



Newsletter

2023 October

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Presidents Message



Cathleen Edwards
President

Happy Fall! I hope you are enjoying the beautiful fall colors on the trees and the summer-like weather we have been unexpectedly blessed with in the last few weeks. If you follow the TCA on Social media, you may have noted the posts sharing information about our organization, profiles of members of the Board of Directors and recognizing Dates of Importance. These exciting updates are possible through the work of our Summer Student Wendy. As her time with the TCA winds down, her impact will be lasting throughout the year. Please make sure to visit our [Facebook Page](#), [Follow us on LinkedIn](#), [Instagram](#) and on [X](#).

We have updated our Website, with regular news updates, articles of interest and opportunities to participate in events, webinars, workshops and research. If you are looking to find information to help you navigate services for Seniors we have created a resource hub you can access by following this link: [Resources – Toronto Council on Aging](#).

In June, we were sad to see Davina, our Community Circle Program Coordinator move on. We are excited to welcome Aditi who will be taking over in the Program Coordinator role. Taking a pause for planning in the Summer, the Community Circle is Back with our regular programming. Please make sure to visit the TCA website to learn about upcoming events and save your spot by registering for a session on Eventbrite.

We continue to network with other Councils on Aging across the province through our participation with the Ontario Association of Councils on Aging. I am excited to continue to exchange best practices and promote age-friendly practices in communities across the province.

New information posters on our website



Anxiety – Depression - Mental wellness - Social isolation - Substance abuse

[Click to see posters](#)

Dr. Samir Sinha shares his top 10 tips on how to live a healthy life



While some people search for the elusive “Fountain of Youth,” Mount Sinai Hospital’s Dr. Samir Sinha, Director of Geriatrics and Provincial Lead, Ontario’s Seniors Strategy shares his top10 tips on how to live a long and healthy life.

Dr. Sinha’s top 10 tips to live a longer and healthier life:

1. Eat breakfast
2. Eat fruits and vegetables daily
3. Keep your weight under control
4. Exercise regularly
5. Don’t smoke
6. Limit your alcohol consumption
7. Establish your own sense of purpose
8. Participate in meaningful social activities regularly
9. Take time to relieve stress
10. Get a good night’s sleep

How seniors can access 4 key vaccines this fall — for COVID, flu, pneumonia, and RSV



Physicians warn patchwork approaches across provinces, high costs for certain shots may hinder uptake.

With [COVID-19 hospitalizations](#) rising again, plus [early signals](#) suggesting other respiratory viruses are starting to circulate, Canada has an expanded slate of vaccines for seniors in its arsenal.

COVID, influenza, pneumococcal, and — for the first time — respiratory syncytial virus (RSV) vaccines will all be available this fall for older adults.

There's hope the mix of new and updated shots will help keep more seniors out of hospital as [health-care teams brace](#) for the possibility of [yet another](#) busy fall and winter.

But while older Canadians may have more options to protect themselves than ever before, physicians warn staggered rollouts, patchwork approaches among the provinces, and high costs for certain shots could hinder uptake.

Here's what seniors need to know about the slate of shots arriving this fall.

[Read CBIC article](#)

10 Hobbies for Older Adults That Improve Brain and Body Health



It's never too late to pick up one of these hobbies that have been scientifically shown to increase longevity.

Americans often gain more leisure time as they age¹, likely a natural consequence of fewer child-rearing responsibilities and, eventually, retirement from paid work. How we use that time has a huge impact on how we age, both mentally and physically.

A [recent study](#) of 700,000 U.S. veterans presented at the annual meeting of the American Society of Nutrition found eight lifestyle habits that could add 24 years to your life, even if you adopt them in your 40s, 50s, and 60s. You likely won't be surprised by the recommendations: exercise, eat well, don't binge-drink alcohol, sleep well, don't smoke, stay free of opioid addiction, keep stress down, and maintain a vibrant social life. But there's even more you can do to live well longer: Incorporate some of these hobbies into your routine to maintain vital brain and body health.

[Read Martha Stewart article](#)

Toronto college pairs international students with seniors to help ease the housing crunch



Humber College says over 500 students already signed up on the housing platform

As Canada faces a growing affordable housing shortage, one Toronto-area college is pairing students with seniors in an effort to help find them accommodations as the school year begins.

Humber College has announced a partnership with online home share technology platform, Spaces Shared, to pair students looking for accommodation with seniors who have extra space as an affordable housing option. And according to the college, more than 500 students have already signed up.

[Open CBCo news article](#)

Discover, explore and enjoy Toronto's arts, cultural experiences, and attractions. Book your free pass with your adult library card

Discover, explore and enjoy Toronto's arts, cultural experiences, and attractions with tpl:map. Book your free pass with your adult library card and start your adventure today. For more information, please [see our FAQs](#).



How do I get a pass?

Log in to the tpl:map reservation site with your library card, choose from available attractions, reserve your date, and print or download your pass.

[Reserve a tpl:map pass](#)

Explore participating attractions

Toronto is home to some of the world's leading museums and attractions. Exploring those destinations has never been easier. Check out the participating attractions below.

- [Aga Khan Museum](#)
- [Art Gallery of Ontario \(AGO\)](#)
- [Bata Shoe Museum](#)
- [Black Creek Pioneer Village](#)
- [Gardiner Museum](#)
- [Museum of Contemporary Art](#)

- [Ontario Science Centre](#)
- [Ripley's Aquarium of Canada](#)
- [Royal Ontario Museum \(ROM\)](#)
- [Textile Museum of Canada](#)
- [Toronto Railway Museum](#)
- [Toronto Zoo](#)

Survey



We want to provide products and services that our clients expect and want from us. We'd love to hear your thoughts on what we should offer next.

[Please take our survey](#)

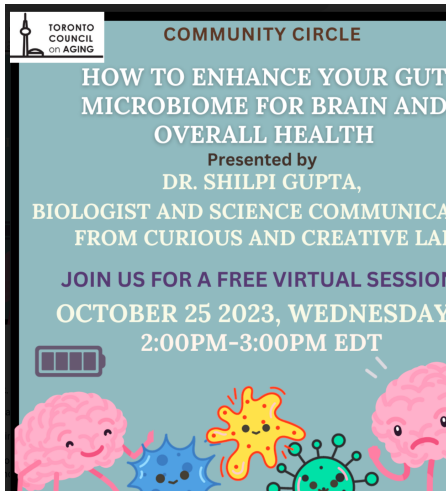
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(You can unsubscribe anytime. Each email has an unsubscribe button :)

[Subscribe](#)


Our next Community Circle Event


HOW TO ENHANCE YOUR GUT MICROBIOME FOR BRAIN AND OVERALL HEALTH with Dr. Shilpi Gupta, Biologist and Science Communicator from Curious and Creative Lab




 Date: October 25, 2023, Wednesday

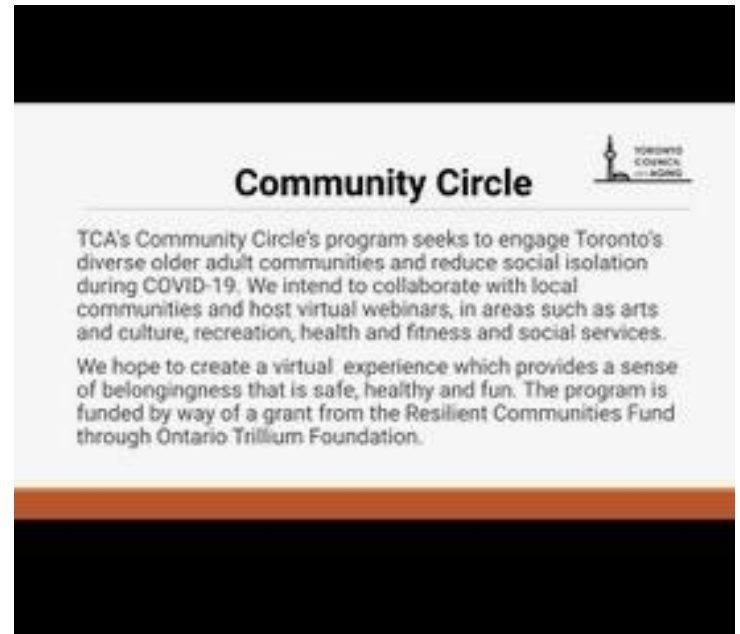
 Time: 2:00 PM - 3:00 PM EDT

 Join us for a fascinating virtual session led by Dr. Shilpi Gupta, a Biologist and Science Communicator from Curious and Creative Lab. Discover the intricate connection between your gut microbiome and its profound impact on your brain and overall well-being.

 Learn how you can enhance and optimize your gut microbiome to promote cognitive health and maintain a balanced body. Dr. Shilpi Gupta will unravel the latest scientific insights and practical strategies you can apply in your daily life.

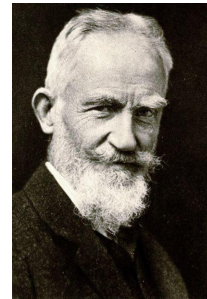
 This virtual session is open to all and completely FREE! [REGISTER FOR EVENT](#)

[Community circle review](#)



Click the picture then the page number arrows in the lower border to view presentation

Wise old quotes



“You don’t stop laughing when you grow old, you grow old when you stop laughing.”
George Bernard Shaw



*Happy
Halloween*

Introducing Toronto Council on Aging's newest board member Aarani Sivasekaram, BScH, MPH



Aarani is a skilled and career-oriented public health professional who joined the Toronto Council on Aging (TCA) Board of Directors team in August 2023. She is looking to bring forward her strategic thinking, communications and

leadership skills that she uses in her career in health policy positions within the Ministry of Health and Region of Peel to the TCA. A common theme in the work that Aarani has been a part of during her volunteer, academic and professional years has been health and social equity. She has worked towards eliminating health and social gaps for seniors in Ontario through research and volunteer experiences at Queen's University and the Center for Studies in Aging and Health in Kingston, Ontario. During her time on the TCA, Aarani looks forward to striving for better well-being for seniors in Toronto through this Board of Directors position. Ultimately, she wishes to impact positive health and social change for seniors in Toronto through partnerships, innovative ideas and advocacy efforts.

Support the TCA

TCA is a member based organization. Our members are part of a diverse and robust network of individuals, and organizations who are passionate about older persons advocacy and education. For as little as \$20, you can become a member and add your voice in support of inclusive aging in Toronto.



Membership/donation

ENTER DONATION AMOUNT

\$0.00