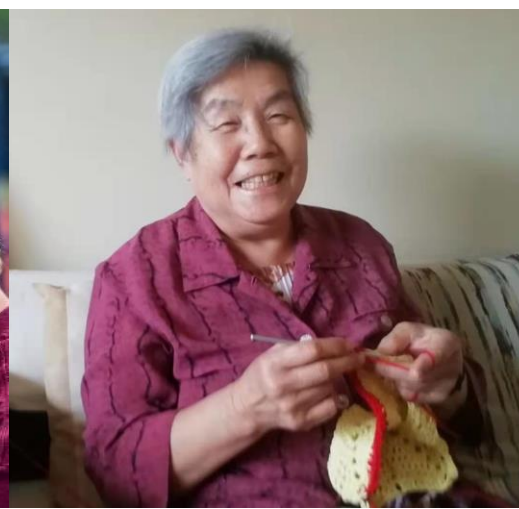




Halton Age-Friendly Calendar 2022

Celebrating Vibrant Communities and Active Aging for All





About Community Development Halton

Mission: Through research, community development, planning, promoting volunteerism, and age-friendly initiatives Community Development Halton strives to improve the quality of life for all residents of Halton.

What is Age-Friendly?

An Age-Friendly City encourages and promotes active aging by optimizing opportunities for health, participation, and security in order to enhance quality of life as people age. *World Health Organization*

**“Design for the young
and you exclude the old.**

**Design for the old and
you include everyone.”**

Bernard Issacs

Halton Age-Friendly Initiatives

Together we are building an Age-Friendly Halton by listening to concerns, advocating for change, and improving the quality of life for people as they age.



Community Development Halton acknowledges and thanks the Council on Aging, Windsor-Essex County for their support, knowledge, and encouragement in the development of the Halton Age-Friendly Calendar 2022.

We thank the Volunteer Committee and everyone who contributed towards the creation of the Age-Friendly Calendar.

For more information, please contact Community Development Halton

Phone: 905-632-1975, ext. 3 • Email: age-friendly@cdhalton.ca • Website: www.cdhalton.ca

Welcome to Patty's Place – Dementia Care Facility



Acclaim Health's state-of-the-art dementia care facility, Patty's Place, is a centre of excellence for dementia care in the province. It features two adult day programs; expanded programming for people living with dementia, and programming for frail older adults.

Patty's Place also helps provide much-needed caregiver support for families, including a caregiver café and onsite caregiver educators.

With the addition of eight short-stay overnight respite beds, the only ones in Halton and a 3D immersive technology room, the first of its kind in Canada designed specifically for people with dementia, Patty's Place has brought innovative dementia care to Halton. Located in Oakville, Patty's Place provides services for all residents of Halton region.



For more information visit us online at www.acclaimhealth.ca/pattysplace or call 905-827-8800

January 2022

Mental Health and Self Care

It is important to take time for self care, to improve your physical and mental health. Self care can help you manage and reduce stress, lower the risk of illnesses, and promote active aging. Try to take time everyday by building into your daily routine the following self care tips, that can have a positive impact in increasing your overall well-being.



Tips:

- Exercise & move your body. Go for a walk, do some stretches, try yoga
- Eat healthy and stay hydrated
- Sleep and rest. Try to get 7-9 hours of sleep every night. Have a regular bedtime routine, read a book before bed, listen to soothing music, and lower the lights
- Practice mindfulness and relaxation
- Stay connected and “hang out” with others
- Set a goal for each day. Accomplish a task no matter how small it may seem
- Practice gratitude. Try to write things down that you are grateful for, keep a journal
- Make time in your day for the things you enjoy doing



January 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1 New Year's Day
2	3	4	5	6 Epiphany	7	8
9	10	11	12	13	14	15
16 World Religion Day (Bahá'í)	17	18	19	20	21	22
23	24	25	26 Bell Let's Talk Day	27 OAS/CPP Payments	28	29
30	31	"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says, 'I'll try again tomorrow.'" - Mary Anne Radmacher				

February 2022

Frauds and Scams - Protect Yourself

Tips:


- Only shop with one debit and credit card. Both should have different PIN numbers. Memorize your PIN. NEVER keep a record of your passwords or your Social Insurance Number card in your wallet or purse
- Do not respond to unsolicited emails, texts messages or phone calls wanting your personal information
- Bank securely with online, mobile apps, or in person banking. Banks will NEVER ask for personal information on the phone or through texts. They will NEVER involve you in an investigation using your money. Bitcoin, Google, Amazon, Steam, or other gift cards are not currency, and if someone requests payment with these, it is a SCAM!
- Check your bank statements weekly and verify your purchases
- If you get an email, call or text from a friend or relative asking for help - call them back and verify who they are on the phone. Be your own Sherlock Holmes!
- Do not open your door to companies or allow people selling energy, furnace, hot water tanks into your home
- Shred personal and financial documents that are no longer needed



Contact Halton Regional Police Service
Fraud Intake Office
905-465-8741 (Monday to Friday 8-4)
or 905-825-4777

Report incident(s) to the Canadian
Anti-Fraud Centre
1-888-495-8501

February 2022

SUN	MON	TUE	WED	THU	FRI	SAT
February is Black History Month		1 Chinese New Year	2 Groundhog Day	3	4	5
		6	7	8	9	10
11	12	13	14  Valentine's Day	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29 OAS/CPP Payments	30	31
<p>"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." - Martin Luther King, Jr.</p>						

March 2022

Nutrition and Good Health

Healthy eating encourages and supports social, physical, and mental well-being.

Eating well helps you to:

- Live longer and stronger
- Sharpen your mind
- Feel better
- Be connected—when your body feels good, you feel happier inside and out

Tips:

- Eat regular meals
- Snack on fruits on vegetables
- Share meals with friends, family & others
- Drink plenty of fluids, water is the best!
- Eat a variety of nutritious foods
- Eat safe foods - observe the “best before” dates
- Limit eating highly processed foods
- Share favourite recipes with others



March 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Ash Wednesday	3	4	5
6	7	8 International Women's Day	9	10	11	12
13 Daylight Savings Time. Set clocks ahead 1 hour. Change batteries.	14	15	16 Purim begins	17 St. Patrick's Day Purim ends	18	19
20 Spring begins	21	22	23	24	25	26
27	28	29 OAS/CPP Payments	30	31	"The best tunes are played on the oldest fiddles!" - Ralph Waldo Emerson	

Nutrition and Good Health

April 2022

♥ Celebrating our Halton Volunteers! ♥

Volunteers are vital to the contribution of building vibrant communities!



Volunteering can:

- Provide a sense of purpose and meaning
- Improve one's overall well-being
- Help build new skills
- Help keep connected with others, and make new friends
- Provide opportunities to share one's talents, skills, and wisdom
- Give a sense of belonging
- Make a difference and provide a positive impact in your community



To learn more about volunteering in Halton
contact Volunteer Halton at

905-632-1975 ext. 2

www.volunteerhalton.ca

April 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Ramadan begins
3	4	5	6	7	8	9
10 Palm Sunday	11	12	13	14	15 First Day of Passover Good Friday	16
17 Easter	18 Easter Monday	19	20	21	22 Earth Day	23 Last Day of Passover
24 National Volunteer Week	25	26	27 OAS/CPP Payments	28	29	30 Income Taxes Due

Celebrating our Halton Volunteers!

Got Pain - We Can Help!

Oakville Hospital Footcare Tips For Preventing Falls Inside & Outside the Home

Did you know that more than 1.6 million Canadian seniors fall each year? Falls remain the number one cause of serious injuries in people aged 65 & over.

Oakville Hospital Footcare's 8 expert tips for preventing falls.

1. Maintain Daily Movement
2. Reduce Household Hazards
3. Be Cautious of the Bathroom
4. Make Daily Items Accessible
5. Wear Secure, Sensible Shoes
6. Ask for Help When Needed
7. Put Dangerous Objects Away
8. Wear Single Prescription Eyeglasses Outdoors

Visit Us At:

OakvilleHospitalFootcare.ca

2 Locations To Serve You:

Oakville Trafalgar Memorial Hospital, 3001 Hospital Gate, 1 North, Room 202 - Main Floor, Oakville, ON

905.618.0162

461 North Service Road W Unit 27B, Oakville, ON

905.338.4669



Oakville Hospital Footcare & Orthotic Centre is Hospital owned and operated. All net proceeds support hospital programs and services.

May 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Ramadan ends Eid-al-Fitr begins	3 Eid-al-Fitr ends	4	5	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Victoria Day	24	25	26	27 OAS/CPP Payments	28 Shredding Event Police Headquarters Oakville 9 am - 3 pm
29	30	31	"Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me and be my friend." - Albert Camus			

Stay Safe At Home & On The Go

Connect Care's Tips For Preventing Falls Inside & Outside the Home

According to Statistics Canada, falls are the most common cause of injury among older Canadians. Every year, it is estimated 1 in 3 seniors aged 65 years and older are likely to fall at least once.

6 Easy Steps to Recover From a Fall

1. **Pause and Take a Moment**
2. **Evaluate for Injury**
3. **Prepare to Stand**
4. **Call a Friend**
5. **Notify Your Doctor**
6. **Relieve Pain and Swelling**



For more details, please go to ConnectcareMedicalAlert.ca

Using a product like the [Connect Care Medical Alert Button](#) can help maintain independence while at home or on the go. A personal emergency response system can either detect a fall or can be activated at the push of a button to ensure help is on the way, depending on the device you choose.

Connect Care Medical Alert Service is hospital owned and operated and can help expedite immediate help when a fall occurs. The Connect Care Medical Alert devices allow you to live safely and independently in your own home or on the go - 24 hours a day 7 days a week.

Enjoy peace of mind knowing that once the button has been pressed or the device is automatically activated, a trained operator will send you help as quickly as possible.



June 2022

SUN	MON	TUE	WED	THU	FRI	SAT
June is Seniors Month; Pride Month; and National Indigenous History Month			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15 World Elder Abuse Awareness Day	16	17	18
19 Father's Day	20	21 National Indigenous Peoples Day Summer begins	22	23	24	25
26	27	28 OAS/CPP Payments	29	30	"Laughter is timeless. Imagination has no age. And dreams are forever." - Walt Disney	

July 2022

Stay Safe and Keep Cool During the Hot Summer Months

Tips:

- Dress for the weather! Wear light-coloured comfortable clothes – avoid dark colours
- Wear a sunhat
- Keep hydrated! Drink cool water and juices
- Stay out of the direct sun as much as possible. Try to plan outdoor activities early in the morning or later in the day
- Apply sunscreen on your skin for protection when venturing outside
- Spend time in air-conditioned spaces, such as the mall, or at designated cooling areas in your neighbourhood
- Cool down by taking “cooler” showers or baths or place a cool damp washcloth around your neck, wrists, or ankles



July 2022

SUN	MON	TUE	WED	THU	FRI	SAT
<p>"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou</p>					<p>1</p>  <p>Canada Day</p>	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30 31
			OAS/CPP Payments			

Stay Safe and Keep Cool During the Hot Summer Months

August 2022

Emergency Preparedness

Be prepared in an emergency.

Put together an emergency kit that includes:

- Flashlights and extra batteries
- First aid kit
- List of important phone numbers
- Radio with batteries
- Three-day supply of water for each person
- Three-day supply of canned food, a can opener, and utensils
- Energy and protein bars
- Change of clothes, footwear, and blankets
- Hygiene products
- Medication (keep a list as well), eyeglasses, hearing aids
- Important documents and papers, such as insurance policies, health card, drivers license, etc. Keep documents in a waterproof bag
- Cash
- Dry food and water for pets
- Take assistive devices such as a cane or walker



Emergency
Preparedness
Your Personal Guide
Call 311 to request
the complete
reference booklet

August 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Civic Holiday	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 OAS/CPP Payments	30	31	“Life is like riding a bicycle. To keep your balance, you must keep moving.” - Albert Einstein		

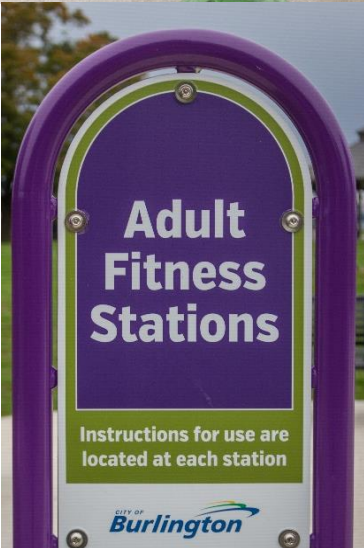
September 2022

Motion is Lotion for Your Body and Joints!

Keep Active! Keep moving! Stay Strong!



Improve your
strength, balance,
coordination, and
flexibility



September 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Labour Day	6	7	8	9	10
11 Grandparents' Day	12	13	14	15	16	17
18	19	20	21	22 Autumn begins	23	24
25 Rosh Hashanah begins	26	27 Rosh Hashana ends OAS/CPP Payments	28	29	30 National Day for Truth and Reconciliation	

Motion is Lotion for Your Body and Joints!

October 2022

Safe Driving Starts Before You Leave Home



Tips:

- Ensure that you and your passengers always wear seatbelts
- Don't drink and drive
- Avoid driving when you are tired, under stress or ill. Be aware that some medications may affect your driving, cause drowsiness and can make driving very dangerous
- Pay close attention and stay alert to pedestrians, traffic signals, cyclists, other vehicles on the road and be prepared for the unexpected as best you can
- Signal all turns
- Consider delaying or cancelling your trip in bad weather
- Avoid distractions while driving, such as cellphone use, texting, eating, or loud music
- Adjust your mirrors before starting out so you can see other vehicles around you
- Check traffic in all directions, including sidewalks and bicycle paths, before entering an intersection
- Make sure your vehicle is winter ready
- Keep a first aid kit and an extra blanket in your car

Driving is a Privilege – Not a Right

Purchase the Official Driver's Handbook. Everything you need to know is at your fingertips.

Review the Ministry's website: www.mto.gov.on.ca

October 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1 International Day of Older Persons
2	3	4 Yom Kippur begins	5 Yom Kippur ends	6	7	8
9	10 Thanksgiving	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Diwali	25	26	27 OAS/CPP Payments	28	29
30	31 Halloween	"You are never too old to set another goal or dream a new dream." - Les Brown, Author				

Safe Driving Starts Before You Leave Home

November 2022


Age-Friendly Communities Foster Intergenerational Relationships



Everyone benefits from intergenerational relationships. We can all learn from each other, share knowledge and wisdom, while reducing stereotypes and ageism.



November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 All Saints Day	2 All Soul's Day	3	4	5
6 Daylight Savings Time. Move the clocks back 1 hour. Check batteries.	7	8	9	10	11  Remembrance Day	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 OAS/CPP Payments	29	30	"It always seems impossible until it is done." - Nelson Mandela		

Age-Friendly Communities Foster Intergenerational Relationships

December 2022

Vision and Hearing Care

Vision Care Tips:

- Try to schedule regular eye exams. It is recommended that an adult have an eye exam every two years
- Eat healthy foods, especially those rich with vitamin C (such as strawberries and oranges) and antioxidants (such as spinach, carrots, and kale)
- Stop Smoking – it can contribute to eye related health concerns
- Try and take a break from the computer screen every 20 minutes, for at least 20 seconds. Focus your eyes on something at least 20 feet away
- Wear sunglasses to protect your eyes from harmful UV rays
- Wear protective eyewear when working indoors or out, for example, when trimming bushes or cutting the grass



Hearing Care Tips:

- Try to schedule regular hearing checkups. Hearing loss can occur gradually
- Wear earplugs when you are around loud noises
- Avoid using cotton swabs to clean your ears. Instead, use a damp facecloth. A small amount of wax in your ears is normal, and can prevent dust and other particles from entering your ears
- Towel dry your ear after swimming or bathing
- Get up and move! Exercise is good for your circulation
- Take medications as directed by your health care provider

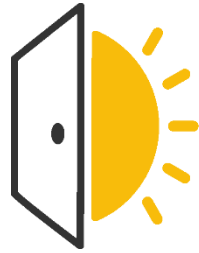
December 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
First Day of Hanukkah			Winter begins OAS/CPP Payments			Christmas Eve
25 Christmas Day	26 Last Day of Hanukkah Kwanzaa starts (ends January 1, 2023) Boxing Day	27	28	29	30	31 New Year's Eve



THIS IS YOUR COMMUNITY!





Connection in Action

Every door is the right door

Supporting Social Connections for Older Adults

Are you an older adult who lives in Halton and would like to be connected and participate in your community in meaningful ways?

The Connection in Action Halton Initiative, advised and supported by the Older Adult Isolation Action Table, is a community project that encourages connectedness for older adults in communities across Halton.

If you feel you would like to be connected and speak to a Connection Specialist who can assist you with accessing information and support in your community, please call:

905-844-2299

This service is offered at no cost



Connection in Action is a Community Safety and Well-Being Initiative of the Regional Municipality of Halton Region



Services, Resources & Contact Information



Specialized Services

Emergency 24/7 Police, Fire, Ambulance	Dial 911
COAST – Mental Health Crisis Outreach & Support Team 24/7	1-877-825-9011
Senior Safety Line 24/7	1-866-299-1011
Ontario Caregiver Support Helpline 24/7	1-833-416-2273
Distress Centre Halton (24/7)	Oakville 905-849-4541
Distress Centre also offers	Burlington 905-681-1488
TeleCheck – Outbound	Milton/Halton Hills 905-877-1211
check-in calls to isolated seniors	
Halton Region Government Services	Dial 311 or 905-825-6000
(e.g., public health, housing, financial assistance, garbage pick-up)	Toll free 1-866-442-5866
	www.halton.ca
Halton Community & Social Services Helpline 24/7	Dial 211

Halton Regional Police Service (Non-Emergency Services)

Regional Headquarters	905-825-4777
Acton (10 Division)	905-825-4777 or 905-878-5511
Georgetown (11 Division)	905-825-4777 or 905-878-5511
Milton (12 Division)	905-825-4777 or 905-878-5511
Oakville (20 Division)	905-825-4747 ext. 2205
Burlington (30 Division)	905-825-4747 ext. 2305



Services, Resources & Contact Information



Fire Department (Non-Emergency)

Halton Hills	905-877-1133
Milton	905-877-1133
Oakville	905-845-7114
Burlington	905-637-8207

Hospitals

Joseph Brant – Burlington	905-632-3737
Georgetown Hospital	905-873-0111
Milton Hospital	905-878-2383
Oakville Trafalgar Memorial Hospital	905-845-2571

Home and Community Care Support Services

Home & Community Care Support Services (Burlington, Hamilton, Haldimand & Brant)
Call905-639-5228 Toll Free.....1-800-810-0000

Home & Community Care Support Services (Acton, Georgetown, Milton & Oakville)
Call905-855-9090 Toll Free.....1-877-336-9090

Meals on Wheels

Canadian Red Cross – Burlington	905-637-5664
Links2Care Acton	519-853-3310
Links2Care Georgetown	905-873-6502
Milton	905-878-6699
Oakville	905-842-1411



Services, Resources & Contact Information



Community Support Services

Acclaim Health	1-800-387-7127
Alzheimer Society of Hamilton and Halton	1-888-343-1017
Links2Care	1-866-920-6502
Halton Multicultural Council	905-842-2486

Adult Day Programs

Acclaim Health – Patty’s Place, Dementia Care Centre - overnight respite care ...	1-800-387-7127
Acclaim Health – Adult Day Programs, Burlington & Oakville	1-800-387-7127
Halton Region – Milton Place and Friends Landing	905-825-6000 or dial 3-1-1
Halton Region – Silver Creek Place – Georgetown	1-866-442-5866

Recreation: Senior Centres and Active Living Centres

Burlington Seniors Centre	905-335-7888
Hillsview Active Living Centre, Acton	519-853-5951
Hillsview Active Living Centre, Georgetown	905-877-6444
Milton Seniors Activity Centre	905-875-1681
Trafalgar Park Older Adults Centre	905-815-5966
Iroquois Ridge Older Adult Centre (Oakville)	905-338-4255
Sir John Colbourne Seniors' Centre (Oakville).....	905-815-5960

Friendly Visiting and Telephone Reassurance Programs

Acclaim Health	1-800-387-7127
Links2Care	905-844-0252



Services, Resources & Contact Information



Home Help

Links2Care – Home Maintenance and Repair 905-844-0252
Links2Care – Light Housekeeping Support 905-844-0252

Food Banks

Acton Foodshare 519-853-0457
Georgetown Bread Basket 905-873-3368
Burlington Food Bank 905-637-2273
Salvation Army, Khi Community, Milton 905-749-4714
Salvation Army Food Bank, Oakville 905-808-3406

Municipal Information

Halton Regional Government Services	Dial 311	www.halton.ca
(e.g., health, housing, financial assistance, garbage pick-up)	905-825-6000	Toll free 1-866-442-5866
City of Burlington	905-335-7777	www.burlington.ca
Town of Oakville	905-845-6601	www.oakville.ca
Town of Milton	905-878-7252	www.milton.ca
Town of Halton Hills	905-873-2600	www.haltonhills.ca

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Community Development Halton acknowledges the support from our sponsors:



HALTON'S MOST TRUSTED
HOME AND COMMUNITY
CARE PROVIDER FOR
OVER 90 YEARS.

905-827-8800 or 1-800-387-7127

Website: www.acclaimhealth.ca

