

# The SOCIETY Scoop

## MESSAGE FROM OUR CEO, DEBRA COOPER BURGER

### THINKING AHEAD



It was my privilege on May 10<sup>th</sup>, to welcome attendees to the first event of the Unionville Home Society Speaker Series. The goal of this new

Series is to bring pre-eminent experts and leaders to speak on a range of topics in the field of health and seniors care. With the sponsorship and support from the Mount Pleasant Group of Cemeteries and from the Marleigh Retirement Residence, UHS was able to bring the renowned ethicist, Dr. Robert Butcher to our community to speak on the changing landscape of end of life care. Dr. Butcher has provided ethics services and ethics education to a wide range of health care facilities and organizations right across the country, has published academic articles and for the last ten years he has designed and delivered Accreditation Canada's ethics education workshops.

Many people don't want to think or talk about their death or dying or they wait until it is too late. This can have serious repercussions such as distress on family members, strain on caregivers and treatments being given to patients/residents that they don't want. As we age and change, new questions arise about personal independence and autonomy and the limits on the things we can expect our care providers to do or not do. I am sure we can all agree that end-of-life care is certainly changing and the new legislation in Canada that will permit medical aid in dying is one example.

Decisions about end-of-life care are deeply personal, and are based on your values and beliefs. Lack of understanding of a person's wishes about their future care may result in a loss of dignity for that person. Talking with your loved ones, your healthcare providers, and even your friends are all important steps to make your wishes known. These conversations will relieve loved ones and healthcare providers of the need to guess what you would want if you are ever facing a healthcare or medical crisis.

Think about it, I know I am.

## COMPUTER SAVVY SENIORS



On any given day, the *Unionville Community Centre for Seniors* is a hub of exciting activities that not only provide social connections but also continuous learning. One such program is the Computer Class which has been offered in both English and Chinese.

Anton, Nick and Peter – computer guru volunteers have been coming to the Community Centre every week for the past three years to transfer their tech savvy knowledge to seniors. They were the very first instructors of the computer and technology classes funded by a New Horizon's Grant. The classes provided an opportunity for seniors to

stop by and explore the new world of technology. Seniors are taught how to use various devices, computers, laptops, iPads, iPhones, and cameras and progressed from having little knowledge about these electronic gadgets, to sending and checking emails, taking pictures, and accessing the internet.

*A heartfelt thanks to our computer volunteers who have helped our seniors to "surf" with confidence and connect with friends and family across the globe.*