

A day of speakers and workshops filled with information, inspiration, positivity and humour



Women Aging with Wellness and Purpose

8:30 – 3:30

Saturday October 21, 2023

**Port Nelson United Church
3132 South Drive, Burlington**

(Port Nelson United Church is an accessible venue)

www.grandmotherscampaign.org

www.stephenlewisfoundation.org

(Photograph by Alexis MacDonald)

Hamilton, Burlington and Guelph member groups of the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign are pleased to present:

Women Aging with Wellness and Purpose

- **Speakers, workshops, networking**
- **Morning coffee/tea, light breakfast fare and individually packaged lunch catered by *Dinner-is-Served* included in registration**
- **\$75.00 registration (includes a \$25.00 donation to the Stephen Lewis Foundation Grandmothers to Grandmothers Campaign. An income tax receipt will be issued)**

Morning Speakers:

Rosita Hall – You're Simply the Best! (Living Life with Passion and Purpose)

Motivation Sensation Rosita Hall debunks the myths about aging and shares a positive, pro-active approach to getting up and showing up for life each day! Join Rosita for a fun filled session where she will share strategies for living life on purpose with joy, passion and tons of laughter!

Dekyi-Lee and Judy Mair – Experience the Resilience of Wise Aging

Dekyi-Lee will talk of resilience and using challenges, even pain, to transform them into creative opportunities. Judy will help us to enhance our most treasured inner quality as a foundation for purpose as we age. Bring pen and paper.

Afternoon Workshops (choose 2 from the 8 workshops offered):

KH - "Keep Your Hands on the Wheel" of Your Life! - Sue Lantz, Collaborative Aging

Discover ways to think about and plan key areas of your later life: health, housing, social relationships, care giving, and resources by taking a "travel planning approach". Come away with fresh perspectives, inspiring ideas and practical solutions.

MP – Menopause! – Dr. Jennifer Blake

In this workshop, Dr. Blake will invite plenty of open discussion about menopause and navigating one's way through this time in your life.

LF - Looking Forward and Aging Well in Canada – Dr. Irene Turpie

As a country with a diverse population we have much to learn from each other and about each other. This workshop focuses on all aspects of healthy aging and what we can do to continue good health into old age.

YM - Your Memoir Allows You to Soar as You Share Your Truth – Suzanne Burchell

Participants will explore fun and accessible writing and telling techniques of their personal stories.

HE - Healthy Eating for Maintaining Mobility as We Age – Chwen Binkley

A fun and engaging interactive workshop, considering healthy aging for diverse groups in the community.

RW - Relearning the World Through Grief – Jane Smith-Eivemark

Grief is about relearning life. Each person's grief journey speaks of choices that hinder and/or help the relearning needed to move forward. Please come with your questions and/or stories to contribute to the conversation.

SA - Scam Alert! - Detective Constable Lorena Mallinson

Lorena will let you in on the many aspects of current frauds and will provide tips to help you avoid becoming a victim. She will have a Q & A time, so bring along your queries.

GB - Getting Down to Business - Financial Tips and More - Kevin A. Maynard

Kevin will provide pertinent tips and answer questions on many topics we so often avoid - finances, wills, powers of attorney, accessing income support, long term care, difficult inter-generational conversations...

Presenters

Rosita Hall – Entrepreneur of her own consulting business, *Motivated Minds*, Speaker, Coach & Canadian best-selling author. Those who know her best describe her as the Motivation Sensation with a BIG heart. She has spoken in the areas of female empowerment, leadership, diversity & Inclusion, self-care, and resiliency. She is a founding member of the *Women with Passion and Purpose Group* that hosts an annual conference to profile and raise money for local charities. However, she says her greatest accomplishment is the loving and fun relationship she has with her husband Norm (of 40 years) and her two adult sons Joshua and Chris, and her soon to be daughter-in-law, Lisa.

Dekyi-Lee - Director and international trainer of Transformative Mindfulness, Dekyi-Lee's goal is to train people to respond to a growing need to transform the underlying cause of physical and mental problems using simple and profound transformative methods. A life-threatening accident in 2014 has drawn on her resiliency and perseverance as Dekyi-Lee creatively embraces a new life of physical disability. She is a former Tibetan Buddhist nun who has since trained mindfulness facilitators, including university medical professionals in 15 countries and 4 languages.

Judy Mair - a certified facilitator of Transformative Mindfulness Methods and 5 Tibetan Yogas since 2007. Judy has been helping people develop awareness, relaxation and building community through rhythm.

Chwen Binkley - Chwen is a Registered Dietitian, working for Hamilton Public Health for over 15 years and currently completing a two-year secondment position at McMaster University. In her current role for the EMBOLDEN research project, Chwen collaborates with the intervention team to plan, adapt, and deliver group-based nutrition education sessions.

Dr. Jennifer Blake – Dr. Blake is the former president of the Society of Obstetricians and Gynecologists of Canada. She has served in the Department of Obstetrics and Gynaecology at McMaster University, the Faculty of Medicine at the University of Toronto, Obstetrics and Gynaecology and Women's Health at the Sunnybrook and Health Sciences Centre and assumed a number of leadership and management positions. She has continued her appointment to the Faculty, and has worked to increase the opportunities to

strengthen academic obstetrics and gynecology, and maintained a limited practice focused in complex menopause.

Suzanne Burchell -Suzanne is a retired university instructor of drama in education and community, focused on the art of story-telling. She is a professional story teller, member of the *Burlington Story Tellers Guild*, published writer of a memoir, a playwright and a short story writer.

Sue Lantz - Sue Lantz, BA, MPA, is the Managing Director of Collaborative Aging, and the author of the user-friendly workbook, called, *Options Open: The Guide for Mapping Your Best Aging Journey*. She is an expert in the field of aging in place and has extensive experience in healthcare policy planning and change implementation. Collaborative Aging offers educational resources to help you be proactive in making informed choices and plans for healthy aging. Your possibilities expand when you look at aging in a collaborative way. www.collaborativeaging.com

Lorena Mallinson - Police Detective Constable Lorena Mallinson has been a police officer for the past 28 years, most of which have been spent with the Halton Police. She has specialized in fraud cases for 9 years and is currently in the Fraud Intake Unit.

Kevin A. Maynard, Canadian Foundation for Economic Education (CFEE) - Kevin has worked with the non-profit organization CFEE in various capacities since 1998, primarily as Chief Operating Officer. Most recently he acted as primary project facilitator for, "Managing Your Money in Canada", a series of financial literacy workshops developed for seniors, newcomers and recent immigrants to Canada. Kevin has been a key member of several teams responsible for the development and execution of CFEE programs.

Jane Smith-Eivemark RP - Jane is a Jungian Analyst and a registered psychotherapist. Her passion is soul and what it means to live an authentic life, with a devotion to living as healthily as possible and being of service to her community. In her leisure time Jane loves swimming, cycling, and cooking.

Dr. Irene Turpie – Dr. Turpie is a Professor Emerita, Department of Medicine, McMaster University. She was Medical Director of the Health for Older Adults Program at the St. Joseph's Centre for Ambulatory Health Care, and former Director of the Division of Geriatric Medicine at McMaster University. As a Fellow of the Royal College of Physicians and Surgeons of Canada in Internal Medicine and Geriatric Medicine, Dr. Turpie was given the Distinguished Service Award from the Canadian Geriatrics Society in 2004.

Sponsors and Donors



Women Aging with Wellness & Purpose

Registration (note: Registration cutoff date – Fri., October 13)

Name: _____

Address: _____

E-mail address: _____

Phone: _____

Workshop Choice #1

Code: _ _

Title: _____

Workshop Choice #2

Code: _ _

Title: _____

Alternate Workshop Choice

Code: _ _

Title: _____

Dietary sensitivities, (note: venue is a peanut-free facility):

I give my permission re. taking of photos for group websites:

Signature: _____

Send cheque for \$75.00 made out to 'Grandmothers of Steel'
along with completed registration form to:

Theresa Randles, 78 Unity Side Rd. Caledonia, ON N3W 1Y2

or

Email completed registration form and e-transfer \$75.00 to

trandles@rogers.com