

January 2017

Seniors' Newsletter

Senior Friendly Initiative Update

The City of Cornwall continues to advance Senior Friendly initiatives within our community.

New Initiative – City Staff Dementia Training:

The Alzheimer Society of Canada (2016) reports that 564 000 Canadians are currently living with dementia. Recognizing that Cornwall can better prepare for interacting with people living with dementia in our community, the City is initiating Dementia Training for its staff.

The first training session was given in December by Shelley Vaillancourt, Executive Director of the Alzheimer Society - Cornwall & District. Ms. Vaillancourt provided training on how to help support people living with dementia and their caregivers.

The City's Municipal Accessibility Advisory Committee Members, the Senior Friendly Community Implementation Committee Members, and the City's Human Resources representatives partook in the first training session.

Training for other staff members and City Council will be rolled out in 2017.



Committee Members and City Staff participated in Dementia Training

Other Senior Friendly Initiative Updates: For other updates on the “Senior Friendly Initiative”, and for links to senior friendly community organizations, services, and resources, please visit www.Cornwall.ca/Seniors

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Are you looking for ways to keep fit and keep warm this winter?

While many great fitness opportunities exist in Cornwall, budget-conscious seniors may appreciate the following **FREE** winter fitness options offered by the City:

Indoor walking is available at the Benson Centre (800 Seventh Street West) and the Cornwall Civic

Complex (100 Water Street East). Indoor walking in the Fieldhouse at the Benson Centre is generally available weekdays from 7:00 a.m. - 4:00 p.m. as long as there are no other activities booked in the Fieldhouse. During regular business hours, walkers can also make use of the Benson Centre hallways. Walking is available on the concourse of the Cornwall Civic Complex most days of the week as long as there are no paid events going on.

Free “**Senior Skate**” at the Benson Centre is compliments of the City of Cornwall. Dates and times are subject to change, but are most often on Mondays from 9:30 am - 11:00 am, and Fridays from 1:00 pm - 2:30 pm. Please see the City’s website, or call (613) 938-9898 to confirm scheduling.



Guindon Park (on County Rd # 2, west of Power Dam Drive) is a 500 acre forested park with over 12 km of beautiful cross **country ski** trails available for public use and enjoyment. **Snowshoeing** is also permitted in the park, and enthusiasts are encouraged to snowshoe in the larger, open spaces instead of on the ski trails.

Outdoor skating rinks will soon be ready across Cornwall. Outdoor rinks provide valuable recreation and leisure opportunities for people of all ages. Please note that weather conditions and the availability of volunteers to maintain the rinks play an important role in the quality of the ice.

For more information on any of these free fitness opportunities, please visit www.Cornwall.ca.

Helping to Keep Cornwall Citizens Safe: How to Report Problems with Street Lights and Traffic Control Signals

Street Lights

With over 5,000 street lights across the City of Cornwall, the City appreciates when local residents identify street lights that are in need of service. The City has contracted Dundas Power Line LTD. to maintain street lights.

The most typical type of problem that occurs with street lights is a burned out bulb. Another common problem is when lights cycle incorrectly, meaning they can either flicker or turn on and off randomly. Other types of issues are when lights do not shut off during the day, damaged poles, or when a series of lights do not turn on.

If you encounter a street light that is not working properly or is damaged, please contact Dundas Power Line LTD by telephone (1-800-566-4165) or by e-mail: info@dundaspowerline.com

When reporting a concern, please be as specific as possible about the issue and the location. Don't forget to leave your contact information so that you can be contacted if additional information is needed.

Traffic Control Signals

Black & McDonald Ltd. is responsible for the maintenance of all traffic control signals within the City of Cornwall. Please contact Black & McDonald if you see any of the following problems with traffic control signals:

- knocked down traffic signal poles
- burned out signals
- signal timing problems
- turned mast arms/signal heads
- damaged or malfunctioning traffic signal equipment
- underground traffic signal cable locates at traffic control signal intersections, flasher systems, etc.



To contact Black & McDonald Ltd, please call (613) 933-8764 or email: cwhitteker@blackandmcdonald.com

News From Our Community

Inexpensive Fitness Opportunities in Cornwall

Did you know that Cornwall has many seniors clubs & educational opportunities?

A few have been listed below. More information about each of them can be found on the City's website.

Centre Charles-Émile Claude:
613-932-1035

Cornwall Senior Citizen Club:
613-932-0980

Encore Education Centre:
613-937-1525

Seaway Senior Citizens Centre:
613-932-4969

St. Lawrence Seniors Club:
613-936-6060

In addition to the many free fitness opportunities the City offers to its residents (see pg.2), other community organizations in Cornwall offer the following free and low cost fitness programs.

Balance for Life is a FREE group exercise class for older adults offered by the **Seaway Valley Community Health Centre**. Participants build strength and balance, learn how to prevent falls, and have fun. To register or for information, please contact 613-930-4892 ext. 229.

Get W.I.T.H. it! (walking in the halls) **Heart Wise Walking Program** is a FREE, community initiative being led by **Seaway Valley Community Health Centre** and is in partnership with the University of Ottawa Heart Institute and the Heart & Stroke Foundation. The program is run out of the Cornwall Civic Complex every Tuesday and Thursday from 9:00 a.m. – 11:00 a.m between January 3, 2017 - March 30, 2017. For more information, please call 613-930-4892 ext. 229

The Seaway Seniors Citizen Centre offers a variety of **English** group fitness options including **Tai Chi, line dancing, and group exercise classes**. Most classes are 3\$/class for members (membership = 25\$/year). Additional fitness classes may be added to their schedule once their new facility is ready, so please call 613-932-4969 for more information.

Centre Charles-Émile-Claude offers a variety of **French** group fitness classes including **chair yoga, line dancing, qi-gong, badminton, group fitness, and yoga**. Most classes are ~4\$/class for members (membership = 24\$/year). Please call 613-932-1035 for more information.