

Navigating Retirement



Next Meeting: Tuesday, January 14, 2025

Our next meeting is Tuesday, January 14, from 1:30 pm to 3:30 pm at The Polish Hall, 554 Hill Street, London. Our agenda includes:

- 1) Peter Fragiskatos, MP - London North
- 2) Susan Oster from the Alzheimer Society. Her topics will include: Dementia Overview; Learning about Memory Loss; and Heads Up for Healthier Brains.
- 3) Luca Monti will provide an update on activities from Kellogg Lane, including the new Hard Rock Hotel
- 4) Shelley Wood will share an update on the activities at the Horton St. Seniors Centre

Refreshments will be available. We want to thank Shelby Wouters from Oak Crossing Retirement Home for providing snacks for our break.

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 can win a draw for a \$100 donation to the registered charity of their choice. At our December meeting, Evan won the draw and a \$100 donation was made to Big Brothers/Big Sisters.

London Ranked 306 out of 448 Canadian Cities to Retire

The Globe and Mail conducts an annual survey to determine the 100 most livable cities in Canada. They consider the following factors: amenities, community, demographics, economy, education, health care, housing, safety, transportation, and climate. The information is further broken down into specific categories, including raising a family, young professionals, entrepreneurs, and retirees.

The Globe and Mail ranked 448 cities with a population higher than 10,000, and our ranking is disappointing. What was London's ranking? As a City, we ranked:

- 2024 Ranking – 168
- 2023 Ranking – 139

As a City for retired families, we ranked:

- 2024 ranking – 306
- 2023 Ranking - 152

London not only did poorly in the rankings, but we are trending in the wrong direction. When a city receives such a negative report, there are three typical responses from City Hall:

- 1) Attack the methodology of the report or disagree with the findings;
- 2) Ignore the report; or
- 3) Acknowledge the need for improvement and develop an action plan to improve our results.

We were hoping for acknowledgment of the issues facing our city, but local politicians and the media have been silent on the report. In fairness, the city faces major expenditures as they update our busing system and attempt to confront the lack of affordable housing and homelessness. Their major source of revenue is property taxes and presents a major challenge to raise necessary funds. The last couple of years have also resulted in property tax increases beyond the rate of inflation.

We believe it is important that city spending should not be on the backs of low-income seniors who are struggling to age in place. Navigating Retirement made a submission to the city last February asking for a study on property tax deferral programs that are available in most Canadian cities. Outside of Quebec, London and Winnipeg are the only major cities without such a deferral program. Under the leadership of Councillor Sam Trosow, the administration has agreed to study the issue and we await the results.

In the Meantime, We Need Your Input!!!

What can London do to improve our standings as a livable city for retirees? It would be great to be in the top 10, but when we are ranked 306, there is an opportunity to do better. If you have any ideas on how we can approve our rankings, please send your comments to navigatingretirement010@gmail.com. This will be an invaluable source of information for our advocacy work in the city.

Note: If you are interested in more details of the Globe and Mail's study of Canada's most livable cities, go to <https://www.theglobeandmail.com/investing/article-most-livable-cities-canada-complete-ranking-2024/> or Google – 'Globe and Mail livable cities'.

Heath Newsletters

Cleveland Clinic, a non-profit academic medical center, provides clinical and hospital care and is a leader in research, education and health information. They produce several newsletters that provide invaluable information. Their primary newsletter is Health Essentials, but they also publish:

- Daily Tips: 5x week
- Nutrition & Fitness: 2x month
- Skin Care & Beauty: 2x month
- Heart Health: 1x month
- Gut Health: 1x month
- Mental Health: 1x month

- Recipes: 1x month
- Sleep: 1x month
- Women's Health: 1x month
- Men's Health: 4x year
- Senior Health: 4x year
- Sexual Health & Relationships: 4x year

You can sign up for any of these newsletters at - <https://health.clevelandclinic.org/>.

Updates from Our Community Partners

Grand Theatre Tea Talks

Tea Talks occur **before the Wednesday 1:00 p.m. public matinee** of each Spriet Stage production. Join us for creative conversations pre-show with **Artistic Director, Rachel Peake** and special guests connected to the show. Enjoy a complimentary coffee/tea and cookie, hear insights into Grand productions, participate in stimulating discussion, and then settle into your assigned seats for the 1:00 p.m. matinee.

Itinerary

11:30 a.m. - Doors Open (arrive early to pick up your complimentary cookie and coffee/tea)

12:00 p.m. - Tea Talks begin in the Spriet Theatre (sit in any seat you'd like!)

12:30 p.m. - Tea Talks end-- make your way to your seats

1:00 p.m. - Matinee begins -- enjoy the show!

2024/25 Tea Talks Dates (1:00pm Matinée)

- [Heist](#): Wednesday, January 29, 2025
- [The Secret to Good Tea](#): Wednesday, March 5, 2025
- [Waitress](#): Wednesday, April 9, 2025
- [Pride and Prejudice](#): Wednesday, May 14, 2025

Upcoming Navigating Retirement Meetings

- February 11, 2025
- March 11, 2025
- April 8, 2025
- May 13, 2025

Navigating Retirement Website

Check out our website at www.navigatingretirement.ca.