

## Program and Technology suggestions for OACAO members to stay connected and engaged with your members during the COVID-19 closures

1. **Telephone Assurance** - Individual phone calls to your members by staff or volunteers.
2. **Group Phone Clubs or Committee meetings** using Audio Conferencing or Web Conferencing. OACAO works closely with Accutel who is willing to offer all OACAO members a preferred rate for Audio Conferencing of only \$0.025 /minute for local and toll free North American calls. Accutel offers secure technology solutions and services using industry leading technology. Contact Lissa Romano Director, Sales & Indirect Channels at 416-354-4002 or [lromano@accutel.com](mailto:lromano@accutel.com). Let Lissa know that you are a member of the OACAO.
3. **Seniors' Centre Without Walls (SCWW)** is a free interactive telephone-based program that connects seniors and enables them to be social, informed and connected during difficult times. Participants join in for free on general conversations and make new and meaningful friendships – all from the comfort of their home! It works just the same as attending a class or a lecture at the centre, but instead it is facilitated over the telephone.

**The Good Companions** Centre in Ottawa has developed a strong SCWW program in the Champlain Region, with the support of the Ministry for Seniors and Accessibility. They have been ramping up their program this month to make it available to more local seniors and will be working with the OACAO to train more centres to offer SCWW in their communities. (see flyer attached)

Join the OACAO for a free **Seniors' Centre Without Walls Webinar on Wednesday, March 25 from 10:00 – 11:30 am**. The Good Companions team will lead the 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 program. Small group training sessions can be arranged following the Webinar. Please register in advance: <https://oacao.wildapricot.org/Upcoming-Events>

Here is a **list of Centres that currently offer SCWW in their region** who might have capacity to take on more seniors.

- **The Good Companions** – Seniors can sign up by calling 613-236-0428 ext. 2323 (Champlain region)
- **City of Hamilton** – Seniors can sign in by calling 905-973-0891 (GTHA region)
- **Aurora Seniors Association** – Seniors can sign up by calling 905-727-3123 ext. 3614 (Aurora region)
- **Parkside Centre** – Seniors can sign up by calling 705-673-6227 ext. 225 (Northeastern region)
- **Timiskaming Health Unit** – Seniors can sign up by calling 705-672-2254 (Northern region)

4. Go live on **Facebook** (instructions: <https://blog.hubspot.com/marketing/facebook-live-guide>)
5. Share or post **You Tube** videos (<https://blog.hubspot.com/marketing/how-to-download-and-save-youtube-videos>)

6. Share a variety of **online activities** with your members: (to name a few)

- ROM Online Collection: [www.collections.rom.on.ca](http://www.collections.rom.on.ca)

- Canada Wildlife Camera: [www.pc.gc.ca/en/nature/science/controle-monitoring/cameras](http://www.pc.gc.ca/en/nature/science/controle-monitoring/cameras)

- 30 Virtual Field Trips:

[https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGIkgE3iExmi3qh2KRRku\\_w/preview?fbclid=IwAR1Q9EI79C5JUqzcBh0B2gOCKr0AX82-bSF5IBMWDxSLV4dCleRmKcPoyC4](https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGIkgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR1Q9EI79C5JUqzcBh0B2gOCKr0AX82-bSF5IBMWDxSLV4dCleRmKcPoyC4)

- TED TALKS – <https://www.ted.com/talks>

7. At **Canada's National Ballet School**, in partnership with Baycrest Health Sciences, video-based dance/creative movement classes that seniors can engage with independently from their own homes. Content will build off of (but maybe different from) their current offerings that you can read about [here](#). (<https://www.nbs-enb.ca/Sharing-Dance/Baycrest-NBS-Sharing-Dance-Seniors>) (see flyer attached)

Jenna Rose-Freeman, Associate Director, External Affairs

416-964-3780 ext. 2152 or [jrose@nbs-enb.ca](mailto:jrose@nbs-enb.ca)

8. **Royal Botanical Gardens** interactive virtual program! They can do presentations have individuals dial in from their private computers – up to 100 participants. You'll be able to see and hear them and vice versa. Date and Time – your choice. Special: \$100 per centre (Use Promocode: OACAOMarch2020). All you need is a computer and a webcam. To book your centre's spot, go to our webpage and follow the instructions:

<https://www.rbg.ca/videoconferencing-programoptions#olderadult>. To get a discounted price, state Promocode OACAOMarch2020 in comment box.

Karin Davidson-Taylor at [kdauidsonstaylor@rbg.ca](mailto:kdauidsonstaylor@rbg.ca) or 905-527-1158 ext. 249 (see flyer attached)

9. **MySeniorCenter** member management system has a **starter version** which features a voice broadcast system that allows you to send mass calls out instantly or at scheduled times.

**Voice Connect** lets you send your own message out to hundreds of seniors simultaneously.

MySeniorCenter is offering OACAO members a special rate for Voice Connect Premium.

Please contact Chris Hamilton for more information at 508-834-4115 or

[chris@myseniorcenter.com](mailto:chris@myseniorcenter.com). (See flyer attached)

10. **Cyber-Seniors**: Share over 1200 Tech-Tutorials for older adults:

<https://cyberseniors.org/membership/> for more information on this FREE OACAO membership offer and contact [info@cyberseniors.org](mailto:info@cyberseniors.org) to register.