

*Summer 2011*

**OACAO Annual Conference and Exhibitors Showcase  
Ottawa, October 23, 24, 25, 2011  
Southway Hotel & Conference Centre  
Hosted by Eastern Region**



This year's Conference is packed with 20 powerful and exciting workshops for both staff and seniors!

The Opening Keynote Speaker on Sunday, Dr. Bill Dalziel, will be speaking about an "issue of interest to everyone focusing on what could be done differently by seniors, by health and social professionals, families and government planners".

The Closing Keynote Speaker, Carolyn Waldo, talks about "coping with change, taking risks and how to overcome the fear of failure, all while enjoying the journey on getting to the finish line!"

Great entertainment and wonderful hospitality are always a major component of any OACAO Conference and the 2011 Conference will be no different.

The Board will be updating the membership of important items that have occurred over the past year and will be presenting a vision of the future with the Strategic Plan.

See the products and services of over 25 businesses, who will be displaying at the Trade Show on both Sunday and Monday.

As always, there is time to meet old friends and make new ones, to chat about common issues and network with other colleagues in our work with older adult centres!

**Full information about the Conference is available on the OACAO website -[www.oacao.org](http://www.oacao.org) to view the Conference Brochure and the Registration Package. Register by the Early Bird Deadline of September 23<sup>rd</sup> to take advantage of reduced fees!**

See you all on October 23<sup>rd</sup>.

Leo Lavergne, Conference Chair

### **Message from the President**

Fall is fast approaching and once again it will soon be time to attend the OACAO Annual Conference and Trade Show, which is October 22, 23 and 24 in our lovely Capital City of Ottawa. Check out the OACAO website – [www.oacao.org](http://www.oacao.org) – for the Brochure Registration and Accommodation detail. Your Eastern Region has done a terrific job in planning this event. I look forward to seeing you there.

I am sure you share in sending Lawrie Bloom our best wishes for a well deserved retirement, which begins the end of October. He has many projects and interests in the works, and will now have time to pursue them. Try asking him for a game of golf and I am sure he will comply.

On behalf of the OACAO Board of Directors, I wish to thank Lawrie for the years of hard work he has given to the OACAO, both as a volunteer and as our Executive Director. His passion for the vision of OACAO and his expert knowledge about not for profit board functions and operations during my tenure as a Board member is remarkable, so from a personal level, I thank you very much.

The Board is working on the Strategic Plan, advocating along with other organizations about sending a message to the political parties about the positive aspects of aging, working on several grant opportunities, building capacity with the business partner program, supporting the regions and more.

Get to know your regional representatives, attend the meetings and keep abreast of the efforts your OACAO is carrying out to provide support to the older adult centres in Ontario!

Have a wonderful fall and until next time, stay safe and well!

Debbie Wilson

## **OACAO Golden Horseshoe Regional Golf Tournament – June 10, 2011**

The OACAO Golden Horseshoe Region (GHR) assembled at the Oak Gables Golf Course in Ancaster, Ontario June 10<sup>th</sup>, 2011 for Region's annual golf fun day and Regional fundraiser. It was a gorgeous day, and Stephen Ross, the Oak Gables manager had the course in great shape for the event.

The participants came from far and wide to enjoy the day at the Course. Lawrie Bloom, our 'fearless leader,' arrived from Brampton with his clubs in tow ready for any and all challenges. Nancy Beddoe, Sharon Bee, Maggie Gibb and Julie Pennal along with a contingent of Centre Members including Bill Miller, Cathy Fuller, Wayne Bass, Ron Samuels, Barbara Gut, Nina Gilbert, Ted Lambert, and Frank Sherwin, arrived by convoy from Oakville to add to the fun and friendship. And, of course, there was a delegation from Georgetown-Acton including Michelle and Bill Durham as well as Wendy and Bill Krever. Finally, the Ancaster group was led by Wilma Groen, Shirley Glauser and Jean Patterson. The 'formidable threesome' was joined by ASAC golfers Wilma and Paul Jeppessen, Mary Ellison, Ina Woodhouse, Paul Goddard, and Monica Hogan. We also had our colleagues Mark Mindorff and Trish Campbell from the Hamilton DARTS organization join us for the day. Quite a group, quite a day!

Although normally noted for their skill on the links, the groups' prowess on this day wasn't always related to golf. In some cases, reports following the event suggested it was more about orientation and navigation, in others, it was landscaping and woodcraft. We even heard there were a few prayer circles around the Course as some members sought divine guidance in their struggles through the bush, first to find their ball, and then locate the remainder of the Course. Well, maybe that's a bit of a stretch, but I'm told Lawrie asked one of his foursome why she kept checking her watch while they were searching for his ball, and she responded: "It's not a watch Lawrie, it's a compass...we'll need to find our way out of here eventually." And so it went. A beautiful warm day for a walk through the woods searching for golf balls, clubs, and .... well, better not said.

The GHR tournaments, unlike most golfing events of this caliber, are not focused on score keeping, even though two teams tied at one under! Success in a GHR tournament is defined by laughter rather calculation and statistical stealth! There are no brown envelopes or fanfares. The wrap up of the day began with Sharon and Wilma twisting arms to get folks to buy draw tickets for three Green Fee passes at three local golf courses. And they raised \$125 on the tickets for the GHR pot. Then the drama began with a 'melodic' whistle from Shirley along with the difficult to ignore: 'Listen up guys' as the draw for the prizes began. In order to prevent any suggestion of 'a fix,' Wilma asked Al Gordon, who arrived with Auldine, for lunch with the group, to draw the first ticket. At this point we should have called the Fraud Squad: Al drew one of Shirley's tickets. Then, Shirley returned the favour by picking a ticket held by Al. Sharon reached for the phone, but it was too late. Wilma decided to have Mark pick the next ticket....and he picked his own! Sharon was heard to whisper to Nancy: 'It's a fix!' Nancy's mutter was indiscernible, but the term mafia was heard. No matter, each Centre generously contributed gifts for the tourney, and there were more than enough. Team scorecards were thrown into the basket for the second draw. The cards were drawn and individual team members selected their prizes when their team card was drawn. Everyone won a prize and with every prize went the warmth of the day and the group.

It was a super day for fun and networking. The golf was great, lunch was excellent, and once again, the relationships between Centres in the Region and our colleagues were rekindled and strengthened. We will do it

again next year...and we sincerely hope more Centres will take a day to join us in our annual 'walk and talk.' We look forward to seeing you next year!

And a note of caution from Dean Martin: 'If you drink don't drive. Don't even putt!'

Al Gordon, Regional Representative

### **OACAO Regional Representatives "Meet & Greet"**

Regional representatives, both staff and senior, have been asked to fill out a short survey over the last couple of months. Results from that survey with discussion around the questions asked, as well as networking, sharing of methods for communication and training, will all be on the table at the Conference in October.

If you are a staff or senior regional representative, plan to attend the "Meet & Greet" on Sunday afternoon, October 23 from 3:30-4:30 in the Hospitality Suite at the Conference Hotel. Meet your peers, and discuss issues that are common to all of us.

Sharon Bee and Tara Evershed

### **Speed Dating For Seniors**

Are you new to the dating scene or re-entering the world of singles?

There are many different ways to meet people...online dating, through friends or volunteering. But if you're looking for fun ways to make new friends, expand your social networks and maybe even make a romantic *spark*, try speed dating. It is finally available for the 60+ crowd!

Michele Cauch, formerly at St. Paul's L'Amoreaux Centre, is now the Executive Director, Sage**Health** Network.

Sage**Health** Network is an organization dedicated to promoting sexual health awareness and positive aging in older adults, care providers and seniors' organizations.

Sage**Health** Network will be launching Silver**Sparks** Speed Dating for individuals aged 60-75 on Tuesday September 6, 2011 at the Duke of York in downtown Toronto. For event information visit [www.silversparksdating.com](http://www.silversparksdating.com), email: [info@sagehealthnetwork.com](mailto:info@sagehealthnetwork.com) or call: 647-831-6630.

### **Welcome to our Newest Members**

-Elder Connections (Toronto) – contact – Morris Jesion – [office@elderconnections.ca](mailto:office@elderconnections.ca)

-North York Multi-Cultural Seniors Centre – contact - Linda Ratajlrataj@nyseniors.org

-SPRINT – Senior Peoples Resources in North Toronto – contact – Nandy Houle – [n.houle@sprint-homecare.ca](mailto:n.houle@sprint-homecare.ca)

-Main-Hess Seniors Centre – (Hamilton)- contact – Mark Marasco – [mainhess@hamilton.ca](mailto:mainhess@hamilton.ca)

-Women's Sexual Assault Centre of Renfrew County – contact – JoAnne Brooks – [directorwsac@vianet.ca](mailto:directorwsac@vianet.ca)

-SASH- Seniors Activities for Southwest Hamilton Inc. – contact Hans Eckart –

[sash.association463@gmail.com](mailto:sash.association463@gmail.com)

## **Welcome to our Newest Business Partners**

- Nexus Holidays – contact – Danna Guo - [dannag@nexusholidays.com](mailto:dannag@nexusholidays.com)
- The Co-operators – River Oaks Insurance-contact – Scott Sewell – [scott\\_sewell@cooperators.ca](mailto:scott_sewell@cooperators.ca)

## **Elvis meets Minister Sophia Aggelonitis at the Windsor Elvisfest**



**Calvin Little, Centre Director, Centres for Seniors Windsor with  
Minister Responsible for Seniors, Honourable Sophia Aggelonitis**

## **Welcome to the New Executive Director**

It is my pleasure to announce that Sue Hesjedahl is the successful candidate to the OACAO Executive Director position.

Sue has been involved with the OACAO Board of Directors for the past 15 years including President 2001 - 2002, Membership Chair for several years, Chair of Advocacy Committee, member of Resource Development

Committee and Finance Committee. She has been actively involved with the Executive for the past 10+ years and have been involved with many decisions, grant applications, and strategic planning sessions.

Sue is passionate about the OACAO and the role it plays in our province. She represents the OACAO on two Ministry of Health and Long Term Care Steering Committees.

Sue has been the Executive Director of Square One Older Adults Centre (SOOAC) for 17 years. The SOOAC is an incorporated non-profit organization with a membership of over 1600 members serving Mississauga. She is also the Executive Director of the Square One Seniors Wellness Services (SOSWS)

Sue brings to the OACAO a wealth of knowledge about older adult centres and is an excellent person to lead the OACAO to become known as the voice of older adult centres.

She will be working part time with Lawrie Bloom over the month of October and assumes the full time position October 31.

Please join me in welcoming Sue to her new role and share my excitement about how she will be key in making the OACAO even more successful than it currently is.

Debbie Wilson

### **Support our Business Partners**

Accessible Travel Support – Linking People and Places	<a href="http://www.accessibletrav.com">www.accessibletrav.com</a>
Comfort Life	<a href="http://www.comfortlife.ca">www.comfortlife.ca</a>
Copper County Foods	<a href="http://www.coppercountyfoods.ca">www.coppercountyfoods.ca</a>
Holiday Retirement Residences	<a href="http://www.holidaytouch.com">www.holidaytouch.com</a>
Johnson Insurance	<a href="http://www.johnson.ca">www.johnson.ca</a>
Keen Marketing Associates	<a href="http://www.keenmarketingassociates.com">www.keenmarketingassociates.com</a>
Leed Solutions	<a href="http://www.leedsolutions.ca">www.leedsolutions.ca</a>
Nexus Holidays Toronto	<a href="http://www.nexusholidays.ca">www.nexusholidays.ca</a>
NHI – Nursing and Homemakers Inc	<a href="http://www.nhihealthcare.com">www.nhihealthcare.com</a>
OASSIS	<a href="http://www.oassisplan.ca">www.oassisplan.ca</a>
Senioropolis	<a href="http://www.senioropolis.com">www.senioropolis.com</a>
Silver and Gold Magazine	<a href="http://www.sngmagazine.com">www.sngmagazine.com</a>
The Care Guide	<a href="http://www.thecareguide.com">www.thecareguide.com</a>
The Cooperators – River Oaks Insurance	<a href="http://www.cooperators.ca">www.cooperators.ca</a>
VIVA Retirement Living Corporation	<a href="http://www.vivalife.ca">www.vivalife.ca</a>

Your Winter Newsletter will be published in early December and should arrive at your centre prior to Christmas. If you have any items you wish to be placed in the next newsletter, please contact the OACAO office at 905-497-8122 or 1-866-835-7693.