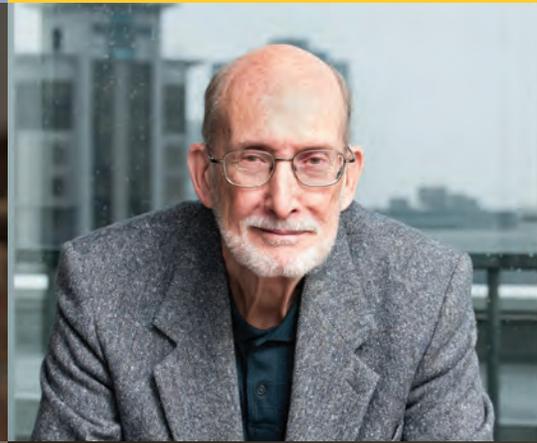


You're *Never* Too Old



HCoA

**Hamilton Council
on Aging**

*Educating.
Advocating.
Improving life
for older adults.*

About You're Never Too Old: Portraits of Aging

The silver tsunami.

Having a seniors' moment.

Can you believe he is 87 years old?

I must be getting old.

Do any of these sound familiar? It is all too common to hear hurtful comments toward older adults. Some expressions which may seem merely descriptive, such as the silver tsunami, are often used within a negative context to imply that seniors are flooding the health care system, blocking others from securing precious hospital beds. Even expressions such as “can you believe he is 87 years old?” and “I must be getting old” convey that we define people merely by their age, that old is not expected to be productive or good.

The World Health Organization (WHO) defines ageism as “stereotyping and discrimination against people on the basis of age.” Ageist attitudes are misleading and perpetuate the myth that somehow with age, we decrease in value or contribute less. For many of us, *the very opposite is true!*

With ageism, the characteristics that make each person unique are covered up by the blanket of age, where we are all looked upon in the same way – old. Older adults are in fact a completely heterogeneous “group” of individuals with immense differences in background, culture, interest, ability, experience, and even age!

To this end, the Hamilton Council on Aging is excited to launch our “You’re Never Too Old” Campaign, including portraits of, and inspirational messages from, older adults, demonstrating how much our city is enriched by these individuals and their contributions to every aspect of community *and family life*.

It is our hope that this project creates a lasting legacy whereby older adults regularly share their stories and lessons for peers and younger generations, reminding all of us that you are never too old.

Become Connected with HCoA to learn more!

-  www.agefriendlyhamilton.ca
-  [HamiltonCouncilonAging](https://www.facebook.com/HamiltonCouncilonAging)
-  [@Hamont_aging](https://twitter.com/Hamont_aging)
-  [AgeFriendlyHamilton](https://www.instagram.com/AgeFriendlyHamilton)

Portraits of Aging: “You’re Never too Old” is generously funded by the Ontario Seniors’ Secretariat Seniors Community Grant Program.





Dr. Irene Turpie

A geriatrician whose love and respect for older adults, enables her to advocate for the perspectives of seniors to be heard throughout the health care system and beyond

“*Age should never prevent anyone from doing anything and it is very important to stay engaged.*”

Donna Waxman
DONNA WAXMAN PHOTOGRAPHY



Donna Waxman
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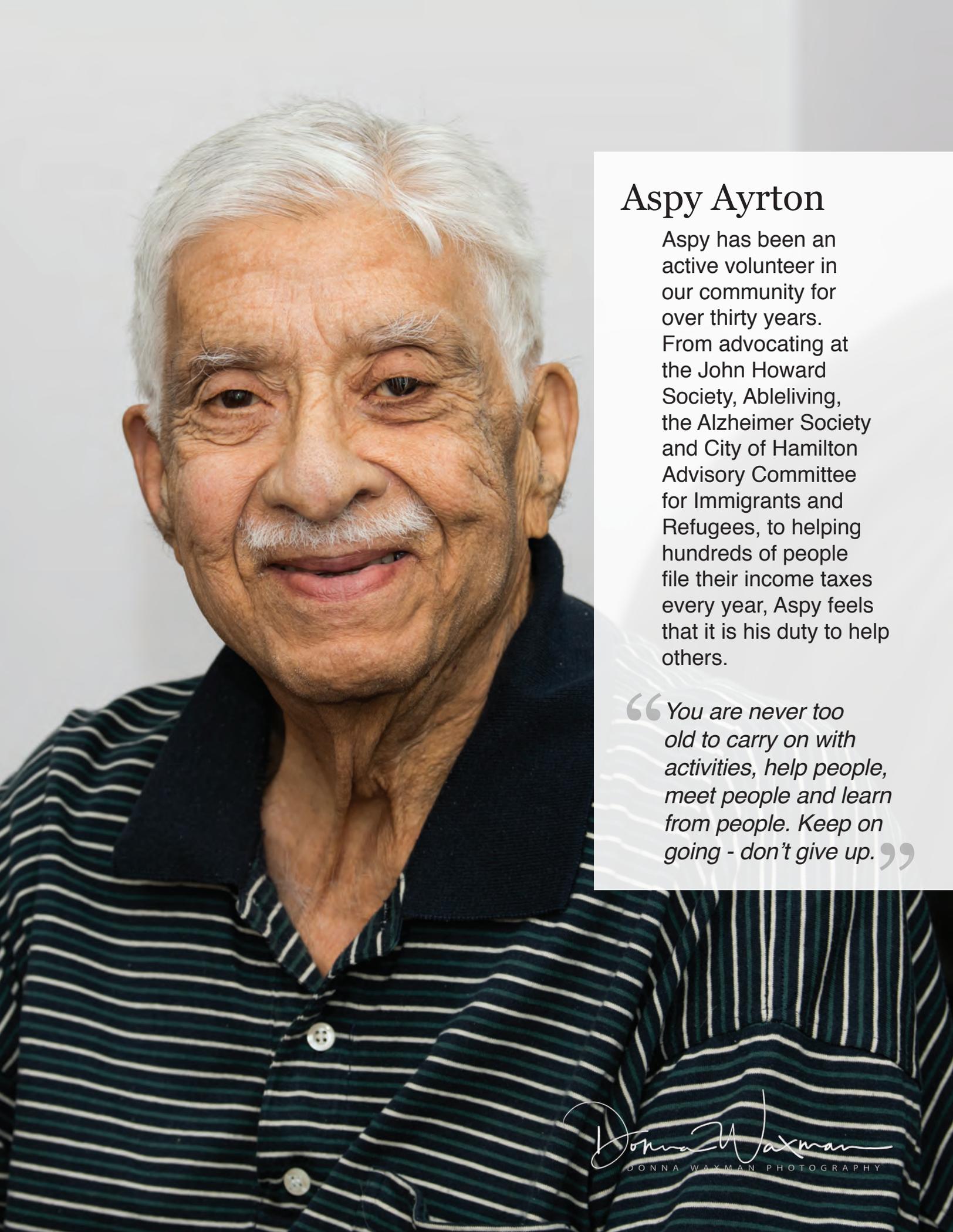


Donna Waxman
DONNA WAXMAN PHOTOGRAPHY

Joy Warner

A peace and justice seeker, blessed mother of 4 and grandmother of 9, lifelong partner to Gary

“You are never too old to deepen your spiritual life. I’ve traveled a lot outwardly and now my main desire is to travel inwards, to pursue the spiritual journey, enlightenment is my passion now.”



Aspy Ayrton

Aspy has been an active volunteer in our community for over thirty years. From advocating at the John Howard Society, Ableliving, the Alzheimer Society and City of Hamilton Advisory Committee for Immigrants and Refugees, to helping hundreds of people file their income taxes every year, Aspy feels that it is his duty to help others.

“*You are never too old to carry on with activities, help people, meet people and learn from people. Keep on going - don't give up.*”

Donna Waxman
DONNA WAXMAN PHOTOGRAPHY



Donnici Club Angelina Filice

Angelina understands the importance of being socially connected in one's community and of the role food and tradition play in bringing people together.

“You are never too old to cook (and make cookies and make salami!)”





Donna Waxman
DONNA WAXMAN PHOTOGRAPHY



Donna Waxman
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Donnici Club Frank Aquino

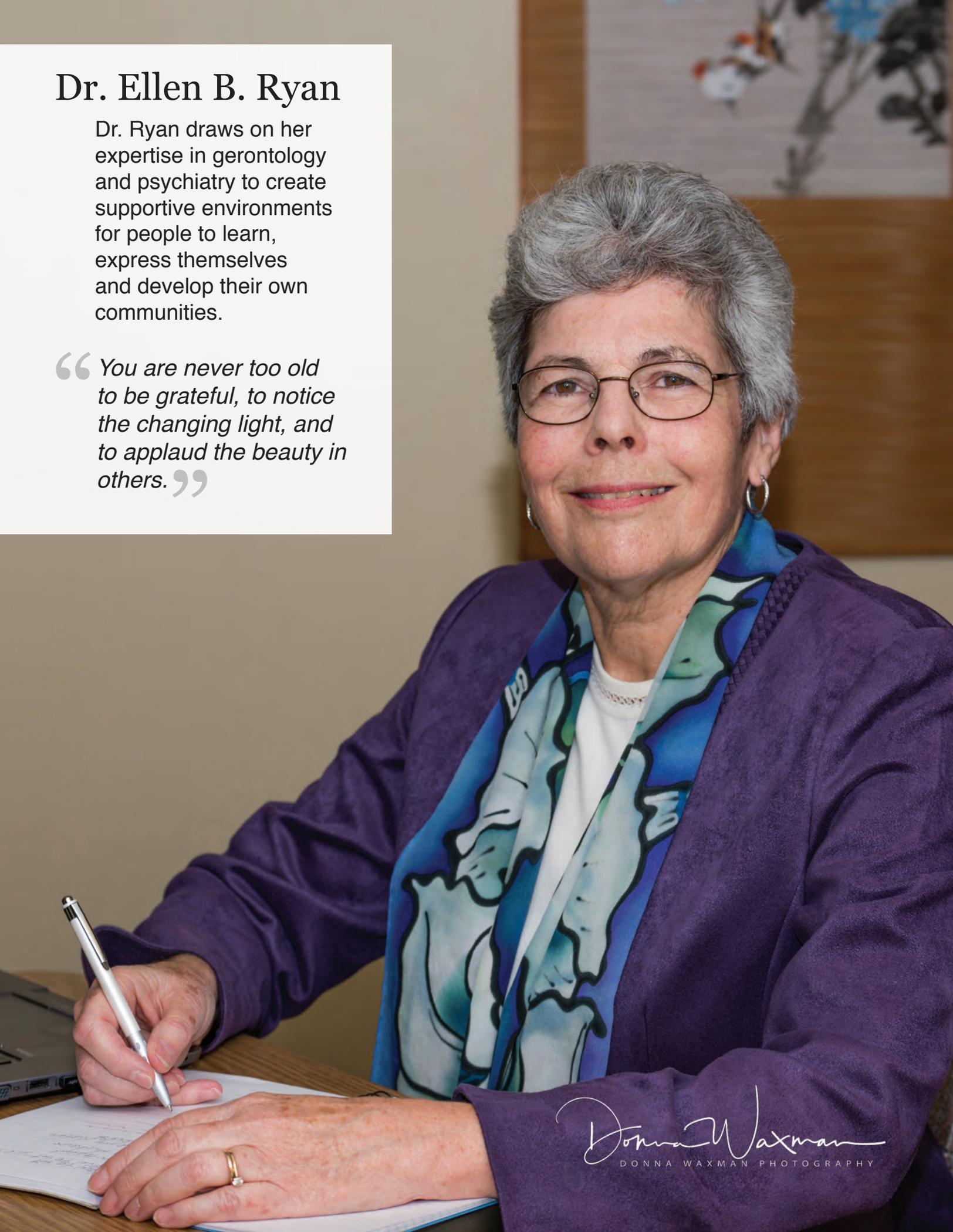
Frank's positive attitude and his desire to give back and contribute to activities at the Donnici Club highlight his commitment to community and sharing his heritage.

“ You are never too old to do anything because, if you know how to treat people, you can ask people to give you a hand! ”

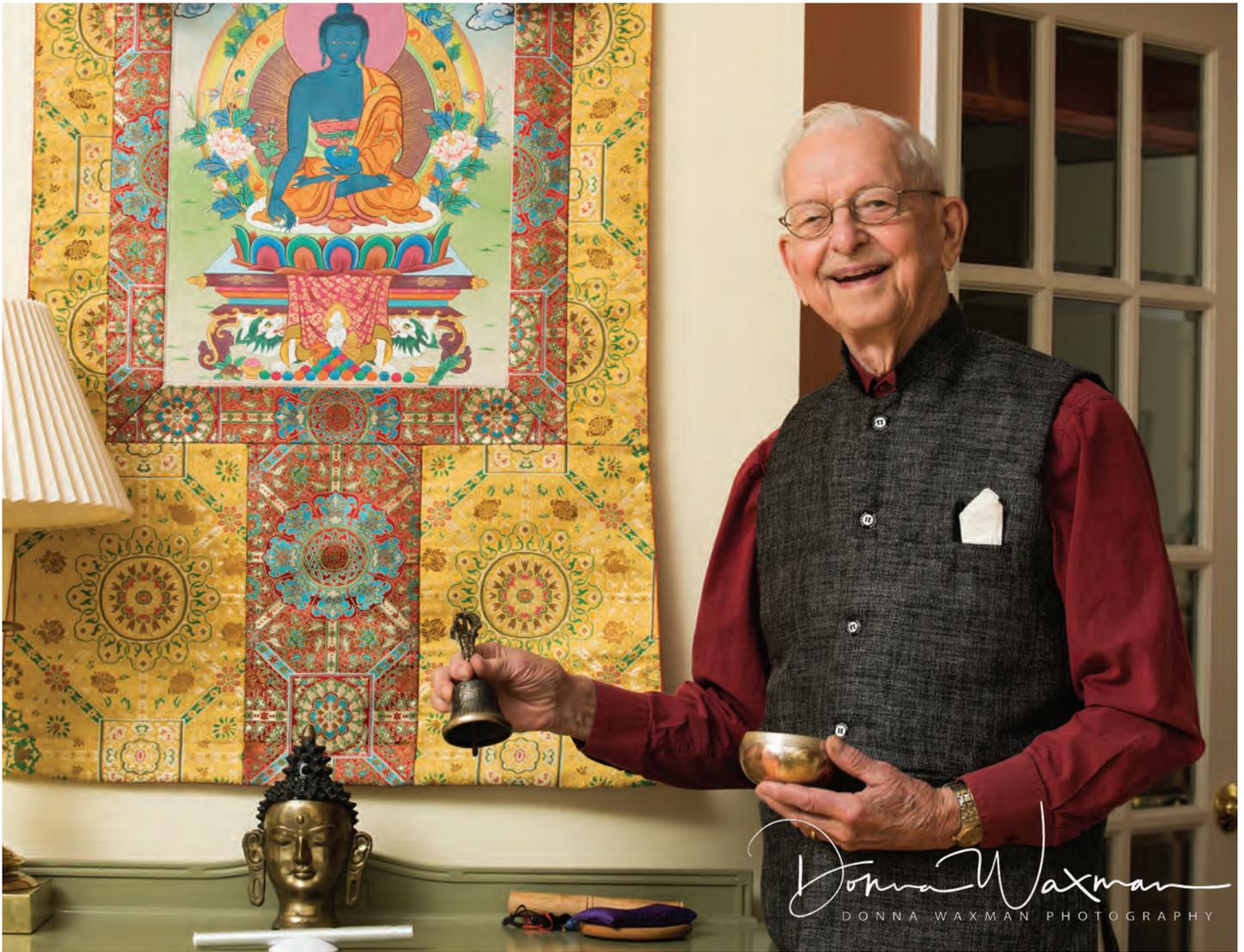
Dr. Ellen B. Ryan

Dr. Ryan draws on her expertise in gerontology and psychiatry to create supportive environments for people to learn, express themselves and develop their own communities.

“ You are never too old to be grateful, to notice the changing light, and to applaud the beauty in others. ”



Donna Waxman
DONNA WAXMAN PHOTOGRAPHY



Dr. Ronald Bayne

First Geriatrician in Canada

“ People always ask how I stay so well at 95 years old. I tell them that the diseases of old age are really diseases of middle age that begin earlier in life, are caused or aggravated by poor diet and little exercise, and become evident in later life. You also have to exercise the brain and always learn and do new things even though it may get harder. ”

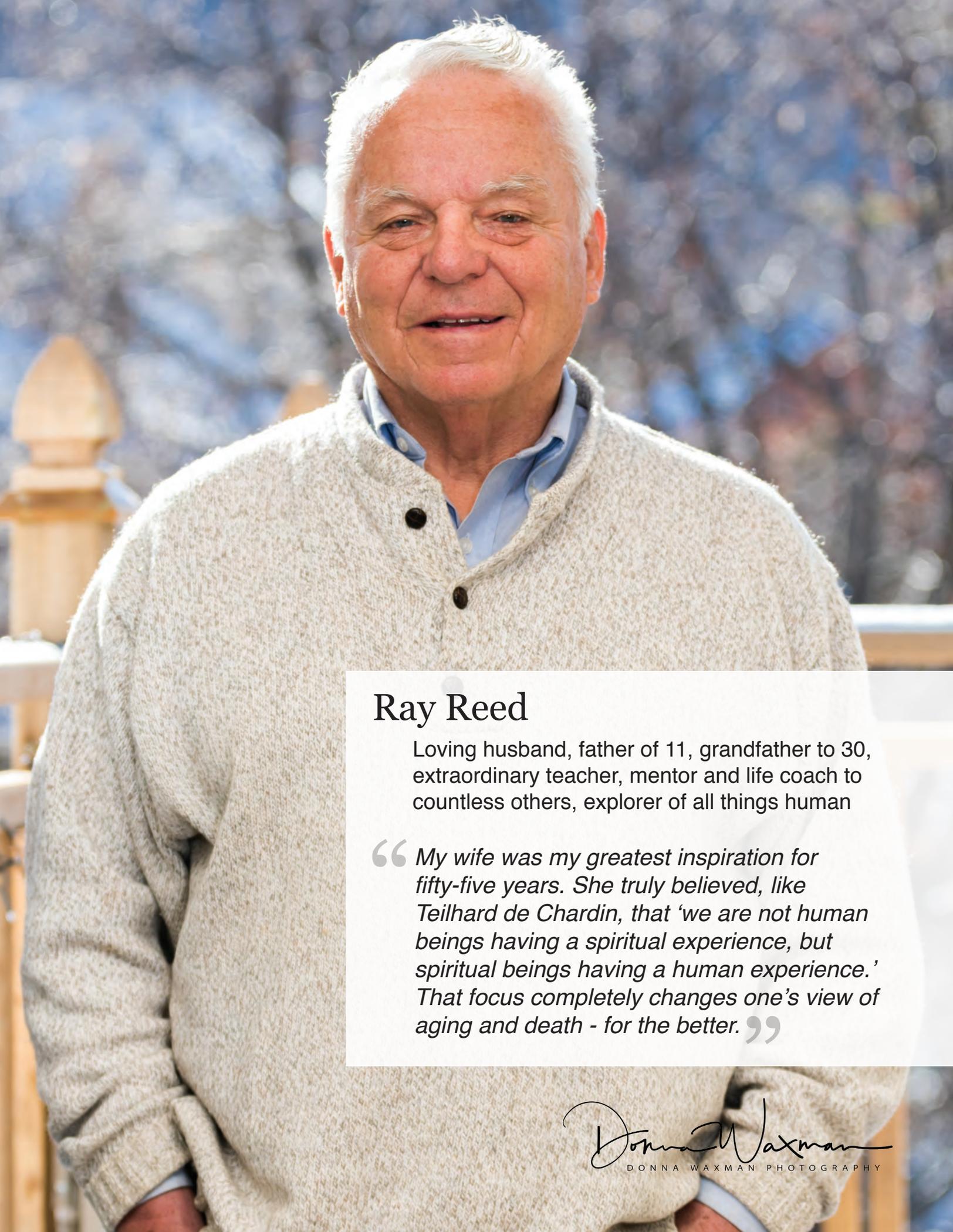




Shirley Glauser

A high energy community leader, athlete and fundraiser, who loves people and has her finger in many pies. As Administrator of the Ancaster Senior Achievement Centre for 17 years, Shirley was instrumental in helping it to become the welcoming and vibrant place that it is now.

“The key is people - you can’t do things in isolation. Senior centres can be a big part of that. People are staying younger longer. Just keep going till your body says stop for a little bit.”



Ray Reed

Loving husband, father of 11, grandfather to 30, extraordinary teacher, mentor and life coach to countless others, explorer of all things human

“ *My wife was my greatest inspiration for fifty-five years. She truly believed, like Teilhard de Chardin, that ‘we are not human beings having a spiritual experience, but spiritual beings having a human experience.’ That focus completely changes one’s view of aging and death - for the better.* ”

Donna Waxman
DONNA WAXMAN PHOTOGRAPHY



Donna Waxman
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Monica Quinlan

Escaping persecution in Chile 44 years ago, Monica developed a career in the social services and political spheres, making her chosen home in Canada the home of her heart for herself and her family.

“As I age I delight in the fact that my time is my own and I can put my energy where I want. You are never too old to find life’s connections and enjoy, enjoy, enjoy.”



Bob Thomson

Born in rural Ontario, Bob never considered himself a City person until recently. As the Chair of the City of Hamilton Seniors Advisory Committee, and Chair of Finance at Ancaster Senior Achievement Centre, Bob is a quiet voice working behind the scenes to make a difference for seniors in Hamilton.

“ You are never too old to learn, to help, to challenge yourself, and to grow. You are never too young to start. ”



Madeline Cook

Madeline Cook is an enthusiastic woman who is committed to helping others. A musician, “Maddie” as she is called is busily engaged several times a week playing the piano for residents in local nursing homes.

“*You are never too old to help somebody else.*”

Photo taken by Cheryl Fenn



Dr. Joan Heels

Dr. Heels is a self-described high school dropout who went back to school to earn her Ph.D. Joan is an internationally recognized musician and vocal instructor, whose work has provided her with many opportunities to entertain her love of travel. She is an active member in Rotary, Zonta and Toastmasters

“It’s what you learn after you know it all, that counts.”

Photo taken by
Cyndi Ingle



Photo taken by David Butcher

Heather Greaves

Heather is a Yoga Therapist and creative yoga teacher who has developed her own accredited yoga teacher training program. As a community builder and life long learner, Heather continues to take on new challenges and learning opportunities that come her way.

“ Aging is a wonderful opportunity to grow, change, and create meaning. Know your own value and your place in the community and share your special gifts and talents with others. ”



Dr. David Richardson

Dr. Richardson is an adventurous and enthusiastic person with interests ranging from architecture to genealogy, equine therapy, gardening and mentorship. He lives with his wife on a beautiful farm in Flamborough where he graciously provides space for healing using Clydesdale horses.

“You are never too old to try something new.”





Donna Waxman
DONNA WAXMAN PHOTOGRAPHY

Molly Chang

Molly is an active community volunteer, connector, and vibrant leader and advocate for seniors from the Chinese community.

“My life experiences have made me wiser, with better knowledge in some ways. Getting older is really more than ok, it’s fabulous!”

Pam Worman

Pam is a Zumba enthusiast who understands the power of dance to lift the human spirit while providing a great way to practice movement. Pam brings the gift of music and dance to participants of all ages.

“Take chances in life. Eat well. Take care of your health. You are never too old to dance.”



Donna Waxman
DONNA WAXMAN PHOTOGRAPHY



Donna Waxman
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Sylvia Kajiura

Sylvia left her home country of St. Lucia at age 25 to come to Canada. Starting her career as a teacher at age 16, she went on to be the first black woman in Hamilton to become a Principal. Sylvia also managed to simultaneously earn her Master's degree and sponsor six of her siblings to come to Canada, all while raising her two children.

“If your mind is focused on the things that you want to do, you will do them.”

Special Thanks

Thank you to our Project Steering Committee:

Dr. Mary Buzzell
Cheryl Fenn
Dr. Faiza Hirji
Rosemarie Morris
Pat Spadafora

Dr. Margaret Denton
Susan Goodman
Shelagh Kiely
Anne Pizzacalla
Donna Waxman

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Special thanks to David Butcher, Cheryl Fenn & Cyndi Ingle for their photo contributions to this campaign

About our Project Photographer



Donna has been taking photos her entire life and has always felt that captured moments become inherently more valuable with the passage of time. Photographs are what we count on to relive life's most precious and fleeting moments so that they are available for a lifetime and beyond.

Donna has been working at McMaster University for over 20 years. Concurrently, Donna completed her Applied Photography Certificate at Mohawk College in the evenings and on weekends.

Almost through an act of kismet, Donna was recommended to the Portraits of Aging Team for this work. Donna's passion for people and her connection to older adults have proven her to be the perfect fit for this campaign! She has gone far beyond the call of duty, spending countless hours, capturing real and meaningful images of each person featured in this collection.

The HCoA and Portraits of Aging Committee extend our heartfelt thanks to Donna for her exceptional work taking Portraits of Aging, challenging ageism by promoting positive images of aging!

Contact Donna Waxman
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905-536-2705

Donna Waxman
DONNA WAXMAN PHOTOGRAPHY

You're Never Too Old

Place
Your Picture
Here!

The Hamilton Council on Aging (HCoA) works within a collaborative network of individuals and organizations to improve life for older adults through research, education, and advocacy.

HCoA

Hamilton Council
on Aging

10 years
and growing stronger

Contact Us

To learn more about HCoA, contact
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