

HEALTHY aging education series

A COLLABORATION BETWEEN

SUMMERVILLE

Family Health Team



For more information and to register, [Click Here](#)

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	OCO Learning Library (ontariocaregiver.ca) Peer Support - Peer Support (ontariocaregiver.ca) Supporting Caregivers During COVID-19 - Ontario Caregiver Organization SCALE Program - Ontario Caregiver Organization Resource Library and Publications - Ontario Caregiver http://youngcaregiversconnect.ca Working Caregivers - Ontario Caregiver Organization
Cybersecurity	Seniors and technology during Covid-19: the latest insights https://www.ericsson.com/en/blog/2021/1/seniors-and-technology-during-covid The FBI Says You Need to Use an Ad Blocker on Google and Bing (gizmodo.com) Password Managers For PC Passhub - https://passhub.net/login.php?

	<p>KeyPass – https://keepass.info/news/n160611_2.34.html</p> <p>Mobile Device Apps</p> <p> Dashlane</p> <p> LastPass</p> <p>Adblockers for Smartphones</p> <p> For Androids: uBlock Origin</p> <p> 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> <p>The Ultimate Internet Safety Guide for Seniors in 2026</p> <p>Microsoft Word - seniors.htm</p> <p>Get Cyber Safe</p> <p>Scam Prevention Toolkits</p> <p>To report suspected or actual fraud please contact the - Canadian Anti - Fraud Center - Canadian Anti-Fraud Centre</p>
Decluttering with Ease	Declutter in 10 Steps (wsimg.com)
Diabetes	<p>Tools & resources - Diabetes Canada</p> <p>Getting started: healthy eating and diabetes</p> <p>Taking care of your mental health - Diabetes Canada</p> <p>Managing your blood sugar</p> <p>Hypoglycemia: low blood sugar in adults</p> <p>Nutrition Prescriptions – A repository of nutrition-related patient handouts</p>
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>National Falls Prevention Resource Center: National Falls Prevention Resource Center for Professionals (ncoa.org)</p>
Hearing Loss	<p>HearingCareCounselling@chs.ca</p> <p>Coping with hearing loss: Nov 2022 - Coping with Hearing Loss - HCCP One Page Flyer.pdf</p>

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> <p>416-743-3892 https://www.canes.on.ca/</p> <p>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.</p> <p>416-743-3025 https://www.canes.on.ca/services/ride-connect-transportation</p> <p>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.</p> <p>416-855-1066 https://www.storefronthumber.ca/</p> <p>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.</p> <p>416-243-0127 https://www.esssupportservices.ca/</p> <p>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.</p> <p>416-248-2050 https://www.reconnect.on.ca/</p> <p>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.</p> <p>416-532-4828 https://www.westnh.org/</p>
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	<p>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 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>
Lung Health (from Clear Air Ahead)	<p>Patient Resources - Mississauga Lung Health Care</p>
Managing Chronic Pain	<p>Physical Activity</p> <p>https://www.youtube.com/@LEAPService</p> <p>https://www.youtube.com/@yogawithadriene</p> <p>https://beyond.ubc.ca/exercise-snacks/</p> <p>https://otn.ca/providers/ohts/fitness-health-solution-supports-chronic-pain-management/</p> <p>Education</p> <p>https://www.youtube.com/@DrAndreaFurlan</p> <p>https://tapmipain.ca/patient/managing-my-pain/pain-u-online/</p> <p>https://myhealth.alberta.ca/Alberta/Pages/About-osteoarthritis.aspx</p> <p>https://arthritis.ca</p> <p>Support groups:</p> <p>https://chronicpainanonymous.org/</p> <p>https://fibrocanada.ca/en/</p> <p>Self-management Programs</p> <p>https://selfmanagementontario.ca/</p> <p>http://livingwellseontario.ca/</p> <p>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)

	<ul style="list-style-type: none"> • The Mind Body Prescription, Healing the Body, Healing the Pain (by John E. Sarno MD) • 8 Steps to Conquer Chronic Pain (Dr. Andrea Furlan) • The Way Out (by Alan Gordon and Alon Ziv)
Mental Health	<p>Home CANES Community Care</p> <p>Home - CMHA Peel Dufferin</p> <p>Intensive Seniors Community Team CANES Community Care</p> <p>Anxiety Relief Program Details (summervillefht.com)</p> <p>Comfort Keepers: Anxiety Disorders in Canada's Seniors https://www.comfortkeepers.ca/anxiety-disorders-in-Canadas</p> <p>Canadian seniors and mental health CIHI https://www.cihi.ca/en/canadian-seniors-and-mental-health</p>
Menopause	<p>The Menopause Foundation of Canada</p> <p>Menopause and U</p> <p>Menopause wellness: How to balance nutrition, exercise and heart health Heart and Stroke Foundation</p>
Mississauga/Halton Health and Social Services	<p>www.thehealthline.ca</p>
Nutrition	<p>Nutrition & Immunity</p> <p>https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/</p> <p>Nutrition and immune function - Mayo Clinic Health System</p> <p>https://jeanlamantia.com/cancer-bites-diet- blog/immune-health-basics/</p> <p>How Vitamin C Supports a Healthy Immune System (eatright.org)</p> <p>https://nutrition</p> <p>Nutrients & Foods</p> <p>www.unlockfood.ca</p> <p>https://cronometer.com</p> <p>Recipes & Meal Planning</p> <p>Mediterranean Diet Oldways (oldwayspt.org)</p> <p>www.pulsescanada.com</p> <p>www.ontariobeans.ca</p> <p>www.halffyourplate.ca</p> <p>https://itdoesnttastelikechicken.com/recipe- index/</p> <p>https://ohsheglows.com/2019/03/07/meal- prep-week-long-power- bowls/</p>

<https://tasty.co/>

<https://whisk.com>

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](#)

<https://www.wellandgood.com/food-waste-apps/>

https://www.niagarahealth.on.ca/files/FoodBankFIRSTrecip_ebook2010.pdf

Meal Delivery Services

<https://www.apetito-hfs.ca/en-ca/>

Heart to Home Meals www.hearttohomemeals.ca

Meals on Wheels www.mealsonwheels.ca

Instacart, Voila, PC Express – google for websites

Odd Bunch (fresh produce) [The Odd Bunch | Save up to 50% on your groceries!](#)

Half Your Plate [Half Your Plate](#)

Preserve Seasonal Produce <https://www.halfyourplate.ca/blog/5-simple-ways-to-preserve-seasonal-produce/>

Food Banks & Community Kitchens

[Community Kitchen | Seva Food Bank](#)

Feed Ontario Find [Find A Food Bank | Feed Ontario](#)

Community Kitchen [Community Kitchen | Seva Food Bank](#)

Recipes

One Dish Kitchen [Single Serving and Small Batch Recipes - One Dish Kitchen](#)

Budget Bytes [400+ Budget-Friendly Vegetarian Recipes - Budget Bytes](#)

Batch Cooking <https://www.heynutritionlady.com/batch-cooking-for-a-healthy-week>

<https://www.metabolicsyndromecanada.ca/change-program/resources/recipes>

<https://oldwayspt.org/traditional-diets/mediterranean-diet>

<https://rainbowplantlife.com/category/recipes/>

<https://ontariobeans.on.ca/>

<https://pulses.org/recipes/recipes/cuisine/canada>

<https://chefcynthialouise.com/recipes/>

	https://dietitiandebbie.com/recipe-index
Osteoarthritis	www.arthritis.ca/events www.arthritis.ca/support-education/online-learning
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
Seniors Wellness Programs in the GTA	<p>LOFT Community Services – Seniors Program: Integrated services for older adults with complex needs, including mental health. Phone Number: 416-979-3028</p> <p>Toronto Senior's Helpline Centralized phone line that connects seniors to mental health and community services. Phone Number: 416-217-2077</p> <p>Ontario Health at Home – Peel Region: Offers wellness programs such as SMART exercise and chronic disease self-management. Phone Number: 1-877-336-9090</p> <p>Peel Senior Link: Personal support services and social wellness programs to help seniors remain independent. Phone Number: 905-712-4413</p> <p>Wellness Centres (e.g., India Rainbow, Carefirst, Yee Hong): Culturally specific programs for mental and physical wellness in seniors.</p> <p>Mississauga Seniors' Centre: 1389 Cawthra Rd - Phone Number: 905-615-4810</p> <p>Active Adult Centre: Central Parkway Mall – 905-615-3207</p> <p>Mississauga Health Seniors Navigation Portal: Helping you access support services. Website: https://www.mississaugaseniorsnavigation.ca</p>
Sleep	<p>Managing Insomnia and Sleep: https://www.summervillefht.com/displayPage.php?event=79</p> <p>APPs for Sleep</p> <p>Insight Timer</p> <p>The Calm Sleep: Sleep & Meditation App</p> <p>Sleep Sounds - Relax & Sleep, Relaxing Sounds</p> <p>Tide - Sleep Sounds, Focus Timer, Relax Meditate</p>
Social Isolation	Volunteer MBC - Home

	<p>Behavioral Supports Ontario Home – Home - www.behaviouralsupportsontario.ca</p> <p>Case Community Services 905-216-2244, https://casecommunity.org</p> <p>Links2care 905-84-0252, Social Connection - Links2Care</p> <p>Mississauga Active Adults Centre 905-615-3207, https://aacmiss.ca/</p> <p>Mississauga Halton Friendly Visiting 905-278-3667, Friendly Visiting - Mississauga Halton - mississaugahaltonhealthline.ca</p>
Stress	<p>CMHA BounceBack Ontario - https://bouncebackontario.ca/</p> <p>Insight Timer – https://insighttimer.com</p> <p>Judson Brewer - https://drjud.com/</p> <p>Kristen Neff - Self-Compassion - https://self-compassion.org/</p> <p>Brené Brown - Empathy - https://www.youtube.com/watch?v=1Evwgu369Jw</p>