

HEALTHY

aging

education series

A COLLABORATION BETWEEN



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Resources from Healthy Aging Presentations

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Thank you for your ongoing interest in the Healthy Aging Series. The Healthy Aging Series is a free, virtual health education webinar series that was created in collaboration with Peel Senior Link to bring together experts on topics that address the everyday challenges we encounter as we age. The webinars are held the first Wednesday of each month from 10 – 11 a.m. and are open to anyone: patients, their families, friends, caregivers, and the community. Topics and registration links can be found here: [Program Details \(summervillefht.com\)](#). And, when permission was granted, presentations from past webinars have been posted to the Summerville Family Health Team Website ([Healthy Aging Series Presentations & Resources \(summervillefht.com\)](#)).

These presentations often include valuable resources. These resources have been listed here to create a user-friendly source of credible information on a variety of health and lifestyle topics.

The resources below are provided for informational purposes only and should not be taken as professional medical advice.

Topics	Resources/Websites
Bone Health	Osteoporosis Canada
Caregiver Support	COVID-19: Caregiver Starter Kit - Ontario Caregiver Organization OCO Learning Library (ontariocaregiver.ca) Peer Support - Peer Support (ontariocaregiver.ca) Supporting Caregivers During COVID-19 - Ontario Caregiver Organization SCALE Program - Ontario Caregiver Organization Weekly Podcasts: https://ontariocaregiver.ca/tim COVID-19 - Ontario Caregiver Organization http://youngcaregiversconnect.ca

	Working Caregivers - Ontario Caregiver Organization
Cybersecurity	<p>Statistics Canada – Seniors Online https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2019024-eng.htm</p> <p>Seniors and technology during Covid-19: the latest insights https://www.ericsson.com/en/blog/2021/1/seniors-and-technology-during-covid</p> <p>How can older adults safely use social media https://www.homecareassistancewinnipeg.ca/how-can-seniors-use-social-media-safely</p> <p>The FBI Says You Need to Use an Ad Blocker on Google and Bing (gizmodo.com)</p> <p>Password Managers For PC Passhub - https://passhub.net/login.php? KeyPass – https://keepass.info/news/n160611_2.34.html</p> <p>Mobile Device Apps Dashlane LastPass</p> <p>Adblockers for Smartphones For Androids: uBlock Origin For iOS devices: Adblock Plus</p> <p>A website that checks to see where your email has been exposed to a security breach https://haveibeenpwned.com/</p>
Decluttering with Ease	Declutter in 10 Steps (wsimg.com)
Digital Literacy	FREE Training Tools. Visit https://techcoaches.ca/toolbox
Falls Prevention	<p>Various recommended home exercises are included on the presentation that is available at: Healthy Aging Series Presentations & Resources (summervillefht.com)</p> <p>Summerville FHT website https://www.summervillefht.com</p> <p>Peel Senior Link: https://peelseniorlink.com</p> <p>Regina Qu’ Appelle Health Region: Positive steps Falls Prevention and Exercise Program including easy exercise for maintain strength, balance and mobility CEAC 3023 Cover&TP.pub (rqhealth.ca)</p> <p>National Falls Prevention Resource Center: National Falls Prevention Resource Center for Professionals (ncoa.org)</p>
Hearing Loss	HearingCareCounselling@chs.ca
Links2Care – Staying in Your Home	<p>CANES Community Care Not-For-Profit organization that provides a variety of Care Services for seniors living in their own homes, providing emotional and social support, while helping them take part in the life of their community.</p>

416-743-3892

<https://www.canes.on.ca/>

Ride Connect

Ride Connect provides transportation to and from Etobicoke, Brampton, Malton, Mississauga-Halton, Oakville, and Woodbridge areas. Our client base is primarily seniors and clients with disabilities. We specialize in Dialysis and Adult Day programs rides. We also provide rides to medical appointments and social events depending on capacity of the programs.

416-743-3025

<https://www.canes.on.ca/services/ride-connect-transportation>

Storefront Humber

The Purpose of Storefront Humber Inc. is to provide supportive care to seniors and adults with disabilities to help them attain the best quality of life possible in their homes and in the community.

416-855-1066

<https://www.storefronthumber.ca/>

ESS Support Services

ESS Support Services (formerly known as Etobicoke Services for Seniors) is a not-for-profit community support agency that has been supporting older adults, seniors, older adults with disabilities, families and caregivers in the Etobicoke community, and beyond, since 1983.

416-243-0127

<https://www.esssupportservices.ca/>

Reconnect Community Health Services

Not-for-profit health service organization in the west end of Toronto. Services include supports for seniors, caregivers, and people living with mental health and addiction concerns. Offer a wide range of programs serving youth, adults, and seniors.

416-248-2050

<https://www.reconnect.on.ca/>

West Neighbourhood House

Multi-service neighbourhood centre serving downtown west Toronto. Non-profit, registered charity that works with the community to address critical issues through personal and social change. Team of multilingual staff and volunteers serve over 15,000 people a year, addressing issues including: homelessness and housing affordability, un- and under-employment, poverty, inequities, racism and oppression, literacy, aging, mental and physical health, immigration and settlement, violence, isolation, and financial exclusion.

416-532-4828

<https://www.westnh.org/>

LumaCare

Whether looking for care for yourself or a loved one, LumaCare provides inclusive service to older adults as they progress in their life journey. Families

	<p>are supported wherever they are, with compassion and innovative care. An agency of 250+ staff who serve 3,500+ older adults each year.</p> <p>1-833-338-LUMA https://lumacare.ca/</p> <p>Connection in Action Supports adults aged 55+ who live in Halton by providing information about existing social opportunities to help increase social belonging.</p> <p>(905) 844-2299 https://connectioninaction.ca/</p>
<p>Managing Chronic Pain</p>	<p>Physical Activity</p> <p>https://www.youtube.com/@LEAPService https://www.youtube.com/@yogawithdriene https://beyond.ubc.ca/exercise-snacks/ https://otn.ca/providers/ohts/fitness-health-solution-supports-chronic-pain-management/</p> <p>Education</p> <p>https://www.youtube.com/@DrAndreaFurlan https://tapmipain.ca/patient/managing-my-pain/pain-u-online/ https://myhealth.alberta.ca/Alberta/Pages/About-osteoarthritis.aspx https://arthritis.ca</p> <p>Support groups:</p> <p>https://chronicpainanonymous.org/ https://fibrocanada.ca/en/</p> <p>Self-management Programs</p> <p>https://selfmanagementontario.ca/ http://livingwellseontario.ca/ https://www.maximizeyourhealth.ca/</p> <p>Apps</p> <p>Insight Timer, Calm, Headspace, 10% Happier, Inscape, Simple Habit</p> <p>Books</p> <ul style="list-style-type: none"> • Living a Healthy Life with Chronic Pain (by Halsted Holman, Virginia Gonzalez, Marian Minor, et al.) • Living Beyond Your Pain (by Tobias Lundgren and JoAnne C. Dahl) • Unlearn Your Pain (by Howard Schubiner and Michael Betzold) • The Mind Body Prescription, Healing the Body, Healing the Pain (by John E. Sarno MD) • 8 Steps to Conquer Chronic Pain (Dr. Andrea Furlan)

	<ul style="list-style-type: none"> • The Way Out (by Alan Gordon and Alon Ziv)
<p>Mental Health</p>	<p>Home CANES Community Care Home - CMHA Peel Dufferin Intensive Seniors Community Team CANES Community Care Anxiety Relief Program Details (summervillefht.com) Comfort Keepers: Anxiety Disorders in Canada's Seniors https://www.comfortkeepers.ca/anxiety-disorders-in-Canadas Canadian seniors and mental health CIHI https://www.cihi.ca/en/canadian-seniors-and-mental-health</p>
<p>Mississauga/Halton Health and Social Services</p>	<p>www.thehealthline.ca</p>
<p>Nutrition</p>	<p>Nutrition & Immunity https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/ Nutrition and immune function - Mayo Clinic Health System https://jeanlamantia.com/cancer-bites-diet-blog/immune-health-basics/ How Vitamin C Supports a Healthy Immune System (eatright.org) https://nutrition</p> <p>Nutrients & Foods www.unlockfood.ca https://cronometer.com</p> <p>Recipes & Meal Planning Mediterranean Diet Oldways (oldwayspt.org) www.pulsescanada.com www.ontariobbeans.ca www.halfyourplate.ca https://itdoesnttastelikechicken.com/recipe-index/ https://ohsheglows.com/2019/03/07/meal-prep-week-long-power-bowls/ https://tasty.co/ https://whisk.com</p> <p>Reducing Food Waste & Budget Friendly Meal Ideas https://www.budgetbytes.com/category/recipes/ How Do I Store My Fruits And Veggies So They Last As Long As Possible? - Half Your Plate</p>

	<p>https://www.wellandgood.com/food-waste-apps/</p> <p>https://www.niagarahealth.on.ca/files/FoodBankFIRSTrecip ebook2010.pdf</p> <p>Meal Delivery Services</p> <p>https://www.apetito-hfs.ca/en-ca/</p> <p>Heart to Home Meals www.hearttohomemeals.ca</p> <p>Meals on Wheels www.mealsonwheels.ca</p> <p>Instacart, Voila, PC Express – google for websites</p> <p>Odd Bunch (fresh produce) The Odd Bunch Save up to 50% on your groceries!</p> <p>Half Your Plate Half Your Plate</p> <p>Preserve Seasonal Produce https://www.halfyourplate.ca/blog/5-simple-ways-to-preserve-seasonal-produce/</p> <p>Food Banks & Community Kitchens</p> <p>Community Kitchen Seva Food Bank</p> <p>Feed Ontario Find Find A Food Bank Feed Ontario</p> <p>Community Kitchen Community Kitchen Seva Food Bank</p> <p>Recipes</p> <p>One Dish Kitchen Single Serving and Small Batch Recipes - One Dish Kitchen</p> <p>Budget Bytes 400+ Budget-Friendly Vegetarian Recipes - Budget Bytes</p> <p>Batch Cooking https://www.heynutritionlady.com/batch-cooking-for-a-healthy-week</p> <p>https://www.metabolicsyndromecanada.ca/change-program/resources/recipes</p> <p>https://oldwayspt.org/traditional-diets/mediterranean-diet</p> <p>https://rainbowplantlife.com/category/recipes/</p> <p>https://ontariobbeans.on.ca/</p> <p>https://pulses.org/recipes/recipes/cuisine/canada</p> <p>https://chefcynthialouise.com/recipes/</p> <p>https://dietitiandebbie.com/recipe-index</p>
Osteoarthritis	<p>www.arthritis.ca/events</p> <p>www.arthritis.ca/support-education/online-learning</p>

Physical Activity	ParticipACTION - Home - ParticipACTION 24-Hour Movement Guidelines – Canadian 24-Hour Movement Guidelines (csepguidelines.ca)
Power of Attorney and Wills	https://advancecareplanning.hospicewaterloo.ca/resources/ https://www.cleo.on.ca/en/resources-and-publications/resources-and-publications https://www.ontario.ca/page/make-power-attorney Wills - Steps to Justice Office of the Public Guardian and Trustee ontario.ca
Sleep	Managing Insomnia and Sleep - Program Details (summervillefht.com) APPs for Sleep Insight Timer The Calm Sleep: Sleep & Meditation App Sleep Sounds - Relax & Sleep, Relaxing Sounds Tide - Sleep Sounds, Focus Timer, Relax Meditate
Social Isolation	Volunteer MBC - Home