

Navigating Retirement



Monthly Meetings – Next One is October 14

Our next meeting is on Tuesday, October 14, 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 – Estate Planning Seminar covering topics such as estate planning basics, unique family issues, controlling from the grave, asset decumulation before death, and should you have two wills?
- Devon Mota – Meals on Wheels
- Lorilee Down – Byron Cares Food Bank

Food Bank Donations – Let's help the Food Bank. Please consider bringing some non-perishable food items to our October 14th meeting to donate to the Food Bank. Navigating Retirement will also make a \$100 donation to the Food Bank.

Reminder – At times the temperature can be cool in the Polish Hall, so we encourage everyone to dress in layers (e.g., bring a sweater).

Future Meetings – 2025: November 11, December 9 / 2026: January 13, February 10, March 10, April 14, May 12.

2025 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 award winners included:

- **2024** – Michael Lamb – For 12 years, he has served on the Elder Abuse Prevention London-Middlesex and for a couple of years he served as Chair. He has made presentations on elder abuse to retirement homes, social clubs and church groups. In 2016, he received the Brian Young Award from the London Police Service for advocacy for seniors
- **2023** – 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
- **2022** – Gord and Mary Vair – Mary volunteered in the Physiotherapy department at the Strathroy Hospital for 7 years and Gord volunteered with CNIB as a buddy to a blind person.

They have both volunteered with Meals on Wheels and taught seniors exercise classes. For more than 15 years they also both volunteered at Victoria Hospital

2025 Nominations – Consider nominating an individual whose volunteer work has made London a better place to live. The more details you can provide about their volunteer activities, the more it assists the judging process. Send your nomination by email to navigatingretirement010@gmail.com.

Tours and Social Culinary Events

We are pleased to re-introduce our tours and lunches with Gord and Barry. For example, every second month we will reserve a London restaurant for lunch. Stay tuned for more details.

Receiving Old Age Security Payments Outside of Canada

You can qualify to receive Old Age Security pension payments while living outside of Canada, if one of these situations apply to you:

- you lived in Canada for at least 20 years after turning 18, or
- you lived and worked in a country that has a social security agreement with Canada, such as the United States. The time you lived or worked in that country and Canada must be at least 20 years

If you do not qualify to receive your Old Age Security pension while outside of Canada, your payments will stop if you are out of the country for more than 6 months after the month you left. You cannot collect the Guaranteed Income Supplement if you are outside Canada for more than 6 months.

McMaster University Aging Portal

McMaster University has a free portal that provides information on healthy aging. The link is <https://www.mcmasteroptimalaging.org/>. They also provide a wide range of information including:

- **Videos** – Explore video posts with McMaster experts discussing a wide range of topics related to healthy aging
- **Interactive eLearning** – Most eLearning can be completed in less than 15 minutes, and progress is saved if you are short on time and need to return to where you left off
- **Current Research** – Explore the latest findings including information on dementia risk reduction to learn about modifiable risk factors and steps you can take to reduce your risk of developing dementia
- **Email-based Micro-Learning Series** – Emails allow you to learn something new in only a few minutes each week. Want to know what professionals are reading? [Register](#) to gain full access to content developed for clinicians, public health practitioners, and policymakers

October is Cyber Security Awareness Month

This is the perfect opportunity to refresh our knowledge and share tips with friends and family on how to navigate the online world with confidence. To learn more, check out the following website: [GetCyberSafe.ca](https://www.getcybersafe.ca).

Age Friendly Conference

The 2025 Age Friendly Conference will be held on October 8th at the London Hellenic Community Centre, located at 133 Southdale Rd W, London, ON N6J 2J. You can register online at the City of London Play Your Way website or by phone at (519) 661 5575.

Navigating Retirement Website

Check out our website at www.navigatingretirement.ca.