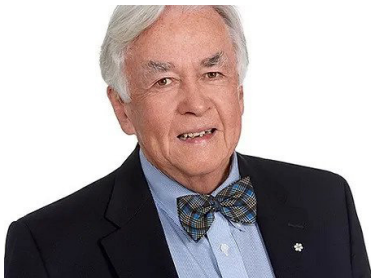


Michael Gordon “Brooklyn Beginnings: A Geriatrician’s Odyssey and Moments that Matter”



Michael Gordon’s neighborhood library propelled his career. His engineer father took him and his younger sister to it on Saturdays. On leaving he declared, “The library is the greatest invention of mankind: Within it, dwells all the world’s knowledge”. A.J.Cronin’s The Citadel compelled Michael to study medicine rather than previously planned engineering. Geriatrics found in him, a most responsive recipient.

Patrick LeSage “The Unintentional Judge”



Patrick LeSage was born and raised in Tweed, Ontario. After graduating in Commerce and Law, he worked for 12 years as a Crown Attorney and then 29 years as a judge. As a judge he presided over many trials, particularly in criminal law. He also served as Chief Justice of the Superior Court of Justice. It took Patrick three tries until he achieved full retirement six years ago! Now, at age 86, he continues to lead a busy and immensely enjoyable life.

Sue Ann Levy “Champion of the Underdog”



For 32 years as a journalist, Sue-Ann Levy has made it her mission to stand up for those without a voice: The poor, needy, the homeless, and during the pandemic, the elderly trapped in substandard long-term care homes. Her determination was driven by the obstacles and trauma she had to overcome having spent 20 years as a closeted lesbian during a time when being openly gay would have been career-limiting and as a result of two assaults, one that left her for near dead.

Tina Robeznieks “Aging Energetically, Always Learning”



Tina Robeznieks, 16, came alone from the Azores without English, education or Canadian connections. She retired at age 65, as the Recreation Manager for Belmont House, having provided emotional, social and spiritual support programs for residents functioning independently to experiencing advanced dementia. Tina, 72, lives, cares for and travels with older people, engaging them in positive aging and healthy lifestyle. She walks 5-8 km daily and enjoys downhill skiing.

**Northern District Library
Saturday, October 29th,
12:00 – 3:00 PM
Room 200 & 224**

Call us at 416-393-7610 to reserve a human ‘Book’ in advance, or drop by on the day of the event.

What is Unjudge Aging?

Unjudge Aging is a human library focusing on experiences of aging. Readers are invited to sit down with an older person for 20-30mins who will share their personal stories about aging. It is also a research project investigating the role of a human library focused on aging as a model to address ageism.

What is a Human Library?

Human libraries are a global movement, where people called ‘Books’ are checked out to ‘Readers’. The topics and stories shared by Human Books are intended to stimulate conversations and challenge the stereotypes that many people share about various identities, issues, and experiences. Human libraries began in Denmark and are now found in over 80 countries in libraries, but also schools, businesses, and many other settings.

Who is allowed to borrow a human book?

Anyone! However, children (12 and under) should be accompanied by a parent or guardian.



**Human Library:
Unjudge Aging**



Unjudge Aging is a human library event about aging. You are invited to check out a human ‘Book’ who will share their personal stories about aging and maybe challenge stereotypes you didn’t even know you had!

On **Saturday, October 29th**, reserve a human ‘Book’ for a one-on-one half hour chat between 12 PM - 3 PM.

As Canadian life expectancies are increasing, Canadians are likely to live longer, healthier lives, creating an opportunity for all of us. By elevating the critical importance of being age-inclusive in language and approaches, and becoming aware of biases, data shows that we are more likely to treat people fairly.



Alanna Quinn “Expanding Horizons, Yours and Mine” and “Harnessing Renewable and Personal Energy”



Chat with Alanna Quinn about her experience leading a monthly book club at an Assisted Living and Long Term Care home in Toronto. The book club succeeded in expanding access, mental and social engagement, and sparking new interests among the keen residents.

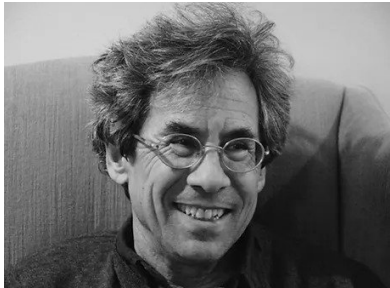
Taking a calculated risk, between 2004 and 2008, Alanna Quinn worked on the development phase of a wind farm in the Andes in Ecuador. Our proposal received environmental impact assessment approval and strong government and local support.

Bernie Little “My Stroke Changed My Life in a Positive Way”



Following cardiac surgery and a stroke, Bernie Little has found a way to live with aphasia with new found purpose and meaning. He shifted his busy work life to focus on families impacted by terror in Israel and to raise money to bring these children to Camp Timberlane in Haliburton, Ontario. The bonds he has created have shaped his story about how his stroke has changed his life in a positive way.

Dan Yashinky “Suddenly They heard Footsteps”



Storyteller Dan Yashinsky started his storytelling journey as a summer camp counsellor telling folktales around the fire. He has since traveled the world performing, teaching, and creating storytelling communities. He worked from 2014 - 2018 as the Storyteller in Residence at Baycrest, a geriatric care facility in Toronto.

Elizabeth McCallum “Beyond Pain: Creating Community”



Despite early ambitions to become a great TV director and producer, Elizabeth McCallum's career never went where she expected after ten years at the Nature of Things. “I am learning to accept that pain, the result of severe early onset scoliosis, cramped my style my whole life.” Helping refugees, graduate students, connecting people, building community in church choirs and her kids’ schools, are not the way to fame and fortune but maybe “I have had a richer life in the long run.”

Joan York “The Challenge of Change”



Joan York grew up during World War 11. Many changes happened in her formative years, and continue to this day. As an occupational therapist working in the community, she knows many find talking about life changes, retirement, health, or finances difficult. She believes it is important to have these discussions with family and friends, make one's wishes known, and make plans. When in crisis there will be fewer choices. Joan will also talk about her own experience in a granny scam.

John Fraser “Adversity and Opportunity: A Life In Journalism”



John Fraser started a life-long career in journalism as a 16-year-old summer “copy boy” at the old Toronto Telegram. It was the same year as his mother was placed in a hospital for the “mentally ill” and his father succumbed to alcoholism. Fraser went on to work at the Globe and Mail, as a foreign correspondent, the editor of Saturday Night magazine, and the ‘Master’ of Massey College. Following retirement, he became the founding CEO of the National NewsMedia Council of Canada, the country's leading press and media watchdog.

Karen Weiler “Aging Gracefull Using Life Lessons”



Come listen to Karen Weiler as she talks about how four important lessons in life guided her career in law, and are helping her to age gracefully in retirement.

- Don't let others define who you are and what you can do
- Use your skills and knowledge to advance a cause you feel passionately about
- Be willing to continue to learn
- Don't be afraid to ask for help, accept help and help others

Kaye Joachim “So, Where Are You From?”



When Kaye Joachim was growing up Brown in Scarborough in the 1960's and 70's she was asked that question incessantly, from teachers, students, complete strangers. It made her feel uncomfortable, as though she was not a “real” Canadian, but an outsider. Kaye has grown to appreciate her Sri Lankan heritage and recognize that her experience as an immigrant has shaped important parts of her life.

Dr. Lauren Zeilig “How I Met the World as a Family Doctor”



Dr. Lauren Zeilig worked as a family physician and GP psychotherapist for almost 58 years before his retirement at the end of 2019. The most interesting and satisfying part of his work was meeting diverse patients from all over the world. He had respect for their humanity and they for his. One patient that stands out is “Father Moustache”. Dr. Zeilig will share anecdotes about his relationship with this patient and the learnings they shared. The importance of a holistic view of the persons he cared for is highlighted.

Linda “Multi-Dimensional Aging”



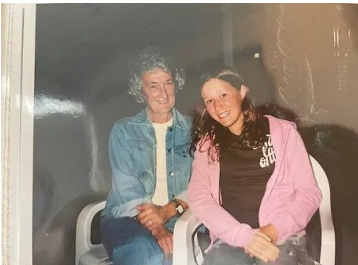
Linda was a lawyer for 40 years, beginning at a time when few women entered the profession. Throughout her legal career and after retirement, she has been assisting refugees. Her message is – do not be defined by career. She balances family, a developing career as an artist, exercise and social interests, aging as a multi-dimensional person!

Medy Lintunen “What Dying Taught Me About Living”



Medy Lintunen immigrated to Canada from the Philippines in 1964 to pursue a career in nursing. She specialized as a geriatric registered nurse and worked in a variety of settings including long-term care, geriatric outpatient clinics, bedside nursing in palliative care and adult day programs. All of her work with older adults was meaningful but the experience that changed her the most professionally and personally was caring for people at end-of-life. Medy looks forward to sharing with you, the important lessons she learned and how she lives life now in retirement.

Melissa Muller “A Grandmother’s Choice for a Medically Assisted Death”



Told by her granddaughter, Melissa Muller shares the story of Janet and her decision to have MAID. Sharing her life's story, the final conversations and moments with loved ones from across the world, and how a difficult moment can be seen as something beautiful.