



INTERNATIONAL FEDERATION ON AGEING
Global Connections

eNews

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IDOP - Gurgaon, Delhi, INDIA - Courtesy: Dr Alakananda Banerjee

International Day of Older Persons United Nations New York

New York - United Nations Secretary General Ban Ki-moon - "This Day marks the twentieth anniversary of the International Day of Older Persons". "Older persons play an invaluable role in all societies - as leaders, caregivers and volunteers - yet are also vulnerable to discrimination, abuse, neglect and violence". "On this International Day, I call on Governments to do more to address the needs of older persons. The key interventions are well-known: granting universal access to social services; increasing the number and worth of pension plans; and creating laws and policies that prevent age and gender discrimination in the workplace".

"With five years left before the 2015 Millennium Development Goals deadline, it is time for Governments everywhere to institute the financial, legal and social protections that will lift millions of older persons out of poverty and ensure their rights to dignified, productive and healthy lives".

UN NGO Committee on Ageing - Chairperson Jessica Frank - "For the first time in history there will be more older persons in the world

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IFA 11th Global Conference on

than children in just a couple decades".



"As we celebrate IDOP it is also important that we recognize that we are far from fulfilling our goal of building a society for all ages. There is no doubt that the MDGs have been influential in galvanizing international support and providing momentum to tackle poverty, hunger, disease, climate change and discrimination against women. However, as a Committee of organizations representing older persons around the world, we are concerned about the continued exclusion of older women and men in international agreement and the

Millennium Development Goals. There is significant lack of recognition of the critical contribution they make towards the achievement of the MDGs".

Read more at: http://www.un.org/ageing/un_meetings.html

Ageing

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New World Elder Abuse Awareness - Teen Tool Kit release

IDOP Russia - "Dobroe Delo"- Speaks Out

By Edward Karyukhin

On the 1st of October every year, the world celebrates the International Day of Older Persons. On this day, humanity pays respect to, and acknowledges the merits and experience of the older generation. The recognition of these values is one of the most ancient traditions of reverence for elders in the history of civilization.



We, the Russian non-governmental organizations (NGOs) who are helping the elderly, are not excluded from these universal trends. It is generally recognized that our sector of civil society in Russia played a significant role in the social adaptation of the elderly in the last difficult decade. Age demands action - this is the view of elderly people, and also the title of the global initiative on the 1st of October, in which the elderly are participating, with the objective of establishing constructive dialogue with local

and regional authorities to address their most pressing problems. Such dialogues are aligning the elderly in our country with the community organizations which are helping them.

Traditionally on days like these, we turn to the legislative and executive branches of authority of the Russian Federation, and to the community and the citizens of our

country with an appeal to make every possible effort to eradicate poverty among the elderly as well as displays of discrimination against them, to prevent infringements of their rights and interests, to overcome gerontophobia and age stereotyping, to develop a comprehensive culture of respect towards the elderly, a culture worthy of intergenerational relations.

In a changing Russia, we are striving towards a changing social policy for older people! This is the vision of NGO activities of our association and elderly in Russia. Contact email: edkar1@mail.ru

Working on a Convention on the Rights of Older Persons

By: Mary J. Mayer (IFA United Nations Representative)

Since its creation, the protection of human rights has been a cornerstone of the work of the United Nations. Article 1 of its Charter proclaims that one of the purposes of the United Nations is to achieve international cooperation in promoting and encouraging respect for human rights and fundamental freedoms for all without distinction as to race, sex, language or religion. Thus, one of the first major achievements of the UN was the adoption of the Universal Declaration of Human Rights in December, 1948 which stated that "all human beings are born equal in dignity and rights" and are entitled to all the rights and freedoms set forth in the Declaration "without distinction of any kind such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status".



Note that one important distinction is not included: age. Thus, despite the existence of the Universal Declaration of Human Rights, older persons are not explicitly recognized under international human rights laws that legally oblige governments to realize the rights of all people. In effect, older persons' rights are mostly invisible under international law.

[Read Full Article](#)

Nicaragua and the Issue of Global Aging

The Jessie F. Richardson Foundation - Clackamas, OR

Dr. Keren Brown Wilson, a pioneer in Assisted Living, had the opportunity to see the poverty in Nicaragua when she traveled there with the Pan American Health Organization. After multiple trips to this nation in severe need, she decided that Nicaragua could be used as a beta, or test site, to come up with a practical, sustainable, and most importantly replicable solution to the lack of funding for elders. This is especially important in the developing world. JFR has been involved in Nicaragua since 2002. For more on the story and background of our organization, please visit: <http://www.ifrfoundation.org/>

Nicaragua is currently the 2nd poorest nation in the Western Hemisphere and one that struggles mightily when it comes to the care of its elders. A great deal of the public funding is earmarked each year for education and maternal care, but does little to aid those individuals of retirement age. Currently, only about 15% of people aged 60 and older receive any kind of pension. Many elders are abandoned in the streets or simply left behind as their families go in search of work in Costa Rica, Honduras or the United States. The lucky ones are left on the doorsteps of places called *hogares*, or assisted living shelters. These homes generally have a low capacity to house people as well as being short staffed and low on medical supplies.



One of the major ways that we work to meet the immediate needs of the *hogares* and build capacity there is through our Service Learning trips. Each year we lead teams of college students from Portland State University, Concordia University, and Pacific University down to work in the rural communities in which the homes are located. The students range in their disciplines from community health to nursing, and engineering to physical therapy, with many more in between. These students bring down donations of medical supplies and provide training for caregivers, new building projects, as well as the love and attention needed by people living in a relational culture. For images of what some of this work looks like, please watch this video put together by a student from Portland State University: [Global Aging Nicaragua](#)

Our more sustainable projects involve programs that could help to eventually make the homes self-sufficient. One such project involved a group of Engineering students from Portland State University and another group called Engineers Without Borders. The two partnered with local University students to install water towers at the *hogar* in Jinotepe so that the need could be met even when the water from the city was shut off. We have started a chicken-coop where residents can each have an egg a day and extras can be sold. We are currently exploring partnering with other universities to develop further opportunities for micro-enterprise and purposeful profit in order to help sustain the homes.

JFR is currently running a donation drive called Wheels to Nicaragua. In order to try to meet some immediate needs of elders in various *hogares*, we are sending a large container shipment of medical supplies to Nicaragua. This shipment will be sent down in December and will hopefully be distributed around the time that one of our student service learning groups is in the country. If you feel that you would like to donate either supplies or the monetary funds needed to defray the cost of the actual shipment, please visit our website: <http://www.ifrfoundation.org/>

The Jessie F. Richardson Foundation is a group that welcomes collaboration with other organizations and would love to form further partnerships with universities or non-profits that are interested in finding solutions to the problems brought forth by Global Aging. This is a very crucial time for the world to be addressing these issues because over the next few decades, a significant portion of the population will be aged 60 and over. This is why creating sustainable solutions, especially in developing nations, is so important. Please join the Jessie F. Richardson Foundation in working for a better future for our elder populations.

Since 2002, we at the Jessie F. Richardson Foundation (JFR) have worked to come up with solutions to the problems brought forth by Global Aging. The work of our foundation is performed mainly in West Virginia and Nicaragua where we work in assisted living homes. We address the issues of Global Aging in a three tiered system: 1) we try to provide for some of the immediate needs in our sites like medicine and funding, 2) we provide education and other capacity building activities, and 3) we find sustainable solutions to make the assisted living homes into self-sufficient communities so that they will not need so much outside assistance.

Feature Interview Mr. Ramesh Gopee, IFA Director Chairman of Non Governmental Organisation Trust Fund - Mauritius

You were the Permanent Secretary of the Ministry of Social Security and National Security in charge of Senior Citizens Welfare and Reforms Institutions in Mauritius. Tell us why you accepted to be the chairman of NGO Trust Fund?



As the NGO Trust Fund's mandate was to equally address the needs of vulnerable groups, including the elderly, I readily accepted the offer as it constituted an extension of the work I was already performing as Permanent Secretary and enabled me to initiate immediate action to further improve their lot.

Who is your main influence in your professional life? Why?

This is quite tricky, I must confess! The guiding influence for me as well as for a lot of Mauritians has and will be the ideals pursued by the first Prime Minister of Mauritius, the late Sir Seewoosagur Ramgoolam. He believed on the virtues of honest work, dedication and care for others. More importantly, he believed that economic development cannot and should not be an end in itself but should go hand in hand with social justice. He is credited with having introduced the social welfare system in Mauritius, which subsequent Governments have improved upon. One of the hallmarks was the introduction of universal pension to retired and elderly persons which is still the norm today, forty years after independence.

Tell us a little more about your life before Trust Fund.

Over a period spanning slightly less than three decades, I worked in various Government ministries and departments in various capacities. These Ministries mandates ranged from labour issues, housing, environment, finance, social security, internal and external communications, telecommunications as well as information technology to name a few. It was both interesting and enriching both on the personal and professional levels and it further consolidated my belief that the finality of Government and non-Government initiatives should have as its main objective the upliftment and well-being of fellow human beings.

What is the most reward part running Trust Fund?

To witness first hand the positive impact our action has on the lives of people at grassroot level, be it financial assistance to disabled children and adults, the provision of white canes to visually impaired people etc. etc.

What are some of the major challenges you face running your organization?

There are not many challenges but one of them relates to the increasing needs of vulnerable people as well as the complexity of the problems faced by them as a result of emerging social ills such as HIV disease, unwed mothers, drug abuse etc. etc. The mobilization of adequate financial resources on the one hand as well as working towards a greater synergy between the various funding agencies for a more concerted and focused action are foremost in our minds.

Where do you see Trust Fund in the next 10 years?

I have a dream whereby the organization would be the one-stop shop thrust to drive nationally all manner of actions aimed at alleviating pockets of poverty and enhancing the quality of life of vulnerable segments of the population, especially old people, on the basis of our good track record, experience accumulated overtime at resolving social problems, trained personnel and skills to monitor and evaluate the impact of social projects funded by Government.

What is your vision for the IFA's 12th Global Conference on Ageing?

Firstly, to raise again and again awareness of the plight of old people worldwide and the need to address on a priority basis the problems experienced by them;

Secondly, to sensitize would leaders, policy makers, Government officials, NGOs to work towards the empowerment of elderly people for them to age gracefully, with dignity and continue contributing to the progress of the societies they evolve in,

Thirdly, the global conference to come up with ideas, schemes, programmes that are pragmatic and implementable that can be adopted and adapted by all the stakeholders

to make of the elderly population a force to reckon with and an invaluable component in the making of a better tomorrow.

[To Read More about NGO Trust Fund](#)

Foundation Chair of Ageing and Alzheimer's Disease - Professor Ralph Martins awarded Melvin Jones Fellowship

Edith Cowan University's Foundation Chair of Ageing and Alzheimer 's disease, Professor Ralph Martins, has been awarded the Lions International Melvin Jones Fellowship for dedicated humanitarian services including his research on Alzheimer's disease.

Lions International recognizes outstanding individuals by bestowing on them an award that is named for its founder, Melvin Jones. He founded Lions in Chicago USA in 1917 and it is now the world's biggest service club. The Melvin Jones award is Lions highest award and is generally awarded to those who give service over and above the norm in either Lions or in the general public. It also recognises outstanding individuals whose contribution to society is usually enormous. The recipient of this award becomes a model because of the exemplary service to his club and the community for which it serves.



A Lions club must nominate someone who they consider deserving of a Melvin Jones award. That club nominates the person to Lions International headquarters in Chicago. They approve the nomination and forward a plaque in recognition.

Since 2006 The Claremont/Nedlands Lions Club have been involved in raising funds for Professor Ralph Martins and his dynamic team in their quest for the "Holy Grail"- "THE CURE FOR ALZHEIMERS."

The grand sum of \$35,000 has so far been raised by the Claremont/Nedlands Lions Club mainly through the now famous Sportsman's Club Luncheons. Other clubs in District 201W1 have also contributed significant amounts. A Quiz Night, selling of The Alzheimer's Rose Pin, Scrap Book Conventions and countless sausage sizzles have assisted this cause. The grand total raised so far is in excess of \$70,000.

Raising Community awareness is another project undertaken by club members, who have travelled far and wide spreading the word of the research work into this dreadful affliction, whilst informing people of where research is currently at.

Age Strong-Intergenerational Project

By: Sheli O'Connor

Wellington Seniors at Risk System Coordinator

A project funded by the government of Canada through the New Horizons for Seniors program, this intergenerational project has been developed to raise awareness of ageism and elder abuse. High school students and seniors in Guelph Wellington, Canada worked together to develop an information package to be used in high schools to address ageism and elder abuse.

"The abuse and neglect of older adults is not a new problem. Although present for many years in our society, it has existed in relative silence, denial and isolation. Greater acknowledgement and interest has been generated over the past few years and now communities are faced with the task of responding to the issue".



The IFA is please to showcase this initiative, as it is a great demonstration of older people and youth working together on a specific issue. Take a few minutes to view this fantastic video.

[View Video](#)

Singing Around the World - Cisco Connected Technology



No longer do you have to be in the same country, let alone the same room to enjoy a good old fashioned sing-a-long. Cisco Systems Video Conferencing Technology, initially designed to save on business travel costs, has united two singing groups, one in Melbourne and one in Amsterdam for a truly global sing-a-long.

The brainwave of 'singing around the world' came from Cisco systems' Kevin Johnston. The virtual link-up saw a choir from Almere, near Amsterdam and Melbourne's Emmy Monash Aged Care choir share their own experiences through song. The Emmy choir has been singing together for two years and is led by Pamela Bruder. Members are regularly joined by the children of Wooranna Park Primary and sing the majority of their songs in Hebrew, with a little Yiddish thrown in.

In contrast, the Dutch choir got together as a result of Cisco involvement and have their own unique way to get their point across. Sneaking a small keyboard into public libraries, they break into song and then promptly leave before they are ejected. This is

their own form of political protest, engineered to highlight the plight of older people who are often forgotten in times of prosperity.

The joy at being able to spread the word through song was evident on the faces of all those who participated and, overseen by Kevin from Cisco's London office, this was truly a global affair. This initiative was part of Cisco's "Ageing Well" programme, led by its Internet Business Solutions Group (IBSG) - a not-for-profit consulting group who address pressing world issues, and how connected communications can make a major difference.



Kevin Johnson



Debbie McTaggart, Editor of YOURLifeChoices magazine in Australia described how it worked. "Three large screen televisions were linked up to the one feed. A camera was positioned at the top of the middle screen with three separate cameras spanning the room; attendees were seated in a semi-circle around the screen. The voice activated cameras zoom in on the persons speaking (or singing) so London only

came on screen when they talked and for the rest of the time Melbourne saw Amsterdam and vice versa".

Melbourne sang four songs; two in Hebrew, one in Yiddish and *Go Tell It on the Mountain*. Amsterdam responded with a variety of songs - *Big Girls Don't Cry*, *Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini*, *Johnny B Good*, *Rock around the Clock*, and *Shake, Rattle and Roll*.



The potential application of Cisco technology for enhanced health and increased connection for older citizens, whether in the Netherlands, Melbourne or some other equally mysterious destination is truly exciting. As well as virtual choir practice, this technology has also been used to assist those who are house bound to receive virtual diagnoses, and rehabilitation with a video-linked professional. No longer will disability automatically mean older people will miss out on advice, connection or fun activities. The sky truly is the limit.

"Seeing how video can overcome constraints of distance, and help people to work, learn and (in this case) play and live is, for me, really gratifying."

Kevin Johnson, Internet Business Solutions Group, Europe

Follow some Cisco links:

http://newsroom.cisco.com/dlls/2010/prod_070210b.html

Une réforme qui ne passe pas

By Delphine Santini

Le Président français Nicolas Sarkozy et son Premier Ministre François Fillon avaient prévenu : ils ne lâcheront rien. Ainsi, le calendrier parlementaire s'enchaîne : après l'Assemblée Nationale, le Sénat a adopté la réforme des retraites. Le relèvement de l'âge de départ à la retraite se fera donc de 60 à 62 ans pour l'âge légal et de 65 à 67 pour un départ sans décote.



Cela pourrait être définitivement entériné si la France se résumait à l'Elysée et Matignon. Mais ce n'est bien évidemment pas le cas, et il faut compter sur une contestation croissante et des manifestations qui se multiplient partout en France depuis plusieurs semaines. Nous pourrions rappeler à notre gouvernement si inflexible devant la contestation populaire le destin funeste du Gouvernement d'Alain Juppé en 1995, tentant déjà un

recul de l'âge de départ à la retraite. L'implication récente de la jeunesse dans les manifestations pourrait alors bien faire basculer le mouvement. La lutte pour les acquis sociaux est historique en France, elle fait partie de notre culture, même si l'on peut déplorer que les réformes ne se fassent pas assez de façon plus tempérée et constructive des deux cotés.

L'attitude du gouvernement qui brandit de fausses nouvelles concessions, comme celle très restrictive accordée aux femmes ayant eu au moins 3 enfants et ayant cessé temporairement leurs activités professionnelles et celle concédée aux parents d'handicapés, ne suffira certainement pas à faire retomber la colère des syndicats et des manifestants, qui bénéficient d'un très large soutien de l'opinion publique (selon BVA et CSA, 66% des Français sont favorables à un durcissement des actions et 69% soutiennent les syndicats).

Cette tactique politique d'intransigeance devant la pression populaire peut néanmoins s'avérer gagnante pour un Président qui veut reconquérir son électorat de droite de plus en plus distant.

Il est certain qu'un relèvement de l'âge légal de départ à la retraite pourrait permettre

contenir le déficit de la branche vieillesse de l'assurance maladie, mais cela s'avérera totalement contreproductif si les gouvernements continuent à négliger un pilier indissociable : le taux d'emplois des séniors. En France le taux d'emploi des 55-64 ans est encore faible (39%) et très inférieur à la moyenne européenne (45%), le taux des 55-59 ans est lui dans la moyenne de nos partenaires. En effet tout le monde sait bien que les entreprises privées cherchent à se séparer de leurs salariés au-delà de 55 ans, qui leur coûtent le plus cher au niveau des salaires et qui ne sont pas forcément les plus productifs.

Un texte de loi ne suffira pas pour répondre à ce défi aux portées bien plus larges que seulement économiques. Ce sont les mentalités, et notamment celle des employeurs, qu'il faut changer. Considérer enfin les séniors comme des membres bénéficiant à la société et à l'économie, et non comme un fardeau, est indispensable pour la survie de notre système de sécurité social solidaire, que tant de pays nous envient.

Ce n'est que par cette voie qu'un régime de retraites pourra être économiquement et socialement soutenable. Contenir les inégalités sociales, de plus en plus criantes en période de crise économique, et assurer des situations équitables pour tous, est plus que jamais primordial pour faire converger toute la société vers un même objectif social.

World Economic Forum Longevity Roundtable

As a member of the Board of the World Demographic Association the IFA was very proud to be part of the World Economic Forum (WEF) Longevity Roundtable in August to discuss the impact of falling fertility and increased longevity on the global risk



landscape. The overriding message of the Round Table was uncontested - the demographic shift is not in and of itself a risk. Although it will require far-reaching economic and social reforms, the demographic shift can be managed. The risk is that states are not sufficiently proactive in pushing reform; and society does not accept that major reforms are necessary. The failure to address this issue has the potential to exacerbate and amplify other global risks identified by the WEF.

[Read Full Article](#)

New look Get Up & Go Brochure launched in Edinburgh

Aimed at the young at heart with a longer, healthier life as a goal - Liz McGettigan, Head of libraries and information Edinburgh

We should all be turning more of our attention to staying active, enjoying life, making

friends, waging war on our waistlines, and extinguishing our cigarettes for good. That is some of the wisdom that emerged from the Harvard Study of Adult Development, the longest, most comprehensive examination of aging ever conducted. Since the 1930s, researchers have studied more than 800 men and women, following them from adolescence into old age, and seeking clues to the behaviours that translate into happy and healthy longevity.

In fact, rather than obsessing about our cholesterol, or even the genetic hand we were dealt, the Harvard study found that we would all be better off becoming preoccupied with the following factors that turned out to be most predictive of whether you'd move successfully through middle age and into your 80s:

- Maintaining strong social relationships and interests
- Pursuing education
- Staying active
- Avoiding cigarettes
- Good adjustment or coping skills ("making lemonade out of lemons")
- A healthy weight



Woody Allen once observed that no one gets out of this world alive, but for as long as we're here, we might as well stay as healthy and happy as possible. The research shows that it is astonishing how many of the ingredients that predict longevity are within your control.

You've Gotta Have Friends! - Aging successfully, is something like being tickled -- it's best achieved with another person. Whether our social connections are with a spouse, offspring, siblings, bridge partners, and/or fellow churchgoers, they're crucial to good health while growing older.

To make access easier to all of the opportunities to help our citizens to do this we have developed Get Up and Go - a brochure for 50 +, the young at heart!, a brochure that is unique to Edinburgh. Jam-packed with articles and information and over 300 organisations and activities, from quilt making to canoeing, there is something for everyone. It is a known fact that we will have much more of an older population in this country and to being able to access, in one place, a hobby or exercise to suit the individual is a great asset.

This is all available electronically too at: [Click Here](#) and at [Click Here](#)

The intention is to continue to improve and build on the existing brand and take Get Up & Go to another level, to take the brand through to IT and Library events and reading developments.

[To Read the Get Up and Go Brochure](#)

"To get back my youth I would do anything in the world, except take exercise, get up early, or be respectable."

By: Oscar Wilde

Asia Pacific Conference on Ageing 2011
Dignity & Grace Of Ageing
Singapore, March 24, 25 & 26 - Venue: Marina Mandarin Hotel



**BROUGHT TO YOU BY GERONTOLOGICAL SOCIETY OF SINGAPORE (GSS)
IN CONJUNCTION WITH ITS 25TH ANNIVERSARY CELEBRATIONS**

The Gerontological Society of Singapore (GSS) invites delegates from countries in Asia Pacific and the World to the APCA 2011 Conference. It is a conference for organisations, professionals and individuals who believe in the Dignity & Grace of Ageing. We aim to bring together people, experiences, and ideas to promote and develop our older adults.

Most of growing number of older adults are relatively healthy and are interested in being actively engaged. Even the frail elderly can be strengthened. Together, they can continue to contribute effectively to the social and economic development of families, communities, and society.

Who should attend?

This conference is for everyone who has an interest in working for the well-being, care of the elderly, and administration of elder care services.

- Individuals who have an interest in the well-being of the elderly and ageing in Grace and Dignity
- Press, publicity and corporate communication personnel who wish to keep abreast of the expanding world of caring for the elderly with grace and dignity
- Policy makers who work with the elderly and care for the well being, grace and dignity of the elderly
- Professionals - Managers, Administrators, Social Workers, Therapists, Nurses, and Doctors - who take care of the elderly and ensure that they are given Grace and Dignity

Why attend?

The APCA 2011 Conference has:

- A one-day Pre-Conference Workshop
- Seven plenary sessions including the 2011 Henry Lim LecturSeventeen symposia
- Four public symposia
- Poster presentations
- Free paper presentations

There is something of interest for every delegate.

For more information visit our website at [Click Here](#)
[Tor Read Registration Information and the Conference Programme](#)

Distinguished Senior Citizens of the World 2010 Congress Your Invited to Istanbul

The Turyak Seniors Council Association will hold the Distinguished Senior Citizens of the World Congress 2010 in Istanbul from 3 to 6 December. Today, we are facing many situations that cause discomfort, restlessness and anxiety for older people across the globe. This is not only the result of the economic crisis, but also a system's crisis, encompassing a number of crises among cultures, political systems and the ecosystem across the globe.



Invited delegates from countries around world will come together in Istanbul, Turkey in December to lead discussion on ways for living wisely and together on our planet by bringing together their past experiences on; economics and environment; on past and present cultures; on our heritage of wisdom; and their new proposals to enlighten us on best practices.

[It is not to late - Register Today](#)

Closing Note

Dear Readers,
We are always on the lookout for articles and best practices examples to share with our readers. Let us know what you are doing!

For submissions for our next e-newsletter, please e-mail them to either, Delphine Santini at dsantini@ifa-fiv.org or myself at gshaw@ifa-fiv.org.

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