. The link for this group is sent to every member each week. No need to sign up for anything.

Social hour will continue (almost) every Tuesday. This year our hosts are as follows:

- First Tuesday of the month - Cynthia Lemon
- Second Tuesday of the month - no social hour as it is a program/advocacy day
- Third Tuesday of the month - Anne Seymour
- Fourth Tuesday of the month - Loreen Cumming
- Fifth Tuesday of the month if there is one - Cynthia Lemon

Thanks to Anne and Loreen for hosting! We look forward to seeing those of you who choose to attend!

~ Cynthia Lemon, Social Hour Coordinator

WOMEN EXPLORING ISSUES (WEI)

Over the last few years, we have had the pleasure to engage in an online forum *Women Who Wonder (WWW)*. When Trisha Hendrie was a member, she invited us all to participate every second week on a thoughtful adventure. There was a range of topics presented and anyone could drop in at any time. Before WWW, there was an issues group that existed and many members will remember how that group functioned as an action group.

Now we're proposing a new forum, ***Women Exploring Issues (WEI)***, which aims to connect the exploration of big issues through an online forum with our local level challenges.

We are looking for members who would like to work collaboratively on subjects that arouse our interests, to explore issues and to meet online, once a month. Topics, dates and time to be determined by the group members. This is an open invitation to all members.

Please email me at anne.seymour3@gmail.com if interested. I will schedule something in the next few weeks, before the busy festive season, for those members who have already responded and to any other CFUW members expressing interest.

~ Anne Seymour, Women Exploring Issues Coordinator

OPPORTUNITIES FOR COMMUNITY INVOLVEMENT:

Please send your suggestions for community activities, volunteer opportunities and involvement with not-for-profit community organizations, by the first of each month, to me at: armstrong.judybeth@gmail.com. We will include them as space allows and at the discretion of the editor. There is no pressure on any of our members to attend these events, or volunteer their time or to donate funds to these deserving organizations. We appreciate that each one of us supports our community in whatever way we wish and are able.

~ Judy Beth Armstrong



BALL Lecture Series 3 - Women, Peace and Security, begins this Thursday, January 9 and runs every Thursday through to February 13, 2025. This promises to be a very important lecture series, especially for our CFUW club members. All lectures will be offered ONLY online, so no worries about winter driving! *Click on the blue link above for details.*



A white ceramic bowl filled with a yellow soup, containing diced carrots, green herbs, and small white cubes, sits on a white plate. A small garnish of green herbs is on the side.

The logo features a stylized blue spoon with a curved handle, positioned as if stirring a bowl.

SOUP'S ON
and Silent Auction

Sponsored by:

The logo is a red inverted triangle with a green maple leaf at the top. Inside the triangle, the words "CANADIAN TIRE" are written in white.

Owen Sound

Join us Saturday January 25th, 2025 from 11am - 2pm
at the Harry Lumley Bayshore Community Centre

A soup competition featuring local eateries in support of:

The logo consists of the words "Alzheimer Society" in a blue serif font, with "GREY - BRUCE" in a smaller, blue, all-caps sans-serif font below it.

BOOK LAUNCH



THE VIEW FROM COFFIN RIDGE
A CHILDHOOD EXHUMED

A MÉMOIR
GWEN LAMONT



Author Gwen Lamont

"One courageous woman's memoir of overcoming violence and trauma that looks straight into the heart of darkness to find the light. I loved this book."
Maude Barlow
Author and Activist

"Gwen's story will shock and astound you. Immediately engaging, heartbreaking but hopeful. An absolute must read memoir."
Cea Sunrise Person
Bestselling Author of North of Normal and Nearly Normal

\$50 TICKET INCLUDES:

- Signed Book
- Author Reading + Q&A
- Bottle of "Into the Light White" Wine
- One drink of your choice + nibbles

For tickets and more information:
CoffinRidge.ca

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- **THURSDAY, JANUARY 30**
- **5:30 P.M.**
- **HARMONY CENTRE, OWEN SOUND**

GwenLamontAuthor.ca

Many of our CFUW members attended one of the Coffin Ridge book launches for "The View From Coffin Ridge: A Childhood Exhumed." If you'd like to attend another – and bring a friend – the 14th launch is scheduled for Harmony Centre, **Thursday January 30th at 5:30 p.m.**

Mary Anne Alton wrote: "We appreciate your support in the early days and we would welcome you back at this first launch in Owen Sound. Of course, buying a ticket and getting another book and another bottle of wine is an option; but if you would like to come to hear the presentation and participate in the social time, you'd be welcome to do so for \$20 at the door. If this is an option that works for you, send me an email [altonmaryanne@gmail.com] and I'll add your name to the list at the door.

We'd also love for you to reach out to friends who have not attended a launch yet.

As always thanks to your ongoing support with spreading the word about Gwen Lamont's memoir." ~ Mary Anne Alton

CFUW display at The Artists' Coop - til January 31, 2025



Special thanks to The Artists' Coop for making the display case in the foyer of the old Mackay building available to community groups. Next time you're downtown, stop by the Artists' Coop to admire our display (until January 31st) and support local artists and craftspeople at the Artists' Coop.



Social Prescriptions Engage Cultural Seniors (SPECS)
(SPECS) is a project of the Community Waterfront Heritage Centre (CWHC) to enhance the lives of seniors by involving them in cultural and community activities. Social prescribing links seniors with non-medical support and activities in our community to improve health and well-being.

The SPECS project offers a variety of activities such as:

- ✓ Local history presentations at the CWHC
- ✓ Tours at Billy Bishop Museum
- ✓ Art exhibits at Tom Thompson Art Gallery
- ✓ Afternoon movies at the library and more!

A sense of belonging MATTERS to health!

HOW DOES IT WORK?
You can get involved in SPECS by connecting with a Link Worker who will guide you to different activities for seniors like you.

CONNECT WITH US

- ☎ 519-371-3333
- ✉ specs@waterfrontheritage.ca
- 🌐 www.greybruceoht.ca/specs

A Link Worker will contact you to discuss your interests and needs and help you find the right activities for you in Owen Sound.



Social Prescriptions Engage Cultural Seniors (SPECS)

The Community Waterfront Heritage Centre (CWHC) has introduced the Social Prescriptions Engage Cultural Seniors (SPECS) program, a new initiative aimed at improving senior well-being in Owen Sound and nearby areas through cultural and community engagement. Supported by the Government of Canada's New Horizons for Seniors Program, SPECS operates on the concept of social prescribing, which connects individuals to non-medical community activities to boost overall health and quality of life.

Through SPECS, seniors can enjoy a variety of cultural experiences, including historical presentations at the CWHC, tours at the Billy Bishop Museum, art exhibitions at the Tom Thomson Art Gallery, and social afternoons at the library. Most activities are free, with certain events offered at discounted rates for seniors. According to Jan

Chamberlain, Chair of the CWHC, the program is intended to foster social connections and provide enriching experiences that support a fulfilling life for older adults.

SPECS addresses the broader social determinants of health, acknowledging that well-being extends beyond physical health alone. It offers seniors opportunities for learning, social interaction, and active community involvement. Participants can receive guidance from a "link worker" who will help match them to activities suited to their interests and needs. This program exemplifies a holistic approach to senior care, aiming to enhance both mental and emotional wellness through cultural immersion and social engagement.

Interested seniors can contact the CWHC for more information or to get started, and volunteers are invited to help run the program. 519-371-3333, specs@waterfrontheritage.ca.

*Participation in most aspects of the SPECS project is free of charge. Some cultural organizations and events not funded by this program may offer events at a reduced rate for seniors.



Funded by the
Government of Canada's
New Horizons for Seniors Program

