

Navigating Retirement



We Are Back!!! Next Meeting – Tuesday October 13

Our next meeting is Tuesday, October 13, from 1:30 pm to 3:30 pm at The Polish Hall, 554 Hill Street, London. Our agenda will include the following speakers:

- **Don Pollock** – Seminar – Investing in Retirement in the Age of Trump and AI
- **Municipal Election Candidates** – London's election is Monday October 26 and we have invited three candidates to discuss issues facing seniors
- **Kate Borszcz** – will provide a brief overview of the medical mission organized by her family that supplies medical equipment and medicines to third-world countries

Representing retirement homes will be Rebecca Kozak from Amica Fanshawe and Julie Stewart from Amica Royalcliffe. They will provide snacks at our meeting.

Tour & Social Culinary Update (aka. Lunch with Gord and Barry!)

Our next outing will be on Wednesday, November 18, 2026, when we have arranged a guided tour of the Royal Canadian Regiment Museum at Wolseley Barracks – 701 Oxford Street. Tour and lunch details will be available at our October meeting.

Nominations for 2026 Larry Root Award

Larry Root was a passionate advocate and volunteer on seniors' issues who passed away in July 2020. To honour his achievements, Navigating Retirement has established the annual Larry Root Award to recognize volunteers who help retirees in the city of London. Previous winners included:

- 2025 – Jim Chapman
- 2024 - Michael Lamb
- 2023 - Judy and Armin Grunwald
- 2022 - Gord and Mary Vair

We are looking for nominations for the 2026 Award. Please consider nominating an individual whose volunteer work has made London a better place to live. **Send your nomination by email to navigatingretirement010@gmail.com.** The more details you can provide about the nominee's volunteer activities, the more it assists the judging process.

Nominations for 2027 Mayor's Honour List for Age Friendly

We have been privileged to have two former winners of this award on our Board – Don Pollock (2024) and Gord Miller (2026). Nominations are now open for the 2027 awards. The winner must be at least 55 years of age and have made contributions to empowering older adults and advancing an age-friendly community. **You can begin the nomination process by sending an email to agefriendlylondon@london.ca.**

2026 London Municipal Election – Issues for Seniors

Our municipal election will be held on Monday, October 26 and the various issues that impact seniors appear not to be receiving the attention of our candidates. The Globe and Mail publishes an annual survey that ranks 454 towns and cities with a population of 10,000+ as a livable city. As a place to retire, out of 454 towns and cities in Canada, London ranked 389. Despite the ranking, our councillors are not addressing the issues that impact retired Londoners.

What are the key issues impacting seniors?

Many seniors are struggling with increasing costs and property tax increases above the rate of inflation make it more challenging to maintain our lifestyle and it also works against our objective of aging in place. Outside of Quebec, Winnipeg and London are the major cities that have not introduced a property tax relief program for seniors and those receiving disability support. In February 2024, Navigating Retirement made a submission to London City Council to allow lower-income seniors to defer property tax. On April 1, 2024, the current council voted down our proposal by an 8-7 vote as follows:

- Yeas: (7) - A. Hopkins, D. Ferreira, H. McAlister, J. Pribil, S. Franke, S. Stevenson, S. Trosow
- Nays: (8) - C. Rahman, E. Peloza, Mayor J. Morgan, P. Cuddy, P. Van Meerbergen, S. Hillier, S. Lehman, S. Lewis

While there are many factors to consider when deciding which candidate to support, this is one factor to consider when you vote on October 26.

In addition to property tax relief, there are many other issues that impact seniors, and we should consider the position of the various candidates as we make our ballot decisions:

- What does the City of London do to combat ageism?
- What are your support programs related to elder abuse? Can you support the funding of a senior's ombudsman?
- What supports does the city provide to support aging in place?
- What about small homes? Every disability group in Ontario has small homes available to them - people with physical disabilities have Participation Houses, people with developmental disabilities and those with psychiatric disabilities have group homes. The only group that does not have small, fully staffed homes available to them are elders living with frailty and/or dementia; we believe as London faces its various housing issues, these seniors should not be overlooked
- What steps are being taken to improve our ranking as a retirement city?

If London continues to rank at the bottom of livable cities to retire, how can we improve our rating? One step is to acknowledge the Globe & Mail survey results, but perhaps as seniors we must also ensure we have councillors who understand and prioritize our issues. Sometimes our role as citizens is to teach those who want to be our elected representatives about the issues seniors face.

Age Friendly Conference

The annual London conference is scheduled for Wednesday October 14. Although this is currently a sold-out event, a waitlist is available for anyone who would like to attend in person. Add your name to the waitlist and you will be contacted if a spot becomes available. Can't attend in person? You can join virtually through the free live stream (ID: 00250456). **For additional information, call Age Friendly London at (519) 661-5575.**

Future 2026/2027 Meetings & Speakers

2026:

- November 10
- December 8

2027:

- January 12
- February 9
- March 9
- April 13
- May 11
- Summer Break (no meetings) - June to September

We are excited to start building our future lineup of speakers, which currently includes:

- November - Cindy Sledge will discuss the cruise industry, including the types of cruises available and how to pick the cruise line and type of trip that best suits your needs
- Diane Cole from the Family Search Centre will speak about the free resources her centre provides to help Londoners trace their family ancestry

While we continue to build our speakers list, **if you have any input or suggestions on topics or speakers that would be of interest to London retirees, send an email to:**

navigatingretirement010@gmail.com.

Navigating Retirement Website

Check out our website at www.navigatingretirement.ca.