



Next Meeting: February 13

Our next meeting is Tuesday, February 13 at 2:00 pm at [The Polish Hall](#), 554 Hill Street, London. Our full list of speakers will be detailed in our February newsletter, but we are pleased to have booked John Bray to discuss issues related to losing your driver's license for medical reasons.

Reserve Your Spot: You can team up with other guests or you can reserve a table by replying to this email at: navigatingretirement010@gmail.com.

January 25th Tour of Kellogg's

Join us for a tour of The Factory at Kellogg's at 100 Kellogg Lane, on Thursday, January 25. We will meet in the lobby at 1:30 p.m. If you would like to join us, reserve your spot by sending an email to Gord Miller: gordmiller2052@gmail.com.

Monthly Charitable Door Prize

At each of our meetings, one guest is eligible to win a draw for a \$100 donation to the registered charity of their choice. The November winner was Sam and he selected Saint Vincent De Paul to receive the funds.

2024 London Mayor's New Year's Honour List: Don Pollock

In December, London Mayor Josh Morgan announced his annual **Mayor's New Year's Honour List for 2024**. This list celebrates members of the London community in various categories, to recognize the diversity of philanthropic work in our city. We are pleased that **Don Pollock**, one of our founding members, was recognized in the **Age Friendly** category for his advocacy work on behalf of retired Londoners, where he has contributed to empowering older adults and advancing an age-friendly community. Don is the Past President of the London/St.Thomas CARP chapter, has been speaking on issues impacting retirees for over a decade, and will continue to be a speaker at our meetings.

Please join us in congratulating Don for this honour! He will be recognized at the City Council meeting on January 23, 2024.

2023 Larry Root Award: Judy and Armin Grunwald

Larry Root was a passionate advocate and volunteer on senior's 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. At the December 13th Navigating Retirement meeting, we were pleased to give the **2023 Larry Root Award** to **Judy and Armin Grunwald**. In addition to serving on various boards, they are active in the Byron Legion, supporting youth in the Air Cadets, and have volunteered at the 427 Wing at the London International Airport.



Pictured Above (left to right): Dianne Root, Judy and Armin Grunwald, and James Chalmers.

Previous Winners: 2022 - Gord and Mary Vair

Nominate a Volunteer: If you would like to nominate someone who has volunteered to enrich the life of seniors, send an email to: navigatingretirement010@gmail.com.

Financial Planning Update: "Bitcoin 101" Article By Don Pollock

There are two parties involved in the Bitcoin market – miners and speculators:

- **Miners** - Verify and record Bitcoin transactions. Miners are compensated by receiving fractions of a token they can sell. They use extensive amounts of computing power. For example, the electrical power used by miners exceeds the amount used by most countries. The total supply of bitcoins is restricted to 21 million and once they are all mined no future coins will be issued.
- **Speculators** - Purchase coins on the belief that the value will increase. Losses can occur with a drop in value, or via corrupt players supposedly holding the coins, where they disappear through illegal activities. FTX would be a recent example.

Two theories are floating about Bitcoin's future value. Some believe it will increase rapidly in the immediate future as the SEC will allow Bitcoins to be included in ETFs. Blackrock and Fidelity are involved in this strategy. The negative view is significant Bitcoin amounts will be dumped on the market from bankruptcy liquidators which will depress the value in the near future. Who's right? It is beyond my skill set to answer!

Author's Note - I do not own cryptocurrencies, do not expect to purchase them in future, nor would I recommend anyone else invest in this product. While Bitcoin value increased by 70+% in 2023, and I know people who made significant amounts of money, that does not change my position. Bitcoin has proved to be an effective tool for money laundering, tax evasion and other criminal activities. While deep-pocketed investors with a taste for risk may want to consider Bitcoin, **seniors with limited savings are usually best to avoid high-risk investments of any type.**

Pandemic of Loneliness

Seniors for Social Action Ontario has released the following information concerning **loneliness and social isolation which are serious health risks**. The Centers for Disease Control and Prevention (2021) has documented serious health conditions caused by loneliness and social isolation which include:

- Premature death from all causes, “a risk that may rival those of smoking, obesity, and physical inactivity”
- About a 50% increased risk of dementia
- A 29% increased risk of heart disease and a 32% increased risk of stroke
- Higher rates of depression, anxiety, and suicide
- Among “heart failure patients loneliness was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits”

If you know someone who lives alone or would appreciate a visit or a phone call, reach out. We all have the opportunity to contact friends, family members or neighbours who would benefit from our actions.

Londonlicious Winter Dates: Jan 19-Feb 11

Growing Chefs! Ontario presents Londonlicious: A local food festival featuring fantastic local restaurants, showcasing the best locally grown products and spotlighting what is unique and delicious in London, Ontario. The 2024 dates have been announced and will run from January 19 to February 11, 2024. Participating restaurants can be found at <http://londonlicious.ca/>.

Invitation to Age Friendly London Meeting on January 18

The Age Friendly London Network (AFLN) Wants to Hear from You! You are invited to attend a special AFLN meeting to discuss the inclusion and belonging of older adults in the new community plan. The AFLN and the Child & Youth Network (CYN) have come together to work on a community-based action plan, focused on inclusion and belonging, and basic needs and essential skills. The Backbone Team would like the input of older adults in London and organizations serving older adults to ensure their perspectives are reflected in the action plan. They are open to all comments, concerns and recommendations:

Thursday, January 18, 2024 10:00 am – 12:00 pm

Stronach Community Recreation Centre- 1221 Sandford Street

A virtual option is also available. If you are interested in attending, please RSVP to Agefriendlylondon@london.ca or 519-661-2489 ext. 8765 to confirm your attendance.

2024 Spring Meeting Schedule

- February 13, 2:00 – 4:00 pm
- March 19, 2:00 – 4:00 pm
- April 9, 2:00 – 4:00pm
- May 14, 2:00 – 4:00 pm

Summer Break: June to September

We are assembling a list of speakers on various topics of interest to London retirees. If you have any input or suggestions on topics or speakers for future meetings, send an email to:

navigatingretirement010@gmail.com.