

# OACAO Newsletter

## 2020 SPRING NEWSLETTER

### Message from the OACAO Executive Director Sue Hesjedahl

Hello OACAO members, partners and friends,

With the emergence of COVID-19 earlier this year and the declaration by the Director-General of World Health Organization (WHO) on March 11, 2020, as a global pandemic, so much has changed in the way that our members operate and serve seniors in your communities. By now, most if not all, of our member centres and clubs have temporarily closed their facilities, with staff working remotely, except for the delivery of essential services such as meal delivery programs or food banks. Seniors have been advised to self-isolate and remain at home for their safety and to avoid contracting the virus. Staff and volunteers are mobilizing to provide outreach support to their members with reassurance phone calls, Facebook live fitness sessions, on-line activities, engaging virtual programs and interactive telephone-based programs such as Seniors' Centres Without Walls. It warms my heart to hear the stories of staff and volunteers taking care of their most vulnerable members and stepping up to support other agencies. Well done! You are the helpers!

The OACAO has been hard at work researching and providing our members with resources that will assist homebound seniors and other resources that will provide program ideas and technology resources that should ease the burden for staff and volunteer leaders of having to shift gears overnight to continue doing the excellent work that you do across Ontario. Visit the OACAO website for a list of COVID-19 related resources <http://www.oacao.org/resources/news-and-views/>. Follow us on Facebook @oacao or Twitter @TheOACAO for other innovative ideas to keep your programming fresh.

In a recent communication letter sent to Seniors Active Living Centres (SALCs) from Jacqueline Cureton, Assistant Deputy Minister, Seniors and Accessibility Policy, Programs and Strategic Partnership Division of the Ministry for Seniors and Accessibility, SALCs were encouraged to communicate with their program participants, noting that Ontario's Chief Medical Officer of Health recommends that organizations take advantage of virtual options to continue providing services. SALCs are asked to maintain social contact with the members and help to identify any emerging needs of these seniors.

The OACAO is working in partnership with The Good Companions Centre in Ottawa and the Ministry for Seniors and Accessibility to offer two Webinars on Seniors' Centres Without Walls (SCWW). Seniors' Centres Without Walls is an interactive telephone-based program that connects seniors and enables them to be social, informed and connected during difficult times. The first webinar, scheduled for Wed., March 25<sup>th</sup> is full, so we added a second one on Tues., March 31<sup>st</sup>. See page 9 for details. Please register on-line in advance at: <https://oacao.wildapricot.org/Upcoming-Events>. Supplementary small group training sessions will be provided for Centres that want to dig right in and offer the SCWW program to your members right away. Please contact Lina Zita at [coordinator@oacao.org](mailto:coordinator@oacao.org) for more details.

..... continue on page 2

We've also been working with our business & collaborative partners to source affordable technology resources to connect with your members such as the OACAO Affinity Program through Accutel, with great pricing on Audio and Web Conferencing. (See page 13) Our long-time Business Partner MySeniorCenter is offering their Voice Connect Member Management System starter pack as a tool to communicate with your membership via voice broadcasts. Please see page 40 for more information. Two other Business Partners are offering virtual programs: Canada's National Ballet School (See page 31) and Royal Botanical Gardens (See page 43). We also partnered with University of Toronto, Occupational Science and Occupational Therapy department to match 2<sup>nd</sup> year Masters OT students with centres to assist with virtual programming (See page 12).

**2020 OACAO Member and SALC Profile Survey:** The OACAO has received a small grant from the Ministry for Seniors and Accessibility to conduct a Profile Survey of OACAO Members and Seniors Active Living Centres (SALCs) to capture vital data and information about trends that are important to Centres/SALCs. The survey is currently underway and has been completed by several members so far. We will analyze the final data to create a profile of the sector to better understand programs & services offered, seniors served, and challenges faced. If you'd like more information about the Profile Survey, please reach out [sue@oacao.org](mailto:sue@oacao.org).

**OACAO Advocacy Work:** In late January, the OACAO participated in the Government of Ontario's 2020 Pre-Budget Consultation process when I made a presentation to MPP Stan Cho, Parliamentary Assistant to the Ministry of Finance, in Georgetown. I was fortunate enough to have the opportunity to also participate in a Round Table budgetary discussion where I was able to bring the seniors lens to the table on discussion topics. As in past years, I advocated for increased funding to the SALC sector including increasing the base funding of the Maintenance and Operating grant to \$50,000, bringing the SALC Special Grant funding back up to \$15,000 and the continuation of the Seniors Community Grant. I was pleased to have been invited by Hon. Raymond Cho, Minister for Seniors and Accessibility to attend the Government of Ontario's 2020 Budget Speech that was scheduled for March 25<sup>th</sup>, however, that has since changed due to the onset of the COVID-19 pandemic. We are continuing to work closely with the Minister Cho and the Ministry for Seniors and Accessibility to ensure that our sector will be supported through this very challenging time.

**Membership Renewal 2020 – 2021:** The OACAO Board of Directors are pleased to announce no increases to OACAO membership fees for 2020 – 2021. We are using our on-line Wild Apricot Membership Management Software. We encourage members to renew on-line and to please update and verify your centre profile information. Payments are due April 30<sup>th</sup>, but if you require more time due to the current challenging times, please contact Fiona Mueller at [admin@oacao.org](mailto:admin@oacao.org) to work something out.

Keep well and stay safe,



Sue Hesjedahl  
Executive Director



## Building Communities Together

Communities are built through stability and shared goals. As a not-for-profit we appreciate the security that comes from working with knowledgeable partners. We make a point of taking on our members' needs so they can pursue what matters to them.



## OASSIS, YOUR GROUP BENEFITS PROVIDER

We deliver services built to support not-for-profits:

- Affordable, scalable benefits plan for all workforces including full-time, part-time and contract employees
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# Message from the OACAO President Suzanne Teixeira

Ah... Spring is in the air. Longer days, warmer weather and the signs of flowers starting to bloom. Let's do what we can to appreciate the onset of warmer weather as we support each other through the challenges of COVID-19.

It's the season where we are all hanging on tight to hear some great news from our various funders. On a provincial level, Sue has been advocating for our Centres once again. Fingers crossed that the following recommendations are granted:

1. Special grant requests to a maximum of \$15,000.00
2. SALC core funding be brought up to \$50,000
3. Continuation of the Seniors Community Grant Program

I hope that you had the opportunity to participate either in person or through the webinar in the Ageism 2 Action: Purposeful Education, Engaged Retirement series. It was a great opportunity to gain some knowledge, reconnect with colleagues and go back to our roles with a new fresh lens on how we look at and address others. If you were not able to attend this series, not to worry, we have a new series coming up. Also, brought to you with thanks from the New Horizons for Seniors Grant Program, Social Inclusion through Social Prescribing (SITS – Rx). Stay tuned for more details.

Conference is on its way!!!! Save the dates: October 26 & 27, 2020 at the Hilton Mississauga/Meadowvale. You can reserve your room now! Follow the link or call today - Call 1-800-445-8667 or 925-821-1981, please mention the group code OACAO. For on-line registration please visit: <https://book.passkey.com/go/OACAO2020>. Looking to help this year? Great! Reach out to Sue and inquire where there are vacancies.

On a serious note. As we navigate our way through COVID-19 also known as the Novel Coronavirus, it is important to stay on top of daily reports. Here are some tips on how to protect yourself:

The best way to prevent infection is to avoid being exposed to this virus. Preventative measures include:

- If you are feeling ill, stay home and avoid handling food
- Wash your hands often with soap and water and use an alcohol-based hand sanitizer (be mindful though not to use hand sanitizers while handling food)
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are ill
- Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands
- If you don't have a tissue, sneeze or cough into your sleeve or arm
- Clean and sanitize public access spaces often

## OUR VISION

A world in which adults are aging successfully, continuing to contribute, remaining engaged, and where their contribution to society is recognized and valued.

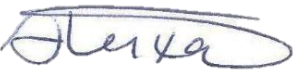
## OUR MISSION

To be a recognized leader in the development of quality services, resources and supports for our network of community based older adult centres.

Toronto Public Health regularly update their site (<https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/>) about how individuals are being affected.

Please do not make assumptions about individuals based on their ethnicity—the virus can affect anyone. We must do what we can to keep everyone safe while also continuing to serve our communities with dignity.

I would like to take this opportunity thank the OACAO staff team - Sue, Lina, Fiona and Marilyn, the OACAO Board of Directors and OACAO volunteers for their hard work on behalf of the association.



Suzanne Teixeira  
President



**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés



## Welcome to our New OACAO Members



**National Initiative for the Care of the Elderly**  
246 Bloor Street West, #234, Toronto, M5S 1V4  
416-978-7037 [www.nicenet.ca](http://www.nicenet.ca)



**New Unionville Home Society**  
4300 Highway 7, Unionville, L3R 1L8  
905-477-2822 [www.uhs.on.ca](http://www.uhs.on.ca)

## Renew Your 2020/2021 OACAO Membership

**RENEW YOUR  
MEMBERSHIP**

This is a friendly reminder that your membership with the OACAO is due for renewal and we ask that you submit your payment by April 30, 2020. In light of COVID-19, if you require more time, please reach out to Fiona Mueller at [admin@oacao.org](mailto:admin@oacao.org) to work something out.

To renew or update your membership account for 2020-2021, please log into your profile at <https://oacao.wildapricot.org/Sys/Profile> with your email and password and follow the suggested actions on your profile screen. Don't know your password? Reset it at: <https://oacao.wildapricot.org/Sys/ResetPasswordRequest>

Any questions, contact Fiona Mueller at [admin@oacao.org](mailto:admin@oacao.org) or call 905-584-8125.

## Welcome to our New Gold Business Partner



### Ontario Hearing Aid Centre

Their mission is to deliver, affordable hearing aids with passion, an exceptional client experience that meets their hearing and communication expectations, by providing superior products, best price guarantee, services, and value with care and integrity. They are the first in Canada to provide online hearing tests with an emailed report to the client for free.

(905) 848-3277 [www.ontariohearingaid.com](http://www.ontariohearingaid.com)

## Tax Receipted Donations



The OACAO is a registered Charity and has the ability to issue tax receipts.

Go to [www.oacao.org](http://www.oacao.org) and click on the Donate Now button.

Charitable Registration No. 125123471 RR0001 Please consider the OACAO for your charitable donation.

**MAKE SURE TO FOLLOW THE OACAO ON FACEBOOK AND TWITTER**



@oacao



@TheOACAO

# OACAO Seniors Active Living Fairs 2019 - 2020

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## 2020 Seniors Active Living Fairs

Municipality of Clarington 55+ Active Adults	Courtice	Wed. Jan. 15, 2020
Fairview Mennonite Homes	Cambridge	Fri. Jan. 17, 2020
Horton Street Seniors Centre at the BGCL	London	Fri. Jan. 31, 2020
The Municipality of Port Hope & Ruth Clarke Activity Centre for Seniors	Port Hope	Thurs. Feb. 6, 2020
Seaway Senior Citizens Club 1201	Cornwall	Sat. Feb. 8, 2020
Tillsonburg Senior Centre	Tillsonburg	Mon. Feb. 24, 2020
YMCA Northumberland	Cobourg	Thurs. Feb. 27, 2020
Silver Threads Seniors Club of Petawawa	Petawawa	Thurs. Mar. 5, 2020
Community Centre 55	Toronto	Wed. Mar. 11, 2020
The Corporation of the Township of Woolwich	Breslau	Wed. Mar. 11, 2020
York West Active Living Centre	Toronto	Wed. Mar. 11, 2020
Parkdale Golden Age Foundation	Toronto	Thurs. Mar. 12, 2020
Access Alliance Multicultural Health and Community Services	Toronto	Thurs. Mar. 12, 2020

Unfortunately, the OACAO Seniors Active Living Fairs took a sharp turn once the COVID-19 pandemic was declared. The final 18 Fairs scheduled for the end of March had to be cancelled. This was very disappointing for all Fair Hosts, but the safety of seniors in the community was most important.

As in the past, a funding proposal was submitted to the Ministry for Seniors and Accessibility earlier this year for continued funding support for the OACAO to administer the Seniors Active Living Fairs project for 2020 – 2021. The Ministry is very supportive of these excellent public awareness events, however with the uncertainty around COVID-19, there will be a delay on that funding decision. Please stay tuned as we work with the Ministry to find other ways to support our members and SALCs through this challenging time.



Lina Zita  
Acting Fairs Coordinator

Seniors Active Living Fairs are sponsored  
by the Ministry for Seniors and Accessibility



## Ageism 2 Action: Purposeful Education, Engaged Retirement

We have recently wrapped up 6 workshops and a webinar for the OACAO “Ageism2Action: Purposeful Education, Meaningful Retirement” project. The project, funded by the Federal Government’s New Horizons for Seniors program, had two primary goals. The first was to reduce ageism by supporting older adults to remain active, engaged and leading purposeful lives through either paid employment or volunteer roles. The second was to launch OACAO’s exciting online volunteer and job hosting hub for promoting employment opportunities as well as volunteer positions. Check out the website! [www.oacao.org/](http://www.oacao.org/)

Board members, volunteers, staff as well as individuals who attend the centres actively participated in and contributed to lively discussions in which we explored ageism including our own attitudes to aging, how ageism influences our health and well-being and the impact of ageist attitudes in the workplace. Participants contributed to conversations about trends in both the world of work (e.g. the desire/need to keep working, changes in the types of available jobs) adults 65+, and in volunteering (e.g. more short term, episodic).

Participants didn’t stop at identifying challenges and trends but generated potential solutions for addressing these changes. In every session we talked about the biggest mistake we can collectively make is to view aging as a problem. Instead, we focused on being thought leaders for shifting the narrative to viewing aging as a time of growth and possibility. It really is up to us! We are the change. I look forward to hearing about new and innovative initiatives that are introduced in centres across the province as a result of the workshops.

*Pat Spadafora, Kaleidoscope Consulting*



This project is funded in part by  
the Government of Canada's  
New Horizons for Seniors program.



## CAPACITY BUILDING WORKSHOPS/WEBINAR



The 6 very successful Capacity Building workshops and 1 webinar are complete. Thanks so much to the presenters who shared their expertise on:

- Board Governance and Leadership
- Embracing Diversity in Older Adults through Inclusion
- Make Your Organization LGBT2SQ Positive
- The Great Divide: Bridging Generational Gaps to fully Engaged Volunteers
- Understanding Diversity, Equity and Inclusion
- Understanding Mental Health and Well-Being in Later Life
- Volunteer Management – Evolving with the Times



We were all motivated because of this very success project funded by the Ministry for Seniors and Accessibility. Thank you to our fabulous workshop hosts from across the Regions! We could not have done it without your support.



# OACAO Annual Conference



**OACAO ANNUAL AGING WELL CONFERENCE**

**BOOK YOUR ACCOMMODATIONS**

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\$153 + taxes for a room with 2 Queen beds or 1 King bed  
Call 1-800-445-8667 or 905-821-1981  
Please mention the group code OACA or book online:  
<https://book.passkey.com/go/OACAO2020>

**OCT 26 & 27 2020**

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[OACAO.ORG/EVENTS/AGING-WELL-CONFERENCE](https://oaco.org/events/aging-well-conference)



Mark down October 26 & 27, 2020 in your calendar as you won't want to miss the OACAO's annual Aging Well conference. Watch for the conference brochure and registration details which will be available on the OACAO website. Early bird registration will begin this Summer. Book your accommodations now.

The 2020 conference committee is looking for:

**Presenters** – watch the OACAO list serve and website for a **Call for Presenters**

**Volunteers** – to take part as conference committee members. Volunteering is a great way to share innovative and cutting-edge ideas to shape the success of our 2020 AGING WELL conference. It is also a fantastic opportunity to grow professionally, to network and engage closely with your peers from SALCs and OACAO member centres across the province. If you are interested in being a part of the exciting 2020 conference committee or if you require further information please contact Sue Hesjedahl at 905-584-8125 or [sue@oaco.org](mailto:sue@oaco.org).

## New Resources on the OACAO Website

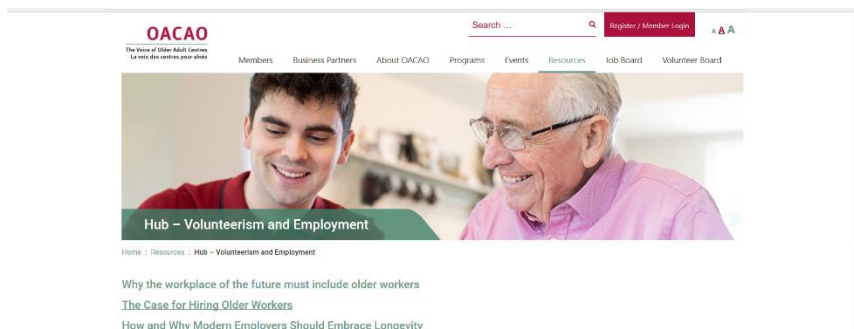
### OACAO Website HUB and Volunteer Board

A2A:PEER project includes new enhancements to the **OACAO Website** which include a new **Volunteer Board** for posting volunteer positions, and a new **Hub of Resources for Volunteerism and Employment**. The Hub will house information and resources for older adults.

All OACAO members can access these new resources and use these board to post volunteer positions that are available at their Centres. This is a **free service for all OACAO members**.

**Who Benefits?** Older adult volunteers and workers, new retirees and Senior Centres will all benefit. Older Adults who secure new job or volunteer positions through the Hub, will enjoy new social interactions, will be more engaged and more connected to their communities. Older Adult Centres will build capacity.

Don't forget you can also post paid positions in our Job Board.





# Seniors' Centre Without Walls Webinar

Stay social, informed and connected during this difficult time with your members. Seniors' Centres Without Walls is an interactive telephone-based program that connects seniors and enables them to be social, informed and connected during difficult times. Participants join in on general conversations, stay connected or make new friends, all in the comfort of their homes.

The Good Companions team will lead the **free** webinar and provide an overview of the SCWW program. They will highlight the resources they've developed and are willing to share with Centres who are interested in running their own programs. Small group training sessions can be arranged following the webinar.

**Wednesday, March 25th 10am - 11:30am ~SORRY FULL~**  
**Tuesday, March 31st 9:45am - 11:15am**

Please register in advance at: <https://oacao.wildapricot.org/Upcoming-Events>  
Email your questions to: [coordinator@oacao.org](mailto:coordinator@oacao.org)



**OACAO**  
The Voice of Older Adult Centres  
La voix des centres pour aînés

 **The Good  
Companions**  
Supporting a Vibrant Community

**Ontario** 



# DON'T LET INFLUENZA CHANGE YOUR RETIREMENT PLANS

It's not JUST a cold. It's not JUST a stomach illness. It's not JUST the flu. **Influenza is SERIOUS, and can be deadly.**

The more informed you are, the more you'll understand the importance of getting an annual influenza (flu) vaccination. Being immunized will help you protect yourself and prevent the spread of flu to those you care about, including those most vulnerable, like your grandchildren and those with cancer.

**According to the World Health Organization, influenza vaccination is the 3<sup>rd</sup> priority intervention to achieve healthy ageing after the prevention of falls and the promotion of physical activity.**

## ADULTS 65 YEARS AND OLDER

Compared with younger adults, adults 65 years and older have a higher prevalence of chronic medical conditions, many of which are associated with increased risk of **flu-related complications and severe outcomes**.

Immunosenescence is the **natural decline of our body's immune system** as we age, which increases our risk of contracting infections like the flu and may reduce our response to vaccines.

## PEOPLE WITH CERTAIN MEDICAL CONDITIONS

People with medical conditions including asthma, chronic lung disease, diabetes, and heart disease are considered to be at higher risk for developing flu-related complications.

The flu has the ability to worsen chronic conditions; it is a **known trigger for heart attacks and strokes** in people with existing heart disease.

## HOSPITALIZATION, LOSS OF INDEPENDENCE, AND FRAILTY

Influenza can take away independent living from older adults. A single hospitalization (due to flu or in general) can have a devastating impact on an older adult's ability to live independently.

Studies have found that as many as **1/3 of older adults** leave hospitals with a significant loss of ability to carry out their activities of daily living, such as bathing, dressing or eating.

Influenza is the **3<sup>rd</sup> leading cause of catastrophic disability\***, only behind congestive heart failure and stroke.

\* Catastrophic disability is defined as the loss of independence in three or more basic activities of daily living (e.g. eating, dressing, and bathing).

GET VACCINATED TO HELP PROTECT YOURSELF  
AND PREVENT THE SPREAD OF FLU TO OTHERS



# UNDERSTANDING THE UNDERAPPRECIATED BURDEN OF INFLUENZA AMONGST CANADA'S OLDER ADULTS

Influenza, together with all causes of pneumonia, is the 7<sup>th</sup> leading cause of death in Canada, and is the leading cause of death amongst diseases prevented by vaccines.

## FLU-RELATED HOSPITALIZATIONS AND DEATHS

### WHAT ARE THE RISKS?

- Every year in Canada, influenza causes an average of 12,200 hospitalizations and an average of 3,500 deaths.
- On average, adults 65 years and older account for **70% of flu-related hospitalizations** and **90% of flu-related deaths**.

## HEART, LUNG AND THE FLU

In adults 65 years and older, the risk of death associated with the flu was:

- **5X GREATER** among those with chronic heart disease
- **12X GREATER** among those with chronic lung disease
- **20X GREATER** among those with BOTH chronic heart and lung conditions.

**It is imperative to prevent the flu in adults 65 years and older.**

## WHAT IS THE CONNECTION BETWEEN FLU AND HEART ATTACKS?

### DID YOU KNOW?

A recent Canadian study of adults found that:

- The risk of heart attack was **6X HIGHER** within 7 days of a flu diagnosis.

In a separate study in adults with varying degrees of cardiovascular risk:

- Flu vaccination was associated with a **36% lower risk of major cardiovascular events** including cardiovascular death, heart attack and heart failure.

## VACCINES: LESS THAN 100% IS BETTER THAN 0%

Even when there is a less than ideal match or lower effectiveness against one virus, it is important to be aware that those who get the flu vaccine:

- **ARE STILL MORE LIKELY TO BE PROTECTED AGAINST THE FLU COMPARED TO THOSE WHO ARE UNVACCINATED**
- **ARE PROTECTED AGAINST THE OTHER FLU STRAINS THAT ARE CONTAINED IN THE VACCINE**
- **MAY HAVE A Milder illness even if they do get the flu.**

**You are also less likely to pass the flu along to those who aren't able to fight it.**

The National Advisory Committee on Immunization (NACI) recommends flu vaccination for everyone 6 months of age and older, especially those at high risk, including infants, adults 65 years and older, and those with comorbidities.

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada. For more information on seasonal influenza vaccines, visit [www.immunize.ca](http://www.immunize.ca). Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.

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**GET VACCINATED TO HELP PROTECT YOURSELF AND PREVENT THE SPREAD OF FLU TO OTHERS**

## LET US HELP YOU KEEP YOUR SENIORS' ACTIVE AND PREVENT SOCIAL ISOLATION



The Department of Occupational Science and Occupational Therapy, University of Toronto is available to help Seniors' Centres develop and/or administer online or phone-based programming while the centres are closed due to COVID-19. **There is no cost to your organization.**

We are aware that the Ministry for Seniors and Accessibility has asked all Seniors Active Living Centres (SALCs) to continue to find ways to maintain connections to older adults living in the community. The Department of Occupational Science and Occupational Therapy (OS&OT) would like to partner with OACAO member organizations to do this.

Our Master of Science in Occupational Therapy (MScOT) students (n=130) are available beginning April 13, 2020 and who are ready to help develop programs and administer these by phone or through web-based platforms. We have experience working with seniors through these avenues and are prepared to train seniors to use the technology they have available in their homes or connect with them via telephone.

All students will be supervised by a Registered Occupational Therapist to ensure that all regulatory standards are maintained.

Students are also available to support project work, for example, the development of educational materials for clients and/or caregivers, analysis of existing data, telephonic data collection or program evaluation work. We very happy to work with you to develop projects that will serve your needs and provide a meaningful opportunity for our students.

**We ask you to consider how our MScOT students may be of value to you at this time.** Please contact Professor Andrea Duncan [a.duncan@utoronto.ca](mailto:a.duncan@utoronto.ca) / 416-568-2492 for further information and to discuss.





## AFFINITY PROGRAM

### Who is Accutel?

Great meetings are the foundation of meaningful client interactions, collaborative work environments, and employee engagement that progresses ideas and relationships anywhere, anytime – That is what Accutel's Conferencing and Collaboration technology can do for you. For over 20 years we have been hosting audio, web and video conferences for countless companies across North America.

### What is an Affinity Program?

The Accutel Affinity Program brings tremendous value to all Older Adult Centres' Association of Ontario (OACAO) members to help cut costs on their conferencing expenses. As an OACAO member, you can take advantage of an exclusive rate for our Accutel Direct® Audio Conferencing Service and our Web Presenter Web Conferencing Service.

**We offer this program exclusively to OACAO, where we can extend your competitive rate to all Members, Partners and Affiliates.**

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You are assigned local and Toll Free dial in numbers along with a set of passcodes to be able to conduct an audio conference anytime you want!

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please quote "OACAO AFFINITY"**





# TOP 10 TIPS TO HELP SENIORS WHO MAY BE SOCIALLY ISOLATED DUE TO COVID-19



by Laura Tamblyn Watts, Policy Director, National Initiative for the Care of the Elderly

## 1 IPAD OR TABLET

Try using an iPad or tablet (with consent), and leave FaceTime or Skype on so older adults feel like they are a part of the household. If you have another FaceTime viable device (like an iPhone), you can use this to video chat and see each other simultaneously.



## 2 SET UP TIMES TO E-VISIT

Set up specific times to e-visit (similar to scheduled visitor hours) so that older adults have something to look forward to every day.

## 3 PHOTO BOARD

Set up a photo board in the older adult's room. The photo board can be cork or whiteboard style, with photos of what the older adult would like (e.g., family, friends, inspirational quotes, nature).

\*Pro Tip: To make it easier to clean, put shrink wrap over the photo board - this will make it wipeable!



## 4 WATCH A TV SHOW OR MOVIE TOGETHER - VIRTUALLY!

Schedule things that you will watch together and chat about. For example, start watching a TV show or movie at the same time, but chat on another device while watching it or afterwards so that it can be a simultaneous experience.

## 5 INVOLVE THE KIDS!

Have your kids write fun letters, make arts and crafts, or take photos of themselves to share with the older adult.

## 6 VIRTUAL DINING

Share a meal or afternoon tea together - virtually!



## 7 EXERCISE TOGETHER

Do exercises together, electronically or virtually. This would still allow you to motivate each other!

## 8 VIRTUAL BOOKCLUB

Download books from Kobo for a virtual bookclub!

\*Pro Tip: Paper books cannot be cleaned, but waterproof Kobos can be; it can also be font-adjusted for eyesight!



## 9 CROSSWORDS

Do an electronic game, such as a crossword or word search, together. There are also electronic versions of many other games and board games that you can enjoy together.

## 10 MUSIC

Have music playing in the older adult's room if that is something they find soothing or enjoyable.



**NICE**

National Initiative for the Care of the Elderly  
Ensemble national pour le soin des personnes âgées  
Ensemble pour le bien-être des aînés

# Seize the Opportunity of Home Quarantine

Instead of lamenting the hardship and boredom of this weird time in history, assume it is a blessing in disguise. Use it to rejuvenate, discover new passions and do those things you never have time for. Tick the ideas you're willing to try and share this list.

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Sort and tag your <a href="#">digital photos</a>   | <input type="checkbox"/> Write a <a href="#">poem or story</a>                   | <input type="checkbox"/> Join an <a href="#">online community</a> of likeminded people                     |
| <input type="checkbox"/> Make into a <a href="#">collage or poster</a>  | <input type="checkbox"/> Start a <a href="#">Journal</a> or <a href="#">Blog</a> | <input type="checkbox"/> <b>Reach out</b> to someone who lives alone or is feeling anxious                 |
| <input type="checkbox"/> Research your <b>next holiday</b>  | <input type="checkbox"/> Read <a href="#">the books</a> you never have time for  | <input type="checkbox"/> Host a Skype / Zoom <a href="#">dinner party</a>                                  |
| <input type="checkbox"/> Do a <a href="#">photography project</a>   | <input type="checkbox"/> <a href="#">Yoga</a> or <a href="#">exercise</a> class  | <input type="checkbox"/> Or a <a href="#">virtual support group</a>  |
| <input type="checkbox"/> Attend a <a href="#">Twitter Conference</a>  | <input type="checkbox"/> <a href="#">Spruce up your CV</a>                       | <input type="checkbox"/> Get <a href="#">some positivity</a> into your social media feed                   |
| <input type="checkbox"/> <a href="#">Declutter</a> . Baby steps.  | <input type="checkbox"/> Start your <a href="#">novel</a>                        | <input type="checkbox"/> Try <a href="#">positive psychology</a> activities                                |
| <input type="checkbox"/> Research a <a href="#">charity</a> to support  | <input type="checkbox"/> Try an <a href="#">art project</a>                      | <input type="checkbox"/> Cook an <a href="#">amazing breakfast</a>   |
| <input type="checkbox"/> Prep and <a href="#">freeze some meals</a> for when you're sick or back at work  | <input type="checkbox"/> Binge on <a href="#">iview</a>                          | <input type="checkbox"/> Create an amazing <b>treasure hunt</b> or clue-trail for a family member          |
| <input type="checkbox"/> Create a <a href="#">digital</a> scrapbook   | <input type="checkbox"/> Revamp your <b>garden</b>                               | <input type="checkbox"/> Get familiar with <b>online grocery shopping</b> : create favourites lists        |
| <input type="checkbox"/> Start a <a href="#">gratitude journal</a>  | <input type="checkbox"/> Practice <a href="#">mindfulness</a>                    | <input type="checkbox"/> Or <b>virtual dance party</b> : You dress up and groove to the same music         |
| <input type="checkbox"/> <b>Write letters of love or thanks</b> to your people. Post them.  | <input type="checkbox"/> Try an <a href="#">eLearning course</a>                 | <input type="checkbox"/> Organise your <b>music playlist</b>   |
| <input type="checkbox"/> <b>Research something</b> you have always wondered about   | <input type="checkbox"/> Make a <a href="#">cook book</a>                        | <input type="checkbox"/> Reorganise your <a href="#">wardrobe</a>  |
| <input type="checkbox"/> Have a <b>scented bubble bath</b> with candles and music   | <input type="checkbox"/> Create <a href="#">homemade gifts</a>                   | <input type="checkbox"/> Delete all the apps you don't use and <a href="#">discover some new ones</a>      |
| <input type="checkbox"/> Write an advice letter to the <b>teenager you were</b> . Write another to <b>yourself in 20 years</b> .  | <input type="checkbox"/> Phone <b>old friends</b>                                | <input type="checkbox"/> Hold a family or street <a href="#">singalong</a>                                 |
| <input type="checkbox"/> <b>Learn a <a href="#">heritage skill</a></b> like: baking, woodwork, preserving, mosaic, ceramics, cheese making, fermenting, foraging, quilting, slow cooking, soap + candle making, crochet, permaculture, knots, fire building, home remedies. | <input type="checkbox"/> Play <a href="#">parlour games</a>                      | <input type="checkbox"/> Try some <a href="#">science experiments</a>                                      |
| <input type="checkbox"/> Draw an apple using a different <a href="#">style</a> each day, for a week.  | <input type="checkbox"/> <a href="#">Fix broken stuff</a>                        | <input type="checkbox"/> Deliver supplies to <b>those in need</b>  |
| <input type="checkbox"/> Attend a <a href="#">virtual symphony</a>  | <input type="checkbox"/> Design a <b>dream home</b>                              | <input type="checkbox"/> <b>Rediscover</b> a dusty appliance, instrument or boardgame                      |
| <input type="checkbox"/> Catch up on <a href="#">great movies</a>   | <input type="checkbox"/> Practice <a href="#">forgiveness</a>                    | <input type="checkbox"/> Research <a href="#">training opportunities</a> for when the world reopens        |
| <input type="checkbox"/> Learn to say a favourite phrase or quote in <b>7 different languages</b>   | <input type="checkbox"/> Plan your <a href="#">next party</a>                    | <input type="checkbox"/> Build something amazing with <a href="#">Lego</a> (You know you want to)          |
| <input type="checkbox"/> Try <a href="#">Creatively Visualising</a> goals   | <input type="checkbox"/> Kick a <a href="#">bad habit</a>                        | <input type="checkbox"/> Brainstorm <b>marketing ideas</b> for your business, club or charity              |
| <input type="checkbox"/> Create a detailed spreadsheet of <b>how you would spend \$10 million</b>   | <input type="checkbox"/> Try <a href="#">adult colouring in</a>                  | <input type="checkbox"/> <a href="#">Write to your MP</a> about an issue                                   |
|   | <input type="checkbox"/> Join a <a href="#">virtual bookclub</a>                 | <input type="checkbox"/> Create a list of " <a href="#">Things to be Happy About</a> ": add to it each day |
|   | <input type="checkbox"/> Find <a href="#">great podcasts</a>                     |  |
|   | <input type="checkbox"/> Update your <b>goals</b>                                |  |
|   | <input type="checkbox"/> <a href="#">Upcycle</a> something                       |  |
|   | <input type="checkbox"/> Build a <a href="#">free website</a>                    |  |
|   | <input type="checkbox"/> Re-arrange <b>furniture</b>                             |  |
|   | <input type="checkbox"/> Start a <a href="#">dream journal</a>                   |  |
|   | <input type="checkbox"/> Binge TED Talks   |  |



# Newsletter Contributions for our Members



## Active Adult Centre of Mississauga

**Submitted by: Anne Goldspink-Norman, Administration & Facility Coordinator**

Dancing is key to healthy aging at the Active Centre of Mississauga. Instructor Mandy Epprecht brings an extensive background of dance experience to her teaching work at the Centre. "I am a strong believer in dancing for the mind, body and soul – the beauty, and the challenges of dancing have a long lasting effect. It is as clear as can be that to dance is to LIVE and we can all use a little more of that!"

A member of both the Canadian and International Dance Teacher's Associations, with a career that includes representing Canada at the World Professional Ballroom Championship, Mandy knows whereof she speaks. As a dance teacher in residence at Mississauga's Living Arts Centre, professional choreographer and dance instructor for both University of Toronto and University of Waterloo, Mandy's experience has shown how much dance improves our lives. "It starts with the obvious physical benefits, such as better circulation, stronger muscles, improved muscular dexterity, improved heart and lung conditions resulting in better endurance, and stronger bones reducing the risk of osteoporosis. The fact that dancing burns up to 600 calories per hour, and according to a 2019 study from University of Brighton, UK, improves brain function more than any other physical activity, are two more reasons to be dancing."

"The benefits of dance to seniors' mental and physical health are extensive", says Active Adult Centre of Mississauga's Programmer, Laura Surman. Laura, who also participates with her partner in competitive Wheel Dance, and is artistic director for the Centre's troupe, emphasizes that learning to dance builds confidence. "It gives you a great sense of accomplishment. Dance allows you to connect with your body and with other dancers around you. It makes you a part of team, while allowing you to bring your own special energy to share with an audience."

Sunny Wong, who instructs both Ballroom Line Dance and Sit & Dance programs at the Centre, emphasizes the value of dance to an aging brain. "Experts theorize that dancing is beneficial for our brains because it combines cardiovascular exercise with split-second decision making that taxes our neural networks, forcing the creation of new pathways." Her work with long term care facilities seems to bear this out. Support workers reported their surprise when clients, unable to orient or recall family names, are able to follow her dance instructions.



Centre Line Dance teacher Rhoda Lam has a philosophy of dancing for happiness. "Dancing for seniors makes our joints more flexible and improves balance. Also cardio exercise like dancing keeps our hearts strong and the oxygen flow keeps our skin looking younger too!"

Dance your way to healthy aging at the Active Adult Centre of Mississauga which offers a wide assortment of dance programs ranging from Basic Line Dance to Beginner and Intermediate Line Dance programs; or try performance oriented Belly Dance, Flamenco and Dance Workshop. Recent program additions include Beginner Ballet and Bollyfit. To improve your life with dancing and other activities for Older Adults visit the Centre's website at [www.aacmiss.ca](http://www.aacmiss.ca)



# Active Lifestyles Centre Grey-Bruce

Submitted by: Cori Hanna, Office Manager



At Seniors ASK we help seniors/caregivers by collecting and sharing of information in the areas of:

**ADVOCACY:** The act or process of supporting a cause or proposal

**SOLUTIONS:** A solution to a problem or difficult situation is a way of dealing with it so that the difficulty is removed.

**KNOWLEDGE:** Facts, information, and skills acquired by a person through experience or education

WHEN YOU  
HAVE  
QUESTIONS

# JUST ASK

Seniors ASK Program specializes in helping seniors/caregivers find the answers to any questions they may have in any area of concern to them, either locally or beyond Grey Bruce

**Contact us!**

## 226-909-3636

**seniorsask@gmail.com | [www.alscgb.ca/seniors-ask](http://www.alscgb.ca/seniors-ask)**

By Phone Mon-Fri 10:00am - 2:00pm OR in person by appointment on Tuesday's from 9:30am-12:30pm at The Active Lifestyles Centre at 1852 3rd Ave. E. Owen Sound.

ACTIVE LIFESTYLES CENTRE GREY BRUCE  
M-F 9:30am-12:30pm | 519-376-8304 | [mail.alscgb@gmail.com](mailto:mail.alscgb@gmail.com)



This project is funded by  
the Government of Canada.



**New Volunteers are always Welcome!**

## EXPANDED MEALS ON WHEELS PROGRAM

In early February 2020, the Bernard Betel Centre Food Services department moved the expanded Meals on Wheels program from our location at 1003 Steeles Avenue West in Toronto, up the street to the Reena Toby and Henry Battle Centre building at 927 Clark Avenue West in Thornhill. In cooperation with Reena, the Bernard Betel Centre will be able to expand our Meals on Wheels program with increased kitchen capacity and compete in food supply tenders, which are currently limited due to our existing small kitchen.

In addition to the expanded program, the Bernard Betel Reena Culinary Training Program has been developed and is envisioned to provide training to approximately 20 to 25 Reena participants each year in an intensive 12-week training period. These supported individuals will be taught cooking and food services under the supervision and guidance of the Bernard Betel Centre professional chefs who have experience working with individuals with barriers to employment. The participants will be trained in all facets of the food services industry, including safe food handling, cooking, baking, presentation, serving, and administration. By addressing the root causes of poverty, the Bernard Betel Reena Culinary Training Program is aimed at empowering these individuals, many whom face barriers to employment by providing training opportunities to learn job and life skills in the Betel Reena kitchen. The primary focus of the learning will be to support the preparation of the Bernard Betel Centre's expanded Meals on Wheels program. Reena will enhance their client education and skills improvement process by providing these individuals with professional food services training and experience.

For further information about our Meals on Wheels program, please visit [www.betelcentre.org/meals-on-wheels](http://www.betelcentre.org/meals-on-wheels). To apply to become a volunteer Meals on Wheels driver, please visit [www.betelcentre.org/apply](http://www.betelcentre.org/apply).

The Bernard Betel Centre's Café (located at 1003 Steeles Avenue West) will remain open for breakfast and lunch Monday through Friday, and is available for catering of special occasions, take-out and life cycle events. For further information about our catering, please visit [www.betelcentre.org/catering-and-rentals](http://www.betelcentre.org/catering-and-rentals).



Submitted by: Rachel LeBeau, Communications & Social Media Specialist

## OACAO Success Story and Highlight Rebrand

Have you heard the news? Canadian Hearing Society is now Canadian Hearing Services.

The organization is proud of its rich 80-year history and is committed to Raising the Bar on hearing health care by continuing to drive quality in all that they do.

The rebrand aligns with Canadian Hearing Services' renewed strategic focus to advance barrier-free communities for Deaf and hard of hearing Canadians. This mandate of Raising the Bar will give the organization a platform to better engage with their diverse client groups by evolving and enhancing their suite of professional service and care offerings, and to be the most comprehensive, full-service, innovative, hearing health care provider to all individuals and families across Canada.

While hearing loss is a common health problem amongst Canadian seniors, only 1 in 6 seniors who need hearing aids will get them. Canadian Hearing Services' professional audiology staff not only provide hearing assessments, they also help clients choose the right hearing aid for them based on their lifestyle and hearing objectives. They can also help with ordering the hearing aid device and then instruct clients on how to use it and even repair it.

Canadian Hearing Services' Hearing Care Counsellors also help clients, and their families, with other issues that they may experience as a result of hearing loss. This assistance can include training around the development of skills to cope with hearing loss, improvement of communication, staying involved in social activities, and remaining safe and independent at home.

Mary, a Hearing Care Counselling client says: "As my hearing worsened, communication on the phone became more difficult and frustrating. My counsellor, Sunita, understood and was sympathetic to my problem. She worked tirelessly and patiently until we found a suitable phone. I am completely satisfied! I only wish I had known of the services at Canadian Hearing Services sooner."

We encourage you to book an appointment at a location near you to find out how staff at Canadian Hearing Services can help you with your hearing health care needs.

Head to [CHS.ca](https://chs.ca) or call 1-866-518-0000 (TTY: 1-877-215-9530). You can reach them by email, [info@chs.ca](mailto:info@chs.ca).





### ***Des aînés plus branchés et moins isolés au CCEC.***

Grâce au soutien du *Programme d'appui à la francophonie canadienne*, nous avons l'opportunité de créer deux nouveaux programmes technologiques au sein de notre organisme.

Au cours de la période du *1er novembre au 31 avril 2020*, nous aurons l'occasion de former nos administrateurs sur les nouvelles technologies; utilisation d'un Ipad, partage des dossiers, Google Drive, création d'un site web consultatif pour le conseil d'administration. Nous prenons un virage numérique et effectuerons nos réunions du conseil administration à l'aide de ces nouveaux outils tel qu'Ipad. Ce virage se veut aussi une solution pour protéger l'environnement. La consultation, le partage d'information, la préparation sera plus performante pour tous.

Nous estimons que nous initions plus de 50 % de nos administrateurs à ce nouveau concept. Une formation de base est offerte sur une période de huit semaines grâce à un partenariat avec le *Centre Moi j'apprends*, centre de formation aux adultes de Cornwall. Par la suite, la formation se fera lors des réunions du conseil et par le biais d'interventions personnalisées.

Dans le cadre du deuxième projet, nous désirons faire de la formation artistique par le biais des Ipads et du logiciel Pro Create. Une formation de cinq semaines sera offerte pour explorer tous les avantages d'un Crayon Apple. Cette formation sera ouverte à tous ceux qui désirent explorer ses nouvelles technologies. Après les premiers essais, notre équipe administrative est emballée et motivée. Un outil qui permet de travailler notre esprit créatif même si nous avons très peu d'expérience dans le domaine artistique.



**Figure 1 : Premier tableau de notre directrice générale, Linda Newman**



## TRX Classes for Older adults

What is TRX? TRX stands for Total Body Resistance Exercise. It is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX suspension trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

The workout can be adapted, but it is not for everyone. You need to have a basic level of fitness and coordination to get the most out of even the simplest TRX workouts. The system is a safe effective and enjoyable exercise method to utilize in older adults who are deemed to be at risk for an accidental fall.

Whether beginning a fitness journey or pushing towards your goals, TRX training helps you move better, feel better and live better :)







# First Portuguese Canadian Cultural Centre

Submitted by: Paula Faria, Senior's Coordinator

## First Portuguese

### Senior Centre 40<sup>th</sup> anniversary

On Feb 21<sup>st</sup> we celebrated the 40<sup>th</sup> anniversary of our Senior Center. The center was founded on February 23<sup>rd</sup>, 1980. Since then we have had 40 wonderful fulfilling years, full of fun and a lot of energy.

We started the morning with a wonderful breakfast. Our seniors started trickling in, one by one and greeting their friends and while looking around the beautifully decorated room full of sparkles and lots of glam. Mid-morning two of our seniors (Zelia Farias and Mr. Messias Medeiros) presented our new moto song. The lyric by Zelia and composed by Messias. To get everyone in a dancing mood staff and volunteers danced around the tables. For lunch we started off with some appetizers followed by a warm soup, our main dish was a popular Portuguese dish called á cozido a Portuguesa, and we finished off with a big buffet of delicious desserts. After lunch Carina Paradela, the



president, said some warming words regarding our center, our staff and of course our seniors because without them we wouldn't be where we are today. Following the heartwarming speech, we sang happy birthday to our wonderful center with a great big cake. To get rid of all the calories that were consumed we started dancing and having loads of fun. We also had one of our volunteers

and a couple of his friends entertain us with some beautiful older Portuguese music that everyone could sing along too. We are so grateful to have a drop-in center where people can feel like it is their second home and they feel comfortable, happy and secure.



Our program is offered to any self-sufficient senior 55 and over, and it runs Monday through Friday, from 9am to 5pm. We offer breakfast and lunch (lunch being soup, main plate and dessert), cooked fresh in house. On the last Friday of the month we have a monthly lunch. It is a more elaborated lunch in which we celebrate whatever special event took place that month, and we also have a cake to sing happy birthday to all the members that had their birthday that month. It's a way to celebrate life events and make their life a little bit brighter and ours in sharing special moments together. Overall, we just love to have fun with our members and our community. Come join us and celebrate with fresh food, good music, dancing and lots of laughter. For additional programs information please feel free to contact us.



Flower City Seniors Recreation Centre has new artwork displayed throughout the centre thanks to a wonderful member named Joe. Joe is a very gifted artist who has been a member of Flower City since 2014. Last year Joe approached the staff with a collection of drawings displaying the staff, members and atmosphere that makes Flower City so unique. The pictures can now be found hung throughout the entire centre and they add a wonderful pop of colour to the spaces. It is always great to showcase such amazing talent and we couldn't be happier that Joe decided to share his talent with us!







# Life After Fifty

Submitted by: Debbie Doherty, Social Prescription Coordinator

## SOCIAL PRESCRIBING AND SALCs

Since 1962, Life After Fifty (LAF), a Seniors Active Living Centre (SALC), has been providing opportunities for adults 50+ to Be Fit, Well and Social at two locations in Windsor. In November 2019, LAF launched a pilot to extend the work of the Alliance for Healthier Communities which has been operating a social prescribing pilot in Community Health Centres (CHC) across Ontario.

Social Prescribing (SP) is the act of primary care providers (PCP) formally prescribing social activities to improve the health of patients. Research has shown social prescribing can decrease feelings of loneliness, social isolation and improve well-being.

Our program is unique in that it pairs a SALC directly with two Community Health Centres and a Family Health Team. Rostered patients are referred to LAF by physicians and NPs. An intake/goal-setting meeting is held with the client to co-create a custom 6-month activity plan. Regular follow-ups are conducted to provide coaching support and monitor goal achievement. For those facing economic adversity, a limited number of subsidies are available.

At 6 months, the client is discharged from follow-up by the SP Team and encouraged to continue on as a regular LAF member with a final report sent to the referring PCP.

Key benefits of our approach include:

- 1) Ongoing support provided to the participant, once referred. **Services are truly wrapped around the individual.**
- 2) The 120+ weekly fitness, wellness and social programs we offer allow for complete participant control and **self-determination**. They can change their minds on a daily basis and external referrals are made for programs/activities not offered by LAF.
- 3) The **feedback report to the PCP** provides participant activity data.

As of March 2020, 90% of referred patients have been receptive to the referral. The average patient has visited 4 times in these early months and participated in 7 hours of programming. Yoga seems to be the most popular!

*Funding for this program was provided by the Ontario Trillium Foundation and WindsorEssex Community Foundation and Green Shield's Six4Six Fund.*



### SOCIAL PRESCRIPTION TESTIMONIAL

"Since I have been coming to LAF, my friends say I am happier"

- S.P.



Submitted by: France Lemay, Membre du Conseil d'administration



### Rencontre littéraire fort intéressante

Le 12 février dernier le Cercle de lecture de *Retraite active de Peel* était heureux de recevoir madame Monia Mazigh, écrivaine auteure et défenseuse des droits de la personne. Madame Mazigh, résidente d'Ottawa depuis plusieurs années, a à son actif une autobiographie et trois romans qui ont reçu plusieurs nominations comme finalistes dont son roman "Du pain et du jasmin", finaliste au prix Champlain des éditeurs canadiens-français.

Cette rencontre écrivaine auteure et lecteurs fut fort instructive. Madame Mazigh, par sa nature ouverte et intéressante, a su répondre à toutes nos questions, partageant ainsi un peu de son vécu. Nous avons hâte de faire la lecture de son tout dernier roman "Farida", publié aux éditions David.

### Toujours à l'affût des nouveautés :

**Cours de vitrail** – Les membres de *Retraite active de Peel* peuvent dorénavant s'adonner au passe-temps de la confection de vitrail. Grâce à une série de cours et l'acquisition de matériel, quelques-uns de nos membres ont pu apprendre à maîtriser cet art et réaliser de très jolis vitraux. À leur tour, ils seront en mesure de transmettre leur connaissance.

**Ateliers sur la Santé mentale** – *Retraite active de Peel* en partenariat avec OACAO aura le plaisir d'offrir en avril, mai et juin des ateliers sur la Santé mentale. Mentionnons que le contenu est développé par CAMH dans le cadre du programme "Understanding Mental Health and Well-being in Later-Life" et sera offert en français.



### MARQUEZ VOTRE CALENDRIER

#### Assemblée générale annuelle

Quand : Mercredi 20 mai 2020 à 18 h

Endroit : Centre de formation situé à l'école secondaire Jeunes sans frontières  
7585 Financial Drive, Brampton, ON L6Y 5P4

Pour plus d'information, consultez notre site web : [www.retraiteactivepeel.ca](http://www.retraiteactivepeel.ca)  
ou écrivez-nous à [info@retraiteactivepeel.ca](mailto:info@retraiteactivepeel.ca)





# Ryde Community Co-operative Inc

**Submitted by: Nancy Cronin, President**

I have enjoyed numerous workshops with the OACAO and have gained insight and information on Community Centres and their support of Older Adults programmes. In all my observations and discussions at these and other events, I have not seen a comparable centre like the Ryde Community Co-op. We are an enigma. We are unique. We are “The little Community Centre that could”.

An empty two room school took shape as a community hub run solely by volunteers and in 2016, the building along with the surrounding 5 acres was bought by the community for the community. Unique indeed; powered by volunteers, powered by a volunteer Board, a Charitable and Not-for-Profit status was achieved. Our registered members measure more than 150+ per year, and the membership fee remains at \$10/year. We are fully accessible and inclusive to all ages. Multiple generations of families still remain in this rural area, 20 km and 20 minutes to the Town of Gravenhurst.

We keep our programmes at low or no cost. From the EarlyOn to the “LaterOn”; from Conservation to Preservation; we are Health and Wellness. Sharing food, exercise, education, mental health, kindness, support and the love of humanity. A quiet and supportive network thrives out of necessity and empathy.



The Ryde Community Co-op is more than “Bricks and Mortar”. We are the human spirit that builds on heart and a bit of muscle. Through fundraising and successful Grant applications, we now have new floors, new windows, refreshed the plumbing and electrical and we have even “Raised the Roof”.



But are not finished by no means, we are proud to announce we are successful applicants of an Ontario Trillium Foundation Grant for a fully accessible Outdoor Pavillion!! We are breaking down the “walls” and going outside and “Everyone is always Welcome” at “The little Building with a big Heart”.

**Submitted by: Nancy Little, Coordinator Member Engagement & Service**



YMCA Northumberland held our first Seniors Active Living Fair February 27, 2020 at our main Facility in Cobourg.

We are a busy YMCA in a small rural town on the shores of Lake Ontario with a membership of about 4000 people, about an hour east of Toronto (an hour's drive if traffic on the 401 is "moving well"). Our center's membership consists of one third families, one third adults, and one third seniors and the community's fastest growing demographics are seniors, as more retirees move to the area.

Within our Y we have seen a trend over the past 4 or 5 years for more demand for senior specific programming and have gone from three senior-targeted classes a week to a dozen or more per week depending on the season. The results have been very encouraging, and we are always finding ways to educate the community on the benefits of keeping active while ageing, with exercise, other activities and volunteer opportunities.



With that in mind we set out to include a variety of exhibitors at our fair. We invited our local theatre group, a HomeShare program developed by our local women's shelter, Health Services, the hospital auxiliary volunteers, a large musical band that is all volunteer, a cycling group, the Energy Board, the recycling center, the local Forest Association, Hearing Specialists, Foot Care nurse and a relocation specialist to name a few. We managed to squeeze in 38 exhibitors into our gymnasium space.

We featured mini seminars on Understanding Dementia, Reverse Mortgages, Emergency Preparedness, Advance Care Planning. We

offered demo classes for Chair Yoga & Chair Strength.

The weather was not in our favour though – freezing rain & snow – that kept the number of visitor's low. However, those that attended left positive comments and the exhibitors really appreciated the networking opportunity.

I want to say a special thank you to Lina Zita, OCAO Developing & Marketing Coordinator. Lina was a valuable resource and so helpful. It was great to meet her in person on the day of the event.

We are strongly considering holding another fair next year!



## Newsletter Contributions for our Business Partners

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### Spring-clean your closet like a pro

**Gather your clothing in one place.** Remove clothes and footwear from every closet and drawer and pile everything on your bed. You'll quickly see how much you own.

**"Does this spark joy?"** Ask this question while picking up every article of clothing one by one says Marie Kondo, the world's most famous professional organizer, in *The Life Changing Magic of Tidying Up*. If yes, keep it. If not, give it away. You'll end up with an uplifting and purposeful wardrobe.

**Show gratitude before tossing.** Kondo teaches her clients to thank each item for its service, especially if something evokes strong memories. Letting go can be easier if you say goodbye with a heartfelt thanks.

**What if you're not sure?** Renowned minimalist Joshua Fields Millburn wears the article-in-question within a week. If it's not a winner, he donates it. If you're indecisive, get help from an unsentimental friend (not a nostalgic relative).

**Adopt a uniform.** Pare down your personal style. If you always wear grey pants with a blue shirt, embrace it. As Margareta Magnusson says in her bestseller *The Gentle Art of Swedish Death Cleaning*, "All garments should look good together and you should be able to mix and exchange them with one another."

**Let go of emotional baggage.** Is a tight garment inspiring you to lose weight or making you feel guilty? If you're holding onto something because it was expensive, acknowledge that this item is weighing you down, not lifting you up. Let it go to someone who'll appreciate it.

**Try the 20-20 rule for "just in case" items.** Minimalists get rid of anything they can replace for less than \$20 in less than 20 minutes from their location.

Visit [Amica.ca](http://Amica.ca) to learn more about excellent amenities, activities, dining and personalized care.



# Exclusive benefits for members of OACAO



## Arbor Alliances Program

Save on funeral and cemetery expenses  
for you and your immediate family members  
with these new special member discounts:

**4%<sup>†</sup> savings**

**for cemetery lots, niches  
and other interment  
rights and excludes  
above ground crypts**

**5%<sup>†</sup> savings**

**on all other funeral and  
cemetery products and  
services on final  
arrangements  
at time of death**

**10%<sup>†</sup> savings**

**on all other funeral  
and cemetery products  
and services on final  
arrangements made in  
advance**

**PLUS! Access to Arbor Memorial's planning tools - FREE!**

**Call 1-877-301-8066 for your Information Kit.**



**Alliances**  
by Arbor Memorial  
[arboralliances.ca](http://arboralliances.ca)

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés

<sup>†</sup>10% savings on final arrangements made in advance, excluding crypts which are offered at 5% savings if purchased in advance.  
For purchases made in Ontario: 4% savings for cemetery lots, niches and other interment rights and excludes above ground crypts.  
10% savings on all other cemetery products and services.



Bayshore Home Health, a division of Bayshore HealthCare, is committed to helping individuals live safely and independently in the home they love. To ensure this reality, Bayshore created the Bayshore Foundation for Empowered Living.

The Bayshore Foundation supports charities that improve independence and quality of life for people who are ill, aging, or injured. Our employees raise funds for causes they care about, and the Foundation matches their donations by 50% through an annual gift from Bayshore HealthCare. The money goes towards projects in local communities. To date, we have supported more than 30 charitable organizations across the country.

In 2019, one of our fundraising recipients was the Alzheimer Society of Canada. Bayshore's National Development Centre in Mississauga, along with Home Health branches in Calgary, Regina, Saskatoon and Mississauga hosted a variety of fundraising events. These events and contributions made through our employee payroll deduction program raised \$15,079.05. A 50% match from the Bayshore Foundation brought the total to \$22,618.57.

The Alzheimer Society is using the money to improve quality of life for people with Alzheimer's disease and other types of dementia. Its local societies offer information, resources, education, support and counselling.

Bayshore is proud to support organizations like the Alzheimer's Society that are making a difference in the lives of Canadians coast to coast.



# Bring dance into your home!

Online resources to help seniors experience  
the joy of movement from home.

Creative movement has the unique ability to connect people and provide comfort during challenging times. As we all navigate these unprecedented circumstances, Baycrest and Canada's National Ballet School (NBS) want to share the power of dance and help you find creative ways to keep moving. Come move with us, through the power of technology, and bring the joy of dance into your home.



Access free online dance resources for seniors - [www.nbs-enb.ca/danceathome](http://www.nbs-enb.ca/danceathome)

Connect with us: [sharingdance@nbs-enb.ca](mailto:sharingdance@nbs-enb.ca)

Lozinski Centre  
for Community  
Dance at NBS  
Founding Donors &  
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michael & karen vukets  
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Daily Dose Pharmacy is a new Online Pharmacy where innovation in patient-care comes first.

FREE Delivery for all prescriptions anywhere in Ontario: (Work, Cottage, Home)  
Stay home, stay safe, avoid waiting rooms and long lines!  
Order by 1PM and get your prescription by next day.



## Why Choose Daily Dose:

**Your Meds, Your Way:** Have your meds filled in traditional bottles or in new **Daily Dose Packs** - portable packets that fit conveniently in your pocket or purse.



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Free delivery with prescriptions or on orders over \$50.



**Expert Advice:** Speak to our team of Certified Geriatric Pharmacists (CGPs) on the phone or a Skype video chat. Our pharmacists are always ready to answer any of your questions or concerns.

**Additional Benefits:** (contact us for more details)

- Automatic refills
- Sync your medications
- Real time access to your current medication list on
- PharmaConnect (web or mobile app)
- ClinicalConnect, safety analysis
- PrescribeIT EMR link to your doctor
- Easy and convenient ways to get us your prescriptions
- Automatic medication reminder and dispenser
- Discrete packaging



There are **no hidden fees or charges**. You pay your regular copay, we do the rest for **free**.  
Our dispensing fee is an affordable \$9.99

Visit us at [www.DailyDose.ca](http://www.DailyDose.ca)  
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Speak to a Simpler Pharmacy today:  
**1-855-844-2242**

## HEART TO HOME MEALS – MADE FOR SENIORS

Shouldn't life get easier as you age? We think so! We also believe you should never have to choose between eating well and living well. That's why we've created a service with your lifestyle, tastes and nutrition in mind.

As we age, good nutrition becomes increasingly important to support the immune system, prevent illness and ensure overall good health. Seniors' nutritional needs are also quite different from those of younger adults, which is why our meals are specifically designed to meet those needs. Our Chefs work alongside our Registered Dietitian to ensure each meal is as healthy as it is delicious.

Simply order meals online or by phone—like our Sweet and Sour Meatballs or Chicken Thigh with Rich Onion Gravy—and one of our friendly, trusted delivery team members will deliver your meals straight to your door (for free!) We can even place them in your freezer if you'd like. There are no contracts or obligations and you can order as much or as little as you like.



Our menu includes a wide variety of entrées including beef, chicken, pork, fish, vegetarian and breakfast options. We have several soups to start and tempting desserts to satisfy your sweet tooth. Our diet coding system was created to help you choose the meals that meet your dietary needs for high protein, low carbohydrates and/or saturated fat, low sodium, high fibre, vegetarian, and/or no added sugar. The diet codes and nutritional information are readily available online and in our printed, full-colour menu.

You can also choose based on portion size and special dietary requirements, such as the need for texture modified options. Heart to Home Meals takes the hassle out of cooking. All that's left to do is simply heat and enjoy!

Order online at [HearttoHomeMeals.ca](http://HearttoHomeMeals.ca) or by calling 1-844-554-5278. Don't forget to Like and Follow us on Facebook!



**Stay in and let dinner come to you!**

When the thermometer drops, why not let Heart to Home Meals deliver fabulous frozen home-style meals directly to your door? You simply heat and enjoy when you're ready to eat. Best of all, you get to stay warm.

**Delivered frozen | Delivered FREE\* | 200+ choices**

Get your FREE Menu  
1-844-554-5278  
[HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

\*Some conditions may apply.



### ***Save money and live more comfortably with Save on Energy's Home Assistance Program***

As you enter or settle into a life in retirement, ensuring that you're maximizing your savings becomes a key priority. Reducing your energy use is an easy way to reduce your energy bills while keeping your home more comfortable.

Let's face it – most of your home comfort is driven by ideal temperature and lighting, but these things can add up on your monthly energy bill. Especially if you're using old and out-of-date appliances.

Save on Energy's [Home Assistance Program](#) (HAP) offers homeowners, and renters or residents of non-profit housing properties an opportunity to upgrade appliances, lights and other household items with new, energy-efficient products. These energy-related upgrades are delivered and installed 100% free of charge, which means you can keep your money where you want it – in your pocket to support your retirement plans.

### **What is the Home Assistance Program?**

HAP is an electricity conservation program delivered province-wide to income-eligible Ontarians. It starts with an in-home visit with a Home Energy Expert and ends with a cozier, more efficient home for you to relax in.

Free upgrades can include:

- ENERGY STAR certified LED light bulbs to **make sure every corner of your home is brightly lit**
- ENERGY STAR certified dehumidifier replacement to **keep the air in your home comfortable all year long**
- Appliance replacements (including your long-forgotten basement fridge), **keeping savings up and energy use down**
- Home insulation and draft proofing to help **keep your home cozy no matter the season**

"The home Assistance Program is great for seniors like my mother. She received excellent service from the home energy expert. The freezer was a big hit...She likes to preserve and freeze what she grows in her garden. She was given a stand-up freezer, which is easier for elderly people to use. She was also really excited by the fact that the energy technician gave her easy to implement energy-saving tips, allowing her to save money on her bill and make her home more comfortable."- M.G.

### **Start saving today with a few quick tips:**

There are many easy and cost-effective ways to start saving energy and money on your next electricity bill:

- Wash your laundry in cold water to save on heating costs. Hang your clothes to dry to avoid the use of the dryer entirely.
- Address sneaky energy drainers by unplugging your devices when they're not in use. This could include your PVR or cable boxes, smart device chargers, coffee machines and kettles. Use a smart power bar with built-in timers or auto shut-off capabilities to manage what's actually on.
- Consider timing high-electricity-use chores like laundry and dishwashing during [off-peak hours](#).

For full eligibility details visit [saveonenergy.ca/HAP](https://saveonenergy.ca/HAP).

**To get started**, sign up or learn more about the program call 1-855-591-0877 or email us at [hap@greensaver.org](mailto:hap@greensaver.org).





**OACAO**  
The Voice of Older Adult Centres  
La voix des centres pour aînés

## EXCLUSIVE discounts for

**OACAO MEMBERS**

**10% OFF** Talk & Text plans<sup>1</sup>

**15% OFF** Smartphone plans<sup>1</sup>

[simplyconnect.ca/oacao](http://simplyconnect.ca/oacao)

## Have peace of mind with a simple cell phone plan

### Simple Plan

~~\$18~~ **\$16**<sup>20</sup> /month<sup>1</sup>  
Save 10%

- ~~60~~ **120** Canada-wide minutes<sup>3</sup>
- ~~60~~ **120** text messages<sup>3</sup>

Includes  
**BONUS**  
minutes  
and texts



### Alcatel Go Flip

**\$0**<sup>2</sup> 2-year term  
\$100 no term

- Simple keypad
- Loud handset volume
- Camera and video
- Wi-fi access

Call **1-866-887-0851** and quote promo code **"OACAOSAVE"**

Offers shown are available until **April 30, 2020** or while quantities last and are subject to change without notice. **1** 10% off applies to the Talk & Text monthly plan fees, and 15% off applies to the Smartphone monthly plan fees. Discount applies for as long as you are a member of The Older Adults Centre's Association of Ontario and cannot be combined with Bring Your Own Phone discount, Tablet Data plans and Wireless Home Phone plans. **2** Device pricing and minimum monthly rate plan apply for each line, and vary by term and plan chosen. Early cancellation fees apply with a 2-yr term. **3** Double minutes, texts and data bonus applies with a 2-yr term on in-market Individual plans from \$18/mo to \$60/mo and on all Couples and Family plans; bonus not applicable with Canada/U.S. plans. **4** Data bonuses apply with a 2-yr term only on in-market wireless plans. **3** GB: Individual plans from \$40/mo to \$95/mo and \$80/mo Family Data Share Plan; 1 GB: \$32 Individual plan and \$55/mo Couples Data Share Plan. Data bonus is not eligible for Double minutes, texts and data bonus and is not applicable with Canada/U.S. plans. Other offers cannot be combined. **5** Promotional price of \$10/month home phone service plan fee applies with a 2-yr term and is only available to existing wireless customers. Home Phone device required and is sold separately. Some conditions apply, call 1-866-887-0851 or visit [simplyconnect.ca/oacao](http://simplyconnect.ca/oacao) for details.

## Upgrade your Home for Free!

**GET FREE  
ENERGY-SAVING  
UPGRADES FASTER  
THAN YOU CAN SPOIL  
THE GRANDKIDS.**



*The **AffordAbility Fund** is here to help Ontarians who pay an electricity bill reduce what they spend on electricity by making their homes more energy efficient - for free.*

Funded by the Government of Ontario, the AffordAbility Fund provides qualifying Ontarians who pay an electricity bill with free energy saving upgrades - from a new fridge or heat pump to Energy Star lightbulbs or power bar.

To apply, you need two things: a copy of your recent electricity bill and an estimate of your household's total monthly income after tax.

Together with local electricity companies around the province, the AffordAbility Fund has helped more than 50,000 Ontarians reduce their electricity costs.

Need some additional support through the application and fulfillment process? The AffordAbility Fund is running a pilot project in areas served by Hydro Ottawa, InnPower and Westario Power with the United Way. Simply send an email to [AFT@unitedwayeo.ca](mailto:AFT@unitedwayeo.ca) if you're a Hydro Ottawa customer, [AFT@uwsimcoemuskoka.ca](mailto:AFT@uwsimcoemuskoka.ca) if you're a InnPower customer, or [AFT@unitedwaybg.com](mailto:AFT@unitedwaybg.com) if you're a Westario customer.

If you're not in these areas, there are a few ways to apply:

**Call: 1-855-494-3863**

**Online: [affordabilityfund.org](http://affordabilityfund.org)**

**Email: [info@AffordAbilityFund.org](mailto:info@AffordAbilityFund.org)**

**Afford  
Ability  
Fund™**

**Ontario**   
Funded by the Government of Ontario





## How Do YOU Like to Live?

Are you feeling pressured to move from a home you love, a neighbourhood where everyone knows you, due to the fact that you are getting older and your family is worried about you?

Maybe you are on your own now and finding that you have more house than you need, and maintaining it is getting to be a bit much!

Well, here's a solution: How about a house full of friends? If you've ever watched the TV show *Golden Girls*, you'll have an idea of what I'm talking about.

Golden Girls Canada provides an online database where single mature homeowners can connect with other seniors who are looking for an affordable place to live. But it's not all about finances. Companionship is vital to our well-being, and the site offers lots of space to describe how YOU like to live, so you can attract – or seek out – others who share your values and lifestyle.

Even if you aren't financial strapped, you can use the extra income to do renovations to help you "age in place." Or hire someone to do the housecleaning and yardwork. Or even add it to your travel fund, knowing there will be someone to watch the house while you're gone.

While the government is trying to figure out how to provide affordable housing for the groundswell of seniors coming along, let's do it ourselves. Keep control of your own life – and have fun doing it!

Contact Golden Girls Canada at 416-550-4015, [hello@goldengirlscanada.ca](mailto:hello@goldengirlscanada.ca) or go online at [www.goldengirlscanada.ca](http://www.goldengirlscanada.ca).





# CONNECT DIRECTLY TO YOUR HEARING AIDS



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Compatible with smart phones and smart watches



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Ability to adjust background noise and volume level



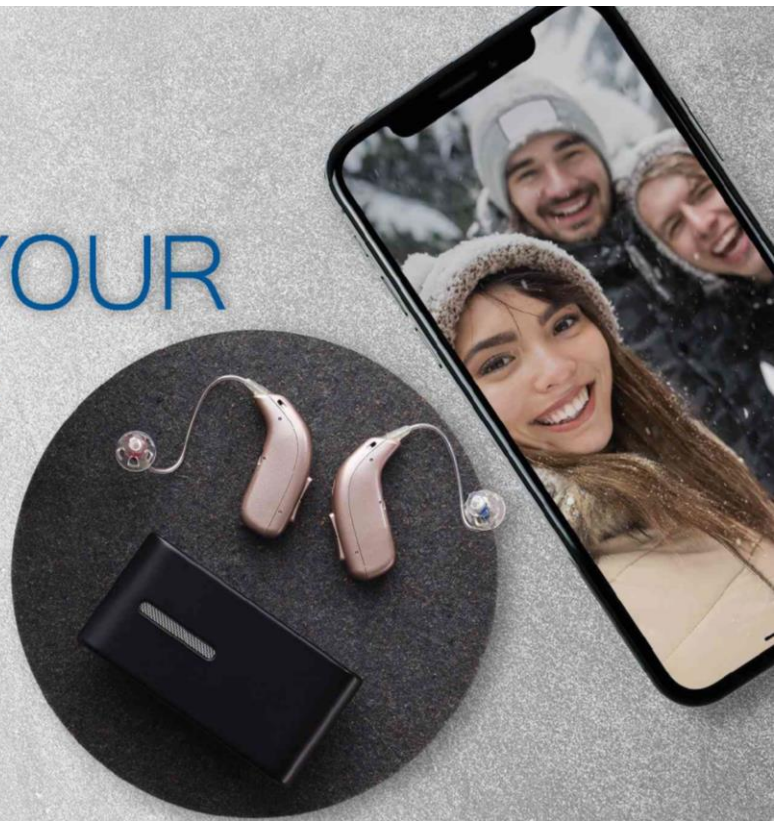
## TV Connectors

Streaming directly to your device for better clarity



## FM Systems

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# BUY ONE UP TO 50% GET ONE OFF\*



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At Hearing Solutions, we have been proudly helping patients enjoy the world of sound and life for over 20 years. Our talented team of professionals are passionate about helping you live life to the fullest, and are committed to providing you sound advice you can trust in a warm and caring environment.

\*Some restrictions apply. Ends April 30, 2020. See clinic for details.

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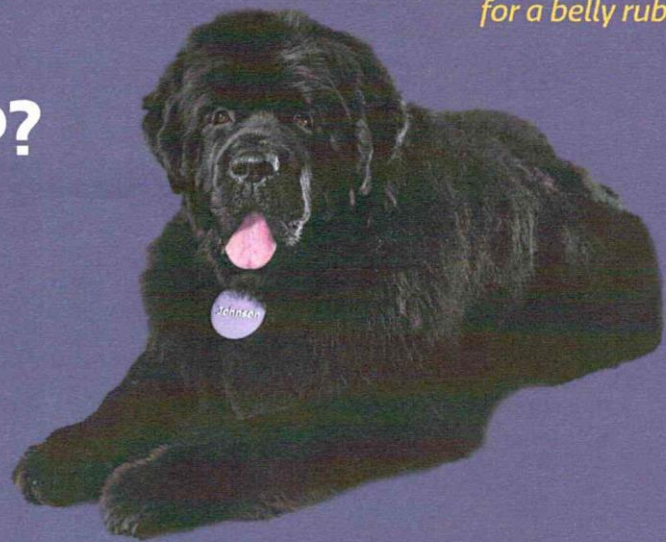
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"Hey! I'm overdue for a belly rub."

Dear OACAO member,

Johnson Insurance has been providing coverage for healthcare professionals and ancillary staff for over 30 years, and now is a great time to switch and you could save up to 40% on your car insurance.\* Plus, with Johnson, you'll receive benefits tailored specifically to the demands of our industry:

- As a provider of second chances, you deserve a second chance too, that's why Johnson includes **First Claims Forgiveness on home and car claims** for all healthcare employees;
- And with shift work keeping you on the road at all hours of the day and night, Johnson offers **24/7 Emergency Roadside Assistance** for everything from locked-in keys and empty fuel tanks, to break-downs and flat tires;
- Plus, due to the crucial nature of your job, they know you can't always be home when bad weather strikes, so available **Enhanced Water Coverage** gives you one less thing to worry about.
- And, you get access to **AIR MILES Reward Miles®**.

Johnson puts OACAO members first, so consider giving them a call today to see what they can do for you.

Sincerely,

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P.S. Plus, save an additional 5% on home insurance when you purchase MEDOC® Travel Insurance.†



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**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés

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Please see reverse for disclaimer.

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## **Member Management System Special Offer for OACAO Members**

MySeniorCenter has a starter version to help Centres keep track of their member database and be able to communicate critical information via voice broadcasts during the COVID-19 outbreak.

OACAO has negotiated a special price that includes:

- MySeniorCenter staff system – in use by 25 OACAO members to keep track of members, record interactions and generate statistics
- Database licensing
- Security software – entire infrastructure complies with PII, PIPEDA, HIPAA, PCI-DSS, GLBA and GDPR standards as well as ITAR and EU-US Privacy Shield
- Unlimited user accounts
- Initial import of client data from Excel or CSV format
- Voice Connect Premium – ability to send out voice broadcasts to any list of members; number on caller ID will be local to the Centre
- Group functionality – for creating different groups of members and participants
- Access to web-based tutorials

**Cost: CAD\$1000**

The licensing above will be good for one year. If you choose to renew, the price will stay the same – CAD\$1000. If you decide to upgrade to the full touchscreen version of MySeniorCenter, the value of the initial license will be applied to the upgrade.

chris@myseniorcenter.com  
www.myseniorcenter.com  
866-739-9745 x1



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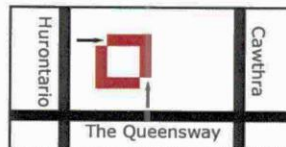


**FREE BATTERIES FOR 3 YEARS  
& LIFETIME SERVICE PLAN**



## ONTARIO HEARING AID CENTRE

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3 YEARS**

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conjunction with any other offer.

**FREE!**

**HEARING AID  
FROM  
\$250.00**

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conjunction with any other offer.



# Programs for Life-Long Learners

Let us take you on a journey into the green world without leaving the comfort of your own home! Join us for an engaging interactive program including the following:

## Human Uses of Plants

- \*Chocolate: From Treasure to Treat
- \*Healing Plants
- \*Good Things come in Trees
- \*House Plants you can't Kill

## Gardens in our Lives

- \*RBG: Canada's Biodiversity Hotspot
- \*Organic Gardening
- \*Make your own Origami Seed Pot
- \*Artists' Gardens

## Plant and Animal Adaptations

- Pollination Partners
- Amazing Monarchs
- Plant Adaptations:
  - Mediterranean Biome OR
  - Aquatic Plants



## Technology and Connection Information

**Participants:** All you need is a computer, a comfy chair and the RBG Zoom room link.

**Centre Coordinators:** Email Karin to discuss and reserve program, date and time.

To register, go to our webpage and follow the instructions:

<https://www.rbg.ca/videoconferencing-programoptions#olderadult>

To get a discounted price (\$100), state Promocode OACAOMarch2020 in comment box. We'll send you the Zoom room link with instructions and you will forward that to registrants (up to 100). **Questions?** Don't hesitate to contact Karin.

Royal Botanical Gardens (RBG) is the largest botanical garden in Canada, a National Historic Site, and registered charitable organization with a mandate to bring together people, plants and nature.

### Contact:

Karin Davidson-Taylor,  
[kdavidson@rbg.ca](mailto:kdavidson@rbg.ca)  
519-803-7780 (CoVid-19 cell #);  
905-527-1158 ext 249 (RBG #)





**SENIOR TEAM GTA**  
WE'VE EARNED OUR STRIPES



### Where Do Your Clothes Go?

You want to feel good that you've done a good deed for someone unfortunate who will be prizing a garment that you once prized so you bag your clothing and deposit the bags in a bin. But did you know that many charities just sell the bin contents directly to Value Village? And did you know that Value Village is a for profit business?

Much of the best quality clothing, the designer goods, the leathers, etc. are resold by private parties for profit, lining their own pockets.

The problem is, a large percentage of the donated clothing never stays here in Canada. Much of the clothing gets ground down and is used later as insulation or may find itself into car seats.

Then there is the dumping in third world countries. In Kenya so much of our used clothing has arrived there that their national textile business has almost been wiped out.

It is estimated that 85% (CBC source) of donated used clothing ends up in landfills.

If this is not what you want, check into local charities. Do they have their own thrift shops? What is their program? Ask questions.

As a Realtor who specializes in moving seniors or closing an estate, used clothing collection is part of what I deal with. Recently, I was appointed as a co-chair of the clothing drive by the League for Human Rights which has a store for those in need to be given gently used donated clothing. Our goal, 1,000 bins across Canada with stores in every major city.

Donate your clothes but always to a worthy charity.



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Barry Lebow is a 5 decade veteran Realtor who specializes in working with seniors and their families as Senior Team GTA, RE/MAX Ultimate Realty Inc. Brokerage  
[seniorteamgta.com](http://seniorteamgta.com)

## OACAO Business Partners 2019-2020

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**Access Abilities** [www.accessabilities.ca](http://www.accessabilities.ca) 905-825-5335  
**AffordAbility Fund** [www.affordabilityfund.org](http://www.affordabilityfund.org) 1-855-494-3863  
**Amica Senior Lifestyles** [www.amica.ca](http://www.amica.ca) 416-487-2020 / 1-888-264-2299  
**Arbor Memorial Inc.** [www.ArborAlliances.ca](http://www.ArborAlliances.ca) 416-763-3230 / 1-877-301-8066  
**Bayshore Home Health** [www.bayshore.ca](http://www.bayshore.ca) 1-888-959-1082  
**Canada's National Ballet School** [www.nbs-enb.ca/Home](http://www.nbs-enb.ca/Home) 416-964-3780 ext2152  
**Collette** [www.gocollette.com/en-ca](http://www.gocollette.com/en-ca) 1-855-696-8687 / code:R963-AX1-918  
**Daily Dose Pharmacy** [www.DailyDose.ca](http://www.DailyDose.ca) 1-855-844-2242  
**Golden Girls Canada** [www.goldenhomessharingconnections.ca](http://www.goldenhomessharingconnections.ca) 416-550-4015  
**Hearing Solutions** [www.hearingsolutions.ca](http://www.hearingsolutions.ca) 1-888-228-2731  
**Heart to Home Meals** [www.HeartToHomeMeals.ca](http://www.HeartToHomeMeals.ca) 1-800-786-6113  
**Helix Hearing Care** [www.helixhearingcare.ca](http://www.helixhearingcare.ca) 1-877-685-5327  
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**Johnson Insurance** [www.johnson.ca/oacao](http://www.johnson.ca/oacao) 1-800-563-0677/group code: O4  
**MySeniorCenter** [www.myseniorcentre.com](http://www.myseniorcentre.com) 1-866-739-9745  
**Nexus Holidays Toronto Inc.** [www.nexusholidays.ca](http://www.nexusholidays.ca) 1-855-604-6488  
**OASSIS Benefit Plans for Not-For-Profits** [www.oassisplan.com](http://www.oassisplan.com) 416-781-2258 / 1-888-233-5580  
**Ontario Hearing Aid Centre** <http://ontariohearingaid.com> 905-848-3277  
**Parkland on the Glen** [www.parklandretirementliving.com](http://www.parklandretirementliving.com) 905-820-8210  
**Right at Home Realty, Marc Jurman – Sales Representative** email: [marc@marcjurmanhomes.com](mailto:marc@marcjurmanhomes.com) 905-460-7588  
**Royal Botanical Gardens** [www.rbq.ca](http://www.rbq.ca) 905-527-1158  
**Save on Energy** [www.saveonenergy.ca](http://www.saveonenergy.ca) 1-877-797-9473  
**Senior Team GTA** [www.seniorteamgta.com](http://www.seniorteamgta.com) 416-399-2852  
**Seniors for Seniors** [www.seniorsforseniors.ca](http://www.seniorsforseniors.ca) 1-844-422-7399  
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**Mark  
Your  
Calendar**

### NEWSLETTER DEADLINES

Please note the following deadline for submissions:

**2020 Summer Newsletter – June 3rd**

**2020 Fall Newsletter – September 2nd**

**2020/2021 Winter Newsletter – December 2nd**

**2021 Spring Newsletter – March 3rd, 2021**

Please send your submissions to [admin@oacao.org](mailto:admin@oacao.org)

# OACAO Board of Directors

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## EXECUTIVE

<b>President</b>	Suzanne Teixeira	<a href="mailto:suzanne@ywalc.ca">suzanne@ywalc.ca</a>
<b>Past President</b>	Nancy Beddoe	<a href="mailto:nbeddoe@cogeco.ca">nbeddoe@cogeco.ca</a>
<b>President Elect</b>	Wendy Caceres-Speakman	<a href="mailto:wendy.caceres-speakman@rexdalechc.com">wendy.caceres-speakman@rexdalechc.com</a>
<b>1<sup>st</sup> Vice President</b>	Kim Evans	<a href="mailto:evansk@whitby.ca">evansk@whitby.ca</a>
<b>Treasurer</b>	Bill Krever	<a href="mailto:w.krever@victoriavillage.ca">w.krever@victoriavillage.ca</a>
<b>Secretary</b>	Sharon Oatway	<a href="mailto:soatway@gloucester50pluscentre.ca">soatway@gloucester50pluscentre.ca</a>
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# OACAO Business Partners

## Platinum Business Partners



## Gold Business Partners



## Silver Business Partners

