

## About Suzanne Cook<sup>Ph.D</sup>

Suzanne is a gerontologist, researcher, educator, speaker and advisor to organizations and government on the implications of meaningful contribution for healthy aging and social policy.



Suzanne brings considerable experience from academia, business, government and non-profit organizations, giving her a unique ability to bridge theory and practice within these spheres.

She uses her expertise to enlighten others, create awareness and develop innovative and responsive solutions to issues surrounding aging and build policies and programs for organizations that value older adults.

Visit [suzannecook.ca](http://suzannecook.ca) for more info and to watch Suzanne's video

## CPL 150 UPCOMING EVENTS

*Celebrating 150 years of continuous library service in Caledon*

### One Book One Caledon

Michael Redhill's *Bellevue Square* has been selected as this year's *One Book One Caledon*.

There will be many opportunities throughout the year to attend events, discussions and programs that will focus on aspects of this complex novel.

Here are a few:

- Mental Wellness & You | **April 11**
- Trivia Night | **May 16**
- Community Book Discussion of *Bellevue Square* | **June 21**
- Cooking with Christine | **Sept. 25**
- Author Event | **Oct. 25**

### CPL's Amazing Race

A car rally, scavenger hunt and team competition exploring the Caledon community. The day will end with a BBQ featuring music and games.

**September 29 | Throughout Caledon**

### CPL's Homecoming

A celebration of the past and present. An open invitation will be extended to all current and former board and staff as well as library champions and supporters to join us as we reflect on the past 150 years, catching up with old friends and reliving great memories.

# Leadership Lab for Older Adults

presented by  
**Suzanne Cook Ph.D**



**March 22 - April 26**

**7:00 - 8:30 pm**

**Albion Bolton Branch**



**March 22    April 12**  
**March 29    April 19**  
**April 5     April 26**

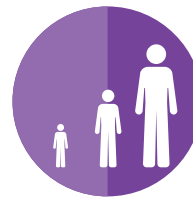
Dr. Cook returns to the Albion Bolton Branch to offer a 6-part workshop series on later life career changes.

A different topic will be covered each week to help participants explore and redirect into new roles that are personally meaningful.

\*Please pay by cash or by cheque made payable to Caledon Public Library.

More and more, Baby Boomers are seeking new opportunities to participate in their community through paid work, volunteer work and civic engagement.

Dr. Suzanne Cook coined the term 'redirection' to refer to the new stage of life as individuals seek their next challenge and transfer their skills, experience and talents into a new direction.



## Topics Include:

- **The New You**
- **Plotting My Journey**
- **I am a Community Leader**
- **Work Options and Opportunities**

## As a participant, you will:

- 1** Apply the redirection process to your life to streamline the transition into a new direction
- 2** Map your leadership traits to determine who you are as a leader
- 3** Explore and research work and volunteer opportunities that offer personal meaning and rewards
- 4** Assess where you want to use your skills in the community to meet your needs
- 5** Build relationships with potential community partners to maximize impact
- 6** Develop an action plan for your redirection to meet your objectives