

# OUTREACH

October 2023

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## Message from the Executive Director

*By Elizabeth Nykorowysch Macnab*

Doesn't everyone love fall? The leaves are changing into shades of yellow, orange and red. The days are getting shorter. Farmers markets are full of apples, pears and pumpkins. Sukkot the agricultural festival of thanksgiving ends its celebrations as we begin Oct 1 with the International Day of Older Persons. Thanksgiving and many family get togethers follow. We end the month on a scary date Oct 31, which is actually the Celtic New Year.

October signals a season of change as we move indoors. We take stock of how to protect ourselves against typical winter ailments - flu, Pneumonia, RSV and now COVID-19. There's lots of good information inside this edition to educate yourself on these topics. This fall, we're also reaching out to our learners to help identify barriers to accessing flu vaccines. We promise you that we will let the Ministry of Health of the outcome of this research.

For some of us, October is also the start of seasonal affected disorder (SAD). The colder weather and longer nights can affect our mental health.

As part of OSSCO's life skills learning activities, our small but mighty team is always looking for new educational ideas and themes. Our new meditation programs teaches us skills to help deal with seasonal change. Several others programs are offered in the OSSCO training room - 2 computer programs and writing our memoirs. This makes new connections and helps our mental well being.

This month TeleLearning brings different life skills to Ontario seniors. My Service Canada shares how to navigate its site for CPP, OAS and more. Krish Thayalan, Manager, Education & Training at Second Harvest shares tips to curtail food waste and maximize your pantry. The Accessible & Inclusive Music Theatre Project in Kingston examines well-being, creativity, and healthy ageing through Rise, Shine, Sing! project. At the end of the month, The Digital Access Team at Seneca College brings an a digital literacy program exclusively designed for 55+. Don't forget to join us on Nov 2nd for the 55+ Lifestyle and Learning Exhibition or to register for our traditional Conference on Nov 16th with key note speaker Dini Petty.

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# 3 MINDFULNESS ACTIVITIES FOR SENIORS & OLDER ADULTS

BY RYAN KANE /  
MINDFULNESSBOX

Mindfulness skills such as self-compassion, patience, awareness, emotional balance, and calming the nervous system can be especially beneficial for older adults.

By selecting mindfulness activities that are tailored to their interests and abilities, older adults can benefit from the physical, emotional, and cognitive benefits of mindfulness practices.

## 1. Mindful Drawing and Art



Mindful coloring or drawing is a calming and meditative activity that allows students to focus on the present moment and reduce stress and anxiety.

A mandala is a circular design made up of intricate patterns and shapes, often used in spiritual or meditative practices. Here's how you can do mindful coloring with a mandala:

**1 Choose a mandala that you would like to color.** You can find free mandala coloring pages online or in coloring books.

**2 Set aside a quiet, comfortable space where you can focus on the coloring.** Make sure you have all the necessary coloring tools, such as colored pencils, markers or crayons.

**3 Take a few deep breaths to calm your mind and focus on the present moment.** Try to clear your mind of any distracting thoughts and focus on the mandala in front of you.

**4 Begin coloring the mandala.** Start from the center and work your way outward, following the patterns and shapes of the mandala. You can use any colors you like, but try to choose colors that you find calming and relaxing.

**5 Focus on the coloring process and try to stay present in the moment.** Pay attention to the patterns and shapes as you color, and notice how the colors blend and interact with each other.

**6 If your mind starts to wander or you feel distracted, take a deep breath** and refocus on the mandala in front of you.

**7 Once you have completed the coloring, take a few moments to reflect on how you feel.** Notice any changes in your mood or stress levels, and take note of any thoughts or emotions that may have come up during the process.

By focusing on the present moment and the intricacies of the mandala, you can achieve a state of mindfulness and feel more grounded and centered.

**Continue**

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## 2. Cook Mindfully



By practicing mindfulness while cooking, you can bring more awareness and joy to the experience. Mindful cooking can also help you develop a deeper connection to the food you eat and the people you share it with.

Here's how to do it:

**1 Set the intention:** Before you begin cooking, set the intention to be present in the moment and focus on the experience of cooking.

### 2 Choose your ingredients

**mindfully:** Take the time to select your ingredients carefully, paying attention to their colors, textures, and smells.

### 3 Focus on the task at hand:

When you begin cooking, focus on the present moment and the task at hand. Take note of the sounds, smells, and sensations involved in the cooking process.

**4 Use all your senses:** Engage all of your senses while you cook. Listen to the sizzle of the pan, smell the aroma of the spices, and feel the texture of the ingredients.

**5 Avoid distractions:** Try to minimize distractions while you cook. Turn off your phone and avoid other tasks that may divert your attention.

### 6 Embrace imperfection:

Cooking can be a messy and imperfect process. Embrace imperfections and focus on the experience of cooking, rather than achieving perfection.

**7 Practice gratitude:** Take a moment to appreciate the food you're cooking, the people who will be sharing it, and the processes that brought it to your plate.

## 3. Read Mindfully

By practicing mindfulness while reading, you can develop a deeper connection with the text and enhance your overall reading experience. Mindful reading can also help to reduce stress, improve focus, and promote relaxation.

Here are some instructions for reading mindfully:

**1 Set the intention:** Before you begin reading, set the intention to be present and fully engaged in the reading experience.

### 2 Choose a quiet space

### 3 Pay attention to your posture:

Sit comfortably with your back straight, and keep your eyes at a comfortable distance from the text.

**4 Take a few deep breaths:** to relax your mind and body.

**5 Read slowly:** Read the text slowly, taking time to absorb each word and sentence. Avoid rushing through the text or skim reading.

**6 Engage with the text:** As you read, engage with the text by asking questions, making connections, and visualizing the scenes and characters.

**7 Take breaks:** Take breaks as needed, to give yourself time to reflect on what you've read.

**8 Practice gratitude:** Take a moment to appreciate the opportunity to read and learn, and the experience of engaging with the text.

Visit [mindfulnessbox](#) for full article

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# More examples of Mindfulness in Everyday Life

**Examples of mindfulness in everyday life are everywhere.**

From mindful eating to cuddling with your dog to mindful walking, mindfulness is more about how you show up in the present moment than any specific activity.



By Mindfulnessbox

**1. Mindful eating:** The practice of paying attention in the moment and savoring each bite without interruption.

**2. Mindfully washing dishes.** Take this everyday task and make it mindful by focusing on the sensations of the water and the rhythmic motion of washing the dishes by hand.

**3. Mindful walking.** Notice the sensations of walking next time you head outside. Go slow. (For bonus points, take your shoes off).

**4. Slow down and cuddle.** Slow down with a pet, your kid, your partner. Put your phone down, close your laptop and set the intent to be present.

**5. Get grateful.** Scan the room and find 5 things you're grateful for in the room you're in.

**6. Listen with intention.** In your next conversation, avoid the instinct to plan the next thing you'll say. Instead, listen with care to the person speaking.

**7. Respond gracefully to annoyances.** Whether you're dealing with heavy traffic, loud neighbors, or having to do something you'd rather not do, each annoyance is a chance to slow down and respond with intention and mindfulness.

**8. Observe your senses.** Each moment in life is full of senses: sounds, tastes, smells, sights, feelings. Notice what you feel right now.

**9. Journal.** Consider focusing on gratitude in your journaling. This can help you avoid reactivating your ruminations and triggers through the act of writing them down.

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# Help reduce the spread of respiratory viruses

Respiratory viruses increase in the fall and winter. This year, several respiratory viruses are circulating at the same time, including:

- ▶ COVID-19
- ▶ flu (influenza)
- ▶ respiratory syncytial virus (RSV)

## Preventing the spread

Respiratory viruses spread in several ways. That's why using several layers of protection is the most effective way to help reduce your risk of getting and spreading viruses.

### It's important to:



get your annual flu shot



stay up to date with your COVID-19 vaccinations



stay home when sick



wear a mask in public indoor settings



clean your hands often



improve indoor ventilation when possible by opening a window or door



avoid touching your face with unclean hands



cover your coughs and sneezes with a tissue or the bend of your arm



clean and disinfect high-touch surfaces and objects frequently



pay attention to public health alerts and advice in your community

For more information: [Canada.ca/respiratory-viruses](https://Canada.ca/respiratory-viruses)



# 10 REASONS TO GET VACCINATED



Centers for Disease Control and Prevention

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

## **Reason #1: Vaccine-preventable diseases have not gone away.**

The viruses and bacteria that cause illness and death still exist and can be passed on to those who are unvaccinated and not protected. While many diseases are no longer common in the US, global travel makes it easy for diseases to spread.

## **Reason #2 Vaccines will help keep you healthy.**

The Centers for Disease Control and Prevention (CDC) recommends vaccinations throughout your life to protect against many infections. When you skip vaccines, you leave yourself vulnerable to illnesses such as shingles, flu, and HPV and hepatitis B—both leading causes of cancer.

## **Reason #3 Vaccines are as important to your overall health as diet and exercise.**

Like eating healthy foods, exercising, and getting regular check-ups, vaccines can play a vital role in keeping you healthy. Vaccines are one of the safest preventive care measures available.

## **Reason #4: Vaccination can mean the difference between life and death.**

Vaccine-preventable infections can be deadly. Prior to the COVID-19 pandemic, approximately 50,000 adults died from vaccine-preventable diseases in the US each year.

## **Reason #5: Vaccines are safe.**

The US has a robust approval process in place to ensure that all licensed vaccines are safe. Potential side effects associated with vaccines are uncommon and much less severe than the diseases they prevent.

## **Reason #6: Vaccines cannot cause the diseases they are designed to prevent.**

Vaccines contain either killed or weakened viruses, making it impossible to get the disease from the vaccine.

## **Reason #7: Young and healthy people can get very sick, too.**

Infants and older adults are at increased risk for serious infections and complications, but vaccine-preventable diseases can strike anyone, at any time. If you are young and healthy, getting vaccinated can help you stay that way.

## **Reason #8: Vaccine-preventable diseases are expensive.**

Diseases have a direct impact on individuals and their families, and also carry a high price tag for society as a whole, exceeding \$10 billion per year. An average flu illness can last up to 2 weeks, typically with 5 or 6 missed work or school days. Adults who get hepatitis A lose an average of one month of work.

## **Reason #9: When you get sick, your children, grandchildren, and parents may also be at risk.**

Adults are the most common source of pertussis (whooping cough) infection in infants which can be deadly. When you get vaccinated, you help protect yourself and your family as well as those in your community who may not be able to be vaccinated.

## **Reason #10: Your family and co-workers need you.**

In the US, millions of adults get sick from vaccine-preventable diseases each year, causing them to miss work and leaving them unable to care for those who depend on them, including children and/or aging parents.

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# POCKET GUIDE FOR IMMUNIZERS: INFLUENZA IMMUNIZATION 2023 – 2024



*This pocket guide references recommendations made in the Statement on Seasonal Influenza Vaccine for 2023-2024 from the National Advisory Committee on Immunization (NACI).*

Influenza is a contagious respiratory disease. Influenza in humans is caused by the influenza A and influenza B viruses. Seasonal influenza epidemics occur annually in Canada, mainly in the late fall and winter months. It is estimated that, in a given year, influenza causes 12,200 hospital stays and 3,500 deaths in Canada.

Influenza can cause mild to severe illness. While most people will recover within 7 to 10 days, some people are at greater risk for experiencing severe complications, including people with chronic illnesses, adults 65 and older, children 0 to 59 months of age, residents of nursing homes and other chronic care facilities, people who are pregnant, and Indigenous peoples. Complications can include pneumonia, cardiovascular complications, and the worsening of underlying chronic health conditions.

New strains of influenza virus circulate every year, which is one of the reasons annual immunization against influenza is recommended. As well,

vaccination against influenza is an important component to help manage healthcare capacity during the influenza season in the fall and winter months, especially in the context of ongoing COVID-19 activity and community transmission of other respiratory viruses.

## What vaccines are available?

### Categories of Influenza Vaccines in Canada

There are three categories of influenza vaccines authorized for use in Canada:

1. inactivated influenza vaccines (IIV),
2. Recombinant influenza vaccines (RIV)
3. Live attenuated influenza vaccines (LAIV).

### Formulations of Influenza Vaccines

Influenza strains predicted to be circulating in a given influenza season are incorporated into **trivalent influenza vaccines** and **quadrivalent influenza vaccines**. **Trivalent influenza vaccines** protect against three different influenza virus strains (typically two strains of influenza A and one strain of influenza B).

**Quadrivalent influenza vaccines** protect against four different influenza virus strains (typically two strains of influenza A and two strains of influenza B).

### Types of Influenza Vaccines

There are three types of influenza vaccines. **Standard-dose influenza vaccines** provide protection against influenza and are offered for persons 6 months of age and older.

**High-dose influenza vaccines** contain four times the amount of antigen than the amount contained in standard-dose influenza vaccines. **They are specifically made and recommended for persons 65+ to improve their immune response to the vaccine.**

**Adjuvanted influenza vaccines** contain an adjuvant, an ingredient added to some vaccines to help produce a stronger immune response in vaccine recipients. **They are specifically made and recommended for children 6-23 months and persons 65+ to improve their immune**

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## How do I choose which vaccine to receive?

Recommendations on which influenza vaccine to use can be based on age (please see chart below). For information on who should not receive influenza vaccines, or specifically LAIV4, please refer to the pocket guide: sections titled **Who should not receive influenza vaccines?** and **Who should not receive LAIV4?**

**Table : Recommendations for use of influenza vaccines by age group**

| Age Group                 | Influenza Vaccines: Recommendations for Use   |
|---------------------------|---|
| 6 to 23 months of age     | <ul style="list-style-type: none"> <li>An <b>IIV4-SD</b> or <b>IIV4-cc</b> should be administered in this age group, with the exception of <b>IIV4-SD-VC</b>.</li> <li>If an <b>IIV4-SD</b> or <b>IIV4-cc</b> is not available, the <b>IIV3-Adj-Pediatric-Seqirus</b> should be administered.</li> </ul>  |
| 2 to 17 years of age      | <ul style="list-style-type: none"> <li>An <b>IIV4-SD</b>, <b>IIV4-cc</b>, or <b>LAIV4</b> should be administered in this age group, although <b>IIV4-SD-VC</b> should not be used in children under 3 years of age.</li> </ul>  |
| 18 to 59 years of age     | <ul style="list-style-type: none"> <li>An <b>IIV4-SD</b>, <b>IIV4-cc</b>, <b>RIV4</b>, or <b>LAIV4</b> should be administered in this age group.</li> <li>Please take into consideration that there is some evidence that <b>IIV may provide better efficacy than LAIV in healthy adults</b>.</li> </ul>  |
| 60 to 64 years of age     | <ul style="list-style-type: none"> <li>An <b>IIV4-SD</b>, <b>IIV4-cc</b>, or <b>RIV4</b> should be administered in this age group.</li> </ul>   |
| 65 years of age and older | <p><i>For individual-level decision-making:</i></p> <ul style="list-style-type: none"> <li>An <b>IIV3-Adj</b>, <b>IIV4-SD</b>, <b>IIV4-HD</b>, <b>IIV4-cc</b>, or <b>RIV4</b> should be administered in this age group.</li> <li>If an <b>IIV4-HD</b> vaccine is available, it <b>should be used</b> given it provides better protection against influenza than <b>IIV4-SD</b> vaccines in adults 65 years of age and older.</li> </ul> <p><i>For public health program-level decision-making:</i></p> <ul style="list-style-type: none"> <li><b>Any one</b> of the <b>IIV3-Adj</b>, <b>IIV4-SD</b>, <b>IIV4-HD</b>, <b>IIV4-cc</b>, or <b>RIV4</b> should be recommended at the program level.</li> <li>Comparisons on which influenza vaccines should be recommended for immunization programs cannot be made, as there is insufficient evidence demonstrating the incremental value of different influenza vaccines (i.e., NACI has not conducted cost-effectiveness assessments for these vaccines).</li> </ul> |

Resources: <https://immunize.ca/influenza-campaign>

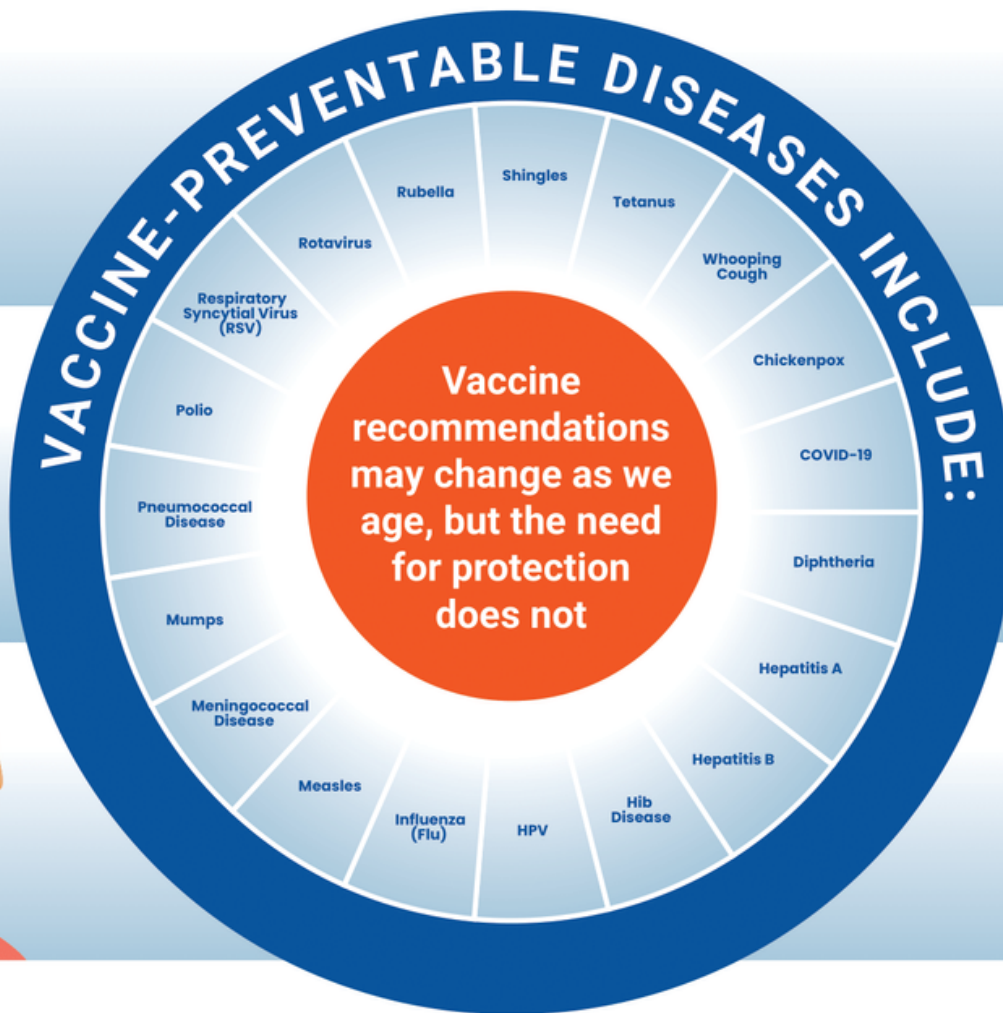
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# VACCINES HELP PROTECT YOU THROUGHOUT YOUR LIFE



## Vaccines Save Lives and Help Prevent:



Up to a month of missed work or school days



Millions of hospitalizations and hundreds of thousands of deaths



Tens of thousands of illnesses and permanent disabilities

**TALK TO A HEALTHCARE PROFESSIONAL ABOUT VACCINES RECOMMENDED FOR YOU**

# MYTHS AND FACTS ABOUT INFLUENZA (FLU)

**Source: Centers for Disease Control and Prevention**

**Myth:** Flu vaccines can cause flu.

**Fact:** Flu vaccines are made with flu viruses that are either weakened, inactivated (killed), or recombinant (made without influenza viruses or eggs).

**Therefore, flu vaccines cannot cause flu.** It typically takes 2 weeks for the flu vaccine to become effective and during those 2 weeks, it is still possible for a vaccinated individual to get flu or another respiratory virus.

**Myth:** Flu vaccination is not necessary every year.

**Fact:** Immunity from the flu vaccine declines over time, so annual vaccination is critical to provide the best protection. And since the vaccine may change each year to match circulating flu viruses, it is important to get vaccinated annually. **The Centers for Disease Control and Prevention (CDC) recommends annual vaccination for all individuals age 6 months and older.**

**Myth:** Healthy people don't need a flu vaccine.

**Fact: Anyone can get the flu, even young, healthy people.**

Getting vaccinated each year is important for everyone age 6 months and older. And vaccination can help prevent the spread of the virus to others who may be vulnerable to flu and related complications.

**Myth:** The flu is nothing more than just a bad cold.

**Fact: Flu is not the same as a common cold—it can be far more serious,** and can cause high fever, headaches and body aches, chills, and severe fatigue for up to 2 weeks or more. Flu can also lead to more serious complications, even death. On average, flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the US each year.

**Myth:** There is nothing you can do if you get the flu.

**Fact: Know the symptoms. If you, your child, or a loved one gets sick, contact a healthcare professional immediately to discuss treatment options.** Prescription antiviral drugs can make the illness milder, make you feel better faster, and may also prevent serious flu-related complications.

**Myth:** Vaccines can be dangerous and may have adverse health effects.

**Fact: Most people do not experience serious side effects from flu vaccines.**



Some may experience a sore arm at the injection site, fever, muscle pain, and feelings of discomfort or weakness. These side effects typically last 1-2 days after vaccination and are much less severe than actual flu illness. The risk of a flu vaccine causing serious harm or death is extremely small. Flu vaccines are given safely to millions of people in the US and around the world each year.

**Myth:** All flu vaccines are approved for all age groups.

**Fact:** Everyone age 6 months and older should get flu vaccine every season. Different flu vaccines are approved for different age groups. For people younger than age 65 years, there is no preference for any one vaccine over another. **For adults age 65 years and older, 3 flu vaccines are preferentially recommended, including higher dose and adjuvanted flu vaccines.**

Even in cases when vaccination does not prevent infection completely, it can reduce the duration and severity of illness and can help prevent serious complications, including hospitalization and death.

*Reviewed September 2023*

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# SUSAN'S STORY (RSV)

**Source: National foundation for Infectious Diseases**

As someone who leads an active lifestyle—from kayaking to chasing my grandkids around—I am not one to easily be taken down. After having a persistent cough for more than a month, I knew something was wrong. I went to see my pulmonologist, but I left without a diagnosis. Instead, my doctor gave me an inhaler and recommended a few over-the-counter treatment options.

Over time, the cough worsened and caused a lot of wheezing. I headed back to the doctor where they tested me for COVID-19, flu, and RSV. When the test came back positive for RSV, I was shocked. I thought RSV was something children got and never thought it could happen to me at my age. I didn't realize it could be severe even for adults.

The coughing was so bad that I considered going to the hospital multiple times. My breathing was labored, my chest was tight, and overall, I felt extremely lousy and fatigued. I even had to sleep sitting up to avoid having a coughing fit. I used heat and steam to try to feel better, but nothing really helped—it felt like flu without the associated fever.



**Susan, a patient advocate, lives in Washington state with her husband.**

After everything I went through, I now want to help raise awareness about the impact of RSV on older adults. My experience of contracting RSV at the age of 69 is a prime example of the health risks RSV can cause at any age.

After my diagnosis, I continued to experience RSV symptoms such as fatigue, wheezing, coughing and a stuffy nose for several months. It has been a journey to return to my normal healthy state, but I am happy to have made it to the other side so I can be active again and spend time with my grandchildren, who always keep me on my toes.

## What is RSV?

RSV is a common respiratory virus that often results in mild, cold-like symptoms, but can lead to serious illness. RSV infects the nose, throat, lungs, and breathing passages and is spread through

contact with an infected person, or by touching contaminated surfaces and then touching your eyes, nose, or mouth. RSV typically circulates with other seasonal respiratory viruses, and it can be hard to tell the difference between RSV, COVID-19, and flu.

Most people infected are contagious for 3 to 8 days with mild symptoms, which may include: Coughing, Sneezing, Runny nose, Fever.

## Help prevent RSV:

**Wash** your hands often - for at least 20 seconds using soap and water; **Clean** frequently touched surfaces; **Avoid** close contact with others who may be sick and stay home when you are sick; **Cover** coughs and sneezes; **Talk** with a healthcare professional about vaccines and monoclonal antibodies recommended for certain at-risk groups.

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**GET YOUR COMPLIMENTARY TICKET FOR**  
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**LIFESTYLE & LEARNING 55+ EXHIBITION**

Thursday, November 2, 2023

10:30am – 3:00pm

**Unlock Your Future Today!**  
With the theme "Aging: The Future is Here," our event brings together a robust lineup of exhibitors to cater to your every need and interest. From wellness options to lifestyle activities, find precisely what you need to enhance your life. Don't miss this opportunity to prepare for a vibrant future! Beverages available for purchase.



**40+ Vendors**  
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**Register Now! or Visit us On-Site!**  
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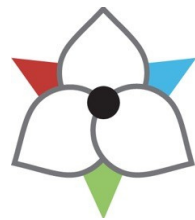
**[Click here to register via Eventbrite](#)**

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To register, you can also open your built-in camera app and scan this QR Code ->





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**COME TO OSSCO'S 11TH ANNUAL**

**SENIORS' CONFERENCE -**

**ONTARIO'S LARGEST FREE TO 55+ EVENT**

**Thursday, November 16, 2023**

**REGISTER FOR CONFERENCE!**

Visit the Exhibit Hall! It's Open to the  
Public - no registration required!  
Everyone is Welcome!

**Conference: 10:00AM - 2:45PM**

**Exhibit Hall: 9:00AM - 1:30PM**

**Location:**

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OSSCO's Aging: The Future is Here! event takes you beyond the traditional boundaries of aging. Hear dynamic keynote speaker and Canadian Radio & TV host, Dini Petty share her thoughts. Six more speakers address issues and ideas that are relevant and educational for 55+. Explore cutting-edge wellness solutions with our Exhibitors. Find answers that you seek in our Exhibit Hall. The event is free to 55+. Light lunch is included with your conference registration ticket.



**Click here to register via Eventbrite or**

**by phone: 416-785-8570**

**or by email: [education@ossco.org](mailto:education@ossco.org)**

**Website: [www.ossco.org](http://www.ossco.org)**

**To register, you can  
also open your built-  
in camera app to  
scan this QR Code.**





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## **MEDITATION 101: A JOURNEY TO INNER PEACE & MINDFUL LIVING**

### **A 6-WEEK EDUCATIONAL PROGRAM**

**October 10 - November 14, 2023**

**Tuesday evenings, 7:00 PM to 8:00 PM**

**Via ZOOM and Telephone**

Finding moments of peace and clarity in today's fast-paced environment is critical for general well-being. With our six-week meditation program, you embark on a journey of self-discovery and inner calm. Meditation can help you cultivate awareness, reduce stress, and improve your mental, emotional, and physical health. Leading each class is Debbie McCubbin, a long-time meditation teacher. She is interested in how being more present in our lives can help us be happier, more peaceful, and more self-aware. Register now and experience the positive effects of meditation on our well-being.

#### **Program Agenda:**

- How to meditate
- Benefits of meditating
- Starting a regular meditation practice
- Dealing with typical issues that can arise in a meditation practice
- Being more present outside of meditation, in our 'real lives' and many more...



**[This program is FREE of charge to all Ontarians 55+.](#)**  
**[Please share this information with your friends & family.](#)**

**Registration is required** via Eventbrite

**or email: [education@ossco.org](mailto:education@ossco.org) or Call 1-416-785-8570 ext. 224**

*Funded by proceeds from the sale of Break Open Tickets, under license by the AGCO*





# OSSCO

is seeking submissions for

## 100 DAYS, 100 FACES IN BUSY PLACES



In an effort to combat the negative and stereotypical images of older age, OSSCO is developing an image collection featuring realistic photographs of Ontarians 55+. The images provide a more accurate portrayal of aging. By providing non-stereotypical images of aging, we hope to challenge the misconception that older people are fragile and powerless. By the end of December 2023, the Library Image Collection will include a selection of up to 100 photographs on the OSSCO website.

Photographs and accompanying write-up must meet the following criteria: realistic portrayals, situations that don't only focus on the frailty and decline associated with older people, culturally appropriate and different themes.

The selected photo and write-up or the website is determined via a formal selection process, comprised of a review by a committee of seniors. Every image and written submission is subject to their review, consideration and approval for inclusion in the Image Library Collection. The submitter must provide their name and contact details. Submissions received become the property of OSSCO and maybe used for our website, newsletter and social media feeds.

**[Please submit your photo and short story \(no longer than 100 words\) to: \[education@ossco.org\]\(mailto:education@ossco.org\)](#)**

Have questions? [Email: education@ossco.org](mailto:education@ossco.org) or Call 1-416-785-8570 ext. 224  
OSSCO will notify you if your photo is selected for the Image Library



# WE APPRECIATE YOUR SUPPORT

OSSCO© wants to find solutions to make aging easier...for everyone. Please partner with us as we help 55+ get better prepared, and, empowered to deal with the 4 Stages of Aging©. When you buy or renew a membership, you support our good cause and OSSCO© building a strong seniors' community! Your membership empowers older adults to be independent, financially secure and live safely in community with unique, issue specific and focused learning, delivered in THE OSSCO WAY©.

We're proud to share our educational activities from April 2022 to March 2023...

1. 36 unique, issue-specific TeleLearning Workshops had 2,148 registrants explore topics on financial stability, elder abuse prevention in retirement and LTC homes, improve mental acuity, connect with government agencies and more...
2. 28 Educational Programs engaged 2,722 attendees to increase their knowledge on mindfulness, low-income retirement planning, cyber security safety, adapting to age-acquired disabilities and more ...
3. OSSCO© 2nd Symposium: **Diversify - Older Workers Add Value©** shared best business practices with Ontarians. This Symposium helped shape the way society thinks, feels and acts towards age and ageing in the workplace.
4. Employment Networking Club© and Job Search Strategies© was delivered to more than 680 attendees in the GTA with 30% finding work.

Our activities are grounded in OSSCO© 's learning principles that recognize the 4 Stages of Aging Model©. OSSCO© Peer Facilitators helped isolated or lonely people 55+ make important connections. We always follow-up for feedback and suggestions or mentoring. Consider purchasing or renewing an OSSCO© membership to support our valuable work. You can also a make a monthly donation to support our cause. Please click [here](#).

Thank you to everyone who has already contributed, and all of you who value OSSCO© 's work!

With warmest regards,

OSSCO©

