



Next Meeting: Tuesday, April 9

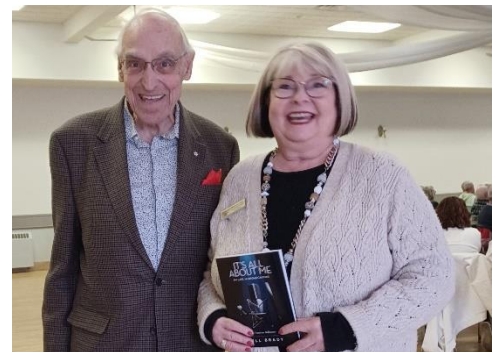
Our next meeting is Tuesday, April 9 at 2:00 pm at The Polish Hall, 554 Hill Street, London. Our topics and presenters will include:

- **Elder Abuse** – Michael Lamb (Lawyer and Counsel to Cohen Highley law firm, Adjunct Professor of Real Estate Law at Western University, and Chair of the Elder Abuse Prevention London Middlesex Network)
- **Home and Community Care Support Services** – Julie Geddes and Kelly Hoogstra, Patient Services Managers

Navigating Retirement is also arranging guided tours of Museum London. More details will be available at our meeting.

Thanks in advance to Shelby Wouters (Director, Community Relations) from Oakcrossing Retirement Living who will be partnering with us and providing the treats for the coffee break at the meeting!

At our last meeting, Bill Brady, a London broadcaster and radio legend, was one of our guest speakers. We had a special draw following his presentation, to win a copy of his book "It's All About Me". Rebecca Gee was the winner – pictured here:



Reserve Your Spot: You can reserve your spot or book a table by replying to this email at: navigatingretirement010@gmail.com.

Monthly Charitable Door Prize

At all of our meetings, one guest is eligible to win a draw for a \$100 donation to the registered charity of their choice. The February meeting winner was Mary and she selected the Alzheimer's Society to be the donation recipient.

Retirement Communities: Help with Decision-Making

If you or a family member is considering moving to a retirement community in the London area, there is an excellent tool to help with your decision-making. Visit the website – www.comfortlife.ca and select London. It provides valuable information on many retirement homes in the London area such as their lifestyle options, costs, types of accommodations and capacity. It also answers questions such as:

- What might residents find surprising about your community?
- What do you do differently or uniquely well?
- What supports do you offer residents as they adjust to life there?
- What five facts about your community should people know?

Note: A few retirement homes in London decided not to participate in this website including [Chartwell](#), [Revera](#) and [Amica](#). Information on those residences can be found on their respective websites.

Did You Know? Free Online Resources for Seniors

The **211 Ontario** website has a section for Older Adults to cover topics such as elder abuse, geriatric psychiatry, housing for seniors, income programs for older adults, long term care homes, retirement homes and transportation for older adults. The website address is:

<https://www.211ontario.ca/search>

The **Canadian Seniors Directory** is another helpful website, and although there is a lot of information primarily for the GTA, there are also a number of resources for the Middlesex region. The website address is <https://www.canadianseniorsdirectory.ca>

London Senior Games – Summer 2024 (May/June)

Visit the websites below for more information on the upcoming Summer Senior Games May/June schedule. Registration opened on April 1.

www.londonseniorgames.com

<https://district30.osga55plus.ca>

Meals on Wheels London – 2024 Walkathon

Meals on Wheels London is holding their annual walkathon on April 18th to raise 12,000 meals for London's seniors and those in need, and with your help, they can do it! For more information, visit their website at: <https://mowl.ca/marching-for-meals/>

Reminder - Repair Café Dates

Repair Café hosts events where they fix your broken things for free, while you sit and learn repair skills. They mend clothes, jewelry, lamps, bicycles, microwaves, food processors, and lots more. Thanks to their awesome team of volunteer "fixers", more than half of all the broken items that are brought in get repaired! Upcoming events in London in April/May/June will take place at library branches and also at Cherryhill Mall and Glen Cairn Community Resource Centre. [Click here for more details...](#)

Update: Submission to City of London on Property Tax Deferral

Navigating Retirement believes that lower-income Londoners should receive relief from municipal property taxes. Don Pollock (our organization's President) made a submission as part of the London 2024 budgetary process. The recommendation is a deferral of property taxes until a residence is sold. There are similar programs in BC, Alberta, Saskatchewan, New Brunswick and PEI, plus most major cities in Ontario. The submission resulted in correspondence with Councillors Trosow and Franke, in-person meetings with Councillors Anna Hopkins and Corrine Rahman and Deputy Mayor Shawn Lewis. Don was impressed with the process as every politician embraced the issue and wanted to explore opportunities to help reduce poverty among seniors. Our team is optimistic that London will consider relief provisions. The province may also have a role to play so Don will be meeting next with Rob Flack MPP Elgin-Middlesex-London.

2024/2025 Meeting Schedule

Following our April 9th meeting, our next meeting will be on May 14, 2:00 – 4:00 pm.

Summer break will follow, with no meetings held in June/July/August/September 2024.

Our meetings will resume in October 2024, with the future schedule as follows:

- **Fall 2024:** October 8, November 12, December 10
- **Winter 2025:** January 14, February 11, March 11, April 8, May 13

We are always assembling a list of speakers on topics of interest to London retirees. If you have any suggestions, send an email to: navigatingretirement010@gmail.com.