



Community Information Forum Westside Evangelical Lutheran Church

Saturday, January 26, 2019 9a.m. - 1200 noon.

“Aging with Grace and Grit”

Several speakers will present and answer questions on how to anticipate aging, how to plan for it and how to adapt to it with grace and a considerable amount of grit as you or a loved one navigate the challenges of growing older. ALL WELCOME.

Kerstin Mossman MD CCFP (COE) FCFP BScN

Dr Mossman has devoted her medical career to enhancing the lives of seniors in the Barrie and Innisfil areas. Well known for her commitment to and innovation in the treatment of the elderly, she consults with the Aging Well Clinic, advises the Behavioural Support System within the NSM LHIN and supports the Specialized Geriatrics Services team and participates in the NSM Palliative Care Network. She will address the concept of frailty, how challenging it is to measure and what are some major contributors to frailty

Donna Henderson OT — Donna has experience working across the continuum of care in a hospital, outpatient and community settings and is passionate about working with older adults. She will speak on the lifestyle factors that support healthy aging as well as the concepts behind adapting to changes in function and abilities

Aleisha Weber, RPN - Aleisha currently works on the Information and Referral team as a Patient Navigator at the North Simcoe Muskoka Local Health Integration Network (NSM LHIN). Her experience in hospital and community nursing assists people to navigate our current health care system to obtain the best quality of care.

Pam Hillier, Executive Director of Community Connection. In Ontario, 211's Community Navigators are available 24/7 and offer non-emergency multilingual service to help people connect with over 60,000 health, social and government services across the province.

Westside Evangelical Lutheran Church
510 Ferndale Drive North, (corner of Ferndale & Livingstone)
Barrie, ON L4N 0S1

Please Note: Any cancellation due to inclement weather will be published on the Church Website [www.westsidebarrie.ca] by 0730 hours on the morning of January 26th and the Forum will be rescheduled for February 2nd, 2019