

Seniors Newsletter

SPRING 2018

Contact us: 613-662-0199
seniors@cornwall.ca



SENIOR FRIENDLY COMMUNITY
COLLECTIVITÉ-AMIE DES ÂÎNÉS

Want to receive our newsletters by email?
Email us at Seniors@cornwall.ca



JUNE is Seniors Month!

2018 marks the 34th annual Seniors Month.

The theme this year is based on highlights about how aging does not prevent any of us from leading fulfilling lives.

Seniors continue to contribute to our community and we can all benefit from their wisdom, friendship, and experience.

Summer Safety Tips

- ✓ Stay hydrated
- ✓ Wear the proper clothing
- ✓ Protect your eyes
- ✓ Know the risks of hyperthermia
- ✓ Rub on sunscreen
- ✓ Wear a hat
- ✓ Apply bug spray
- ✓ Exercise smart (don't over do it)
- ✓ Don't stay in sunlight too long

Make a New Goal for Yourself

- ✓ Start eating healthier
- ✓ Register for a program
- ✓ Meet your neighbors
- ✓ Make a new friend
- ✓ Start exercising daily
- ✓ Start volunteering

When an "all-nighter" means
not getting up to pee...
When all the names in my black book
have M.D. after them...
When "Getting lucky" means
finding my car in the parking lot...
When the candles
cost more than the cake...
I promise you...
we'll still be best friends!



Seniors Volunteer Fair

The Senior Friendly Committee is hosting a senior volunteer fair.

The volunteer fair will be hosted at the

Benson Center - 800 Seventh W, Cornwall ON K6J 2Y7.

On **June 27th**

From **3:00 to 7:00pm.**

The Cornwall senior volunteer fair aims to connect seniors with senior-friendly volunteer opportunities that offer training and support. The fair also aims to provide information about Cornwall's senior-friendly initiatives, services, programs, activities, community clubs, educational organizations, and groups for seniors.

We hope to see you there!

5 reasons to volunteer



1. Gain new skills

2. Meet new people

3. Make a difference

4. Give back to the community

5. Feel valued and be part of a team

...and have fun!

Senior Volunteer Fair

LOOKING TO VOLUNTEER?

*Come out and see what our town
has for you!*

Where: Benson Centre

800 Seventh St W, Cornwall, ON K6J 0A3

When: Wednesday June 27th

Time: 3pm to 7pm

RSVP at senior@cornwall.ca

Or by phone at

613-662-0199





Ontario Senior of the Year Award

The Senior Friendly Community Committee received nominations from community residents. The letters were wrote to honor someone they know who deserves this award for all the kind things they have done for the community. We received many letters but had to pick one that really touched the community's heart.

Paulette Amelotte

Paulette is a wife and a loving mother of two beautiful daughters. Despite her busy work schedule she has always found the time to volunteer at local retirement residences. For over 25 years now, her musical band, *Sentimental Duo*, has brought music and joy to our community and has helped local residents celebrate birthdays and special events. Paulette is now 69 and continues to tour retirement and long-term care facilities sharing her gift of music. Recently she has begun teaches beginner and intermediate guitar lessons at our local *Seaway Seniors club*.

Paulette also performs secretarial duties and assists with planning, organizing and hosting of events at the *Seaway Seniors Club*.

She also volunteers at the *Navy Club* and the *RCAF wing*, where she is a vital member of the events planning and food preparation services. Her chili and spaghetti sauce are always in demand.

“She is a truly altruistic person who gives wholeheartedly a piece of herself in everything she does”. – Paulette's daughter states

It is difficult to fully and properly depict the truly amazing person she is.

**Thank you Paulette Amelotte for everything you have done for our community
you are much appreciated**



What's happening in town?

Senior fair

June 7th at the Care Centre – 510 Second street from
9am-2:30pm

June Walk and Roll - Cornwall and SDG

June 6th- Bikes vs. Cars film

June 11th- Bike love workshop

June 21- Summer solstice walk

For more information visit [Cornwall Walk and Roll](#)

The Senior Friendly Community Committee will be hosting three in-services for seniors in the community to attend.

Dates are still being determined

- **Caredove**– Helps make it easy for professionals to find and connect their patients with the care they need, the kind of care that helps them remain independent, supported, and healthy.
- **Private Eye Investigations** – Their goal is to stop elder abuse, fraud, and harm towards seniors
- **Integrity Healthcare Consultants**– Their goal is to prevent unhealthy stress. They provide health screening, medication reviewing, health coaching, healthcare programs, DNR forms and more.