

OACAO Newsletter

2020 SUMMER NEWSLETTER

Message from the OACAO President Suzanne Teixeira



Happy Seniors Month! You know June is here when we get to spend a whole month celebrating our wonderful members. This year's theme is **Stay Safe, Stay in Touch** and we couldn't agree more. Not only in what we knew as normal times, but especially in these times. As our friend, Minister Cho has said, "If you have a friend or neighbor who is an older adult or a person with a disability, please take some time to reach out to them to ensure they have what they need during this difficult period. Please give them a call just to chat or offer to pick up some groceries or a prescription." Nowadays, a friendly smile and wave or a phone call to say hi goes a long way.

Happy Pride Month! Although pride will not look the same this year, many of the pride festivities are going to be virtual including the Pride Parade. For additional information you can visit the Pride Toronto website. I hope you all had an opportunity to register for the free webinar, **The Rainbow Steps for LGBT2SQ Seniors**, hosted by the Ontario Age-Friendly Communities (AFC) Outreach Program on Wednesday, June 24th. It was full of great information! Wear your rainbow and pride proudly.

Busy behind the scenes. Recently, the Board has started a "Re-opening Working Group" so that we can offer suggestions, adaptable framework for Seniors Active Living Centres (SALCs), new best practices, etc. for our members to give direction on how to plan to re-open your centre, when it is safe to do so. Shortly, you will receive a short survey that we suggest you conduct with your members about their tolerance / comfort level to return to the physical space at the Centre. Keep your eyes open....there will be lots of great resources coming from this group. If you would like to offer some suggestions, share resources or be on the working group, please contact Suzanne at suzanne@ywalc.ca



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.

As always, Sue, Lina and Fiona are always going above and beyond for all of us. Whether it is Sue's weekly calls with the Ministry staff, advocating for more financial and flexible support for SALC's or advising leaders on what is most needed for SALC's – Sue is there. Both Lina and Sue are working hard to ramp up and support our new network of Seniors' Centre Without Walls program hosts. Lina is also working hard on getting new business partners who offer products and services that will help support us during this time, and sourcing out great resources and webinars for us to take advantage of – Lina is there. Fiona is working behind the scene, supporting the administration needs of the OACAO, processing memberships, putting the newsletter together and supporting the team to make sure we are efficient and responsive to all our members' needs – Fiona is there. To our OACAO staff for always ensuring we are getting the most relevant, up to date information – Thank you.

To the Board of Directors who join last minute meetings and are there to always give sound advice and share their knowledge – Thank you. To you, our OACAO members and SALC's who are providing the best quality supports and virtual programming given our new environment – Thank you. You are all amazing and we are so lucky to have you in the lives of our members and each other.

Before I close off, I want to take a moment to recognize all that is happening in the United States and it's impact on the world. I, would like you to know that I, as an individual, as staff at York West Active Living Centre and as President of the OACAO, stand in support of racial equality and all those who search for it.

Be safe my friends,

Suzanne Teixeira
President

OACAO

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

OASSIS Turns 30 - Long Term Clients Share Their Stories!

OASSIS went into business in 1990 and has been providing group benefits exclusively to Not-for-Profits ever since. Many companies have been with us from the start and continue to value the care and service OASSIS provides. Go to oassisplan.com to read their stories!

Why is **OASSIS** different than other Group Benefit Providers?

- We are the **Plan Administrator** for hundreds of Not-for-Profits
- We handle your **due diligence** and deal with the insurance companies for you
- We are not a broker, our focus is **service** - not profits
- We **pool** our member organizations to **spread risk** resulting in **stable rates** year to year
- We are **Not-for-Profit** just like you – Any plan surplus benefits our members either through rate subsidies or plan improvements.

Moving your Group Benefits Plan to OASSIS is simple and we do most of the work for you. In most cases we can mirror your current plan and make the transition seamless for your employees.

Contact Brent Voisey, Group Benefits Sales Executive at brent@oassisplan.com or by phone 1-888-233-5580, ext. 302 to get started!

Message from the OACAO Executive Director Sue Hesjedahl

Hello OACAO valued members, supportive partners, and caring friends. I hope that everyone is staying safe and keeping well during these extremely challenging times. COVID closures have been in place now for about 16 weeks, and many centres have mastered remote programming through telephone or video conferencing. I have heard several heartwarming stories of seniors who have overcome loneliness and isolation due to their local seniors centre staff and volunteer's outreach. Hats off to you, I truly admire the work that you are doing. Thank you to our many member organizations who are providing food security by way of food hampers or meal delivery to home bound seniors. Thank you to those who have provided technology support to many isolated seniors in your community. Thank you to all who are offering accessible, free, and inclusive virtual programs, meeting the needs of thousands of seniors including multi-cultural, indigenous and LGBTQ+ seniors all over the province. Your innovation and creative ideas have been inspiring. I absolutely love and admire our sector, as you roll with the punches. When COVID hit, you pivoted, mobilized, and thrived in such a challenging time!

While I do also realize that some Seniors Active Living Centres and member organizations are not fairing so well through the pandemic, as many have faced layoffs, redeployment, staff hour reductions, volunteers temporarily losing their roles, and we've all heard and felt the financial impact of the COVID closures. We are in this together!

The OACAO has worked closely with the Ministry for Seniors and Accessibility over the past few months to advocate for the continuation of the **2020 - 2021 Seniors Active Living Centres (SALC) Funding** during the pandemic as we must ensure the viability of SALCs into the future. During the **Seniors Month Virtual Town Hall** event with Hon. Raymond Cho, Minister for Seniors and Accessibility and Daisy Wai, Parliamentary Assistant to the Minister, hosted by the OACAO on June 24th, we learned that the SALC second quarterly payment will be issued in early July. You can count on that.



I was thrilled when Premier Ford announced the launch of the **2020 – 2021 Seniors Community Grant** program on Friday, June 26th, with grants ranging from \$1,000 - \$100,000. The OACAO advocated for the continuation of this funding program, so this was welcomed news. See pages 9 & 10 for more details. Deadline to apply is August 7, 2020.

Thank you to all Centres and SALCs who completed the **2020 OACAO Member and Seniors Active Living Centre (SALC) Profile Survey**. With a small grant from the Ministry for Seniors and Accessibility, we administered this important survey in March and April and will have a report ready to share in the coming weeks.

The OACAO has worked closely with The Good Companions (TGC) Seniors' Centre in Ottawa as our knowledge expert and training partner on the ramp up of the **Seniors' Centre Without Walls** program across Ontario over the last few months. We thank The Good Companions team for their continued support and look forward to continuing to work together on the next phase of the project which should be announced soon. I would like to thank Lina Zita from the OACAO and Laura Ward from The Good Companions for their dedication to the success of the Seniors' Centre Without Walls program.

As the Government of Ontario recently moved into Phase 2 of their "Framework for Reopening our Province", Stage 2 has been introduced with a regional approach to reopening the economy based on trends of key public health indicators. More businesses are opening up, but the message is still loud and clear that we must maintain protections for vulnerable populations including seniors. As many seniors continue to self-isolate at home during COVID-19, it is important that we find new ways to combat the effects that this isolation could have on mental health.

The OACAO Board of Directors has formed a sector-specific **Reopening Working Group** to comprehensively plan and develop guidance for the gradual and safe reopening of seniors' centres acknowledging the diversity of centres and with the purpose of mitigating risks. Key areas of focus for the Working Group include programming and food services, proper use of personal protective equipment (PPE), facility modifications and cleaning protocols including infection control. The group is also developing a survey that centres could administer to gauge the "readiness of seniors to return" to programs at the centre. While we do not know what the future will hold, the responses could guide the re-opening plan so that centre members feel safe and comfortable participating in programs in the future. Some centres have talked about a "soft reopening" in the fall, but one message must be loud and clear, centres should be communicating with their local public health authorities to determine if it is safe to reopen in their region. The ministry noted in the town hall meeting that in-person programming is not mandatory at this time. If seniors' centres seek the advice of their public health authorities and feel they don't have sufficient control measures in place to protect their members, staff and volunteers, it is recommended that they offer remote, virtual programs for the time being.

The OACAO strongly recommends that you also check in with your insurance carriers to ensure that your commercial general liability and directors & officers liability coverages are not impacted by COVID-19, especially if you are considering a return to in-person programming.

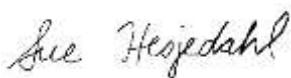
On another note, the OACAO was successful in securing a **New Horizons for Seniors Program grant for 2020 – 2021** titled: **Social Inclusion through Social Prescribing**. Please see page 12 for more details.

We are pleased to introduce and welcome **Ryan Trivino as our 2020 Summer Student**. Ryan is in the Social Service Worker diploma program at Seneca College and is excited about his position as our Communications and Community Development Assistant. Ryan will be working with both the OACAO and the Caledon Seniors Centre supporting their virtual programming this summer. (Funding provided by Service Canada)

The OACAO continues to advocate for longer term funding support for our members and SALCs as we move through the pandemic. Thank you to all who have been completing various surveys and sending advocacy letters to various levels of government. We will keep you posted on the progress of these advocacy campaigns.

Please keep in touch over the summer. Our reopening working group will share updates and disseminate information when it comes available.

In closing, I would like to thank all of our members and partners who contributed to this newsletter. Your work is inspirational, and you are making a positive impact in the lives of thousands of seniors across Ontario. Thank you!



Sue Hesjedahl
Executive Director

OACAO

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

Welcome to our New OACAO Members



East Shore Community Centre

910 Liverpool Rd, Pickering, ON L1W 1S6

905-420-6588 • www.spssc753.com



George Ashe Library & Community Centre

470 Kingston Rd, Pickering, ON L1V 1A5

905-420-2254 • www.pickering.ca



Community Care Concepts of Woolwich, Wellesley and Wilmont

929 Arthur St S, St. Jacobs, ON N0B 2N0

519-664-1900 • <http://www.communitycareconcepts.ca/>



Kemptville & District Home Support

215 Sanders St Suite 101, Kemptville, ON K0G 1J0

613-258-3203 • www.kdhsi.com



Nakina Sunrise Club - Seniors Centre

111 Kingsland Road, Nakina, ON P0T 2H0

807-329-5957

North McIntyre Recreation Centre

500 Donald Street East, Thunder Bay, ON P7E 5V3

807-625-2305 • www.northmcintyrecentre.ca



Adult Recreation Centre

185 King Street South, Waterloo, ON N

519-579-1020 • www.waterloo.ca



Township of Mapleton – Seniors' Centre of Excellence

7275 Side Road 16, Draydon, ON N0G 1P0

519-321-1151 • www.mapleton.ca



Wise Mobile Active Living Centre

The District Municipality of Muskoka, 70 Pine Street, Bracebridge, ON P1L 1N3

519-638-1000 • www.muskoka.on.ca/seniorsprograms

Tax Receipted Donations



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

Go to 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

Welcome to our New Platinum Business Partners

CANADIAN HEARING SERVICES



The Canadian Hearing Society has a long and rich history spanning 80 years of providing industry-leading services and products that empower Deaf and hard of hearing Canadians. Founded in 1940, it is the largest, most comprehensive resource for Deaf and hard of hearing individuals in Canada.

CHS is an independent, registered non-profit organization which reinvests proceeds from product and program sales back into community services.

Facebook: <https://www.facebook.com/canadianhearing-services/>

Twitter: @cdnhearing • **Instagram:** @canadianhearing-services • **YouTube:** CHSCanadaTV

LinkedIn: <https://www.linkedin.com/company/canadian-hearing-services>

NEWBRIDGE MORTGAGE



Newbridge Mortgage Inc. has been helping Canadian families in finding the right mortgage solution for over 20 years and we were recently awarded the “Best National Full Service Brokerage Awards” by the Mortgage Awards of Excellence.

In an effort to help Canadian retired seniors to cope with their financial challenges during their retirement, we have created a NEW PROGRAM called “MORTGAGE FREEDOM 65” to allow seniors age 65+ to have the full control on how and when to make their payments. This means one can take a temporary or even permanent holiday from their mortgage payments if one so choose at anytime. To learn how you may qualify for this program or make an appointment to speak with one of our licensed advisors, please visit us at <http://www.newbridgemortgage.com/solutions/MF65> or [click here](#) to watch video.

Tel: 416 410 2188 Toll Free: 1 888 410 2166

Welcome to our New Gold Business Partner

STARKMANS HEALTH CARE DEPOT



Our products are extensive and cover a wide range including supports, bath aids, compression stockings, pillows, ostomy and wound care, and we are pleased to have increased their visibility in other age groups by opening a new maternity and

child-care department. Over the years, we have been a major supplier of therapy and healing products and have added a new exercise department that is popular among physical and occupational therapists as well as exercise enthusiasts. We also have many products for rent including hospital beds and wheelchairs.

Along with our excellent store salespeople, the office has staff on the order desk to take your order over the phone. We offer free delivery on orders over \$40 to addresses in Toronto, and orders outside those borders are shipped via courier. And if we don't stock a product you are looking for, please ask. We are happy to order something in for you.

Starkmans is easily accessible. We purchased the adjacent lot and converted it into a free parking lot for customers. We have wheelchair parking and are wheelchair accessible. The store is easily accessible using public transportation by taking the Bathurst 7 bus north or south which stops at Davenport. While you are in the store shopping, there are chairs throughout offering comfortable seating. We also have free coffee for all customers.

Expanding your business is exciting. Starkmans has successfully transitioned to an online presence with our website www.starkmans.com and attracts many customers, from out of town and locally. Our website is now a fundamental part of our business, providing an easy way of ordering for pharmacies, camps, schools and retail customers alike.

If you can't make it into the store you can still get their sale prices online or by phone. If you are not on their mailing list please contact them at orders@starkmans.com or 416-534-8411.

Letter from the Minister

**Ministry for
Seniors
and Accessibility**

Minister

College Park
777 Bay Street
5th Floor
Toronto ON M7A 1S5

**Ministère des Services
aux aînés et de
l'Accessibilité**

Ministre

College Park
777, rue Bay
5^e étage
Toronto ON M7A 1S5



June 25, 2020

As Seniors' Month comes to a close, I wanted to thank all of the wonderful Seniors Active Living Centre programs that hosted events remotely this year.

I would particularly like to thank The Good Companions Seniors' Centre and the wonderful work they do in supporting the Seniors' Centre Without Walls initiative. By sharing their knowledge and expertise, The Good Companions has helped the Older Adult Centres' Association of Ontario implement Seniors' Centre Without Walls programs in even more Seniors Active Living Centre locations across the province. Providing access to programs remotely is more important this year than ever.

I was thrilled to attend so many virtual events this Seniors' Month, as was my Parliamentary Assistant, Daisy Wai. I would thank the Older Adult Centres' Association of Ontario for helping to coordinate our attendance at those virtual events and for hosting the Seniors' Month Townhall.

We all have a role to play in helping to support our seniors and to battle social isolation. You continue to play a vital role in helping to keep our seniors connected, active and safe.

Thank you for the good work that you do each and every day, and especially during Seniors' Month.

Sincerely,

Raymond Cho
Minister for Seniors and Accessibility

OACAO 2020 Aging Well Conference – Cancelled due to COVID-19



It is with much regret that the OACAO Board of Directors had to make the difficult decision to cancel the 2020 Aging Well Conference scheduled for October 26 & 27 in Mississauga. While the province is slowly opening up, it is our priority to keep our members, staff, and volunteers safe.

Please mark your calendars for **October 25 & 26, 2021** for the **OACAO 2021 Aging Well Conference in Mississauga.**

OACAO 2020 Virtual Annual Meeting

Please mark your calendars for **Monday, October 26, 2020** for our 2020 **Virtual Annual Meeting.**

Time and web platform to be announced, but you can expect to review OACAO business and receive financial statements from the past year, enjoy an OASSIS Employee Benefit Plans presentation and we will announce our 2020 OACAO Award Recipients.

More details to come soon!!

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The Great Canadian Giving Challenge is this month, and The OACAO has entered!!



The Great Canadian Giving Challenge through Canada Helps, challenges Canadians to donate to their favourite Canadian charity, so that the charity can be entered into a draw for a chance to win

\$20,000. The Challenge takes place during the month of June each year.

Every \$1.00 donated through our CanadaHelps.org or GivingChallenge.ca page enters us to win the \$20,000 grand prize that will be randomly drawn on July 1st, Canada Day! (Minimum donation is \$3.00). You will receive a tax receipt for your donation.

If we are recipients of this year's Great Canadian Giving Challenge, we will put putting the \$20,000 towards **developing quality services and resources to support our network of community based older adult centres dealing with the challenges of COVID-19.**

Any donation helps us our chances, we thank you so much for your support!!

Thank you to the following champions who have supported our Great Canadian Giving Challenge campaign so far: Kim Bidwell, Grant and Sheila McLaughlin, William Enright, Elaine Mannisto, Michael McLaughlin and Sue Hesjedahl.



There is still time to donate - until June 30th! Thank you for your generosity!
<https://www.canadahelps.org/en/charities/older-adult-centres-association-of-ontario/>

With sincere thanks for your support!

Ontario Providing Additional Support for Seniors

Provincewide Grant Program Will Promote Safety, Community Engagement and Financial Security

NEWS

June 26, 2020

TORONTO — The Ontario government is providing up to \$4 million for the Seniors Community Grant Program, a significant increase over last year. This funding will help non-profit organizations, local services boards, or Indigenous groups develop programs for seniors that focus on combatting social isolation, promoting seniors' safety and well-being, improving financial security and making communities age-friendly.

The announcement was made today by Premier Doug Ford and Christine Elliott, Deputy Premier and Minister of Health.

"It's incredibly important to ensure our seniors have the supports they need to live full, rich and socially active lives, especially during this pandemic," said Premier Ford. "Many have been staying home to help stop the spread of COVID-19. As the province gradually reopens, this funding will go towards establishing virtual seniors' tours, offering programs to combat elder abuse and developing age-friendly communities through initiatives like making outdoor spaces more accessible for seniors."

This year's grants will range from \$1,000 to \$100,000 and will fund projects that will:

- Help older individuals and couples receive the support they need in their community;
- Ensure seniors are less at risk for neglect, abuse and fraud, and that their rights and dignity are protected;
- Ensure more older adults are connected and engaged, reducing social isolation; and,
- Provide more opportunities for older adults in employment and volunteering, achieving greater financial security and engagement within the community.

"The past several months have been difficult for seniors, as many have stayed home in self isolation to help prevent the virus from spreading," said Minister Elliott. "Through the Seniors Community Grant Program, our older adults will be getting out more to take part in various activities. When going out, seniors must continue to follow public health advice and practise physical distancing, wear a face covering when physical distancing is a challenge, wash hands frequently, and stay home when ill. This is the best way to keep everyone safe."

In the past, the Seniors Community Grant Program has supported community-based activities like seniors' fitness classes, lawn bowling, brain fitness activities, multicultural dance, along with a public education and awareness campaign that challenges the myths and stereotypes that portray older adults as frail, out-of-touch, technologically illiterate, and no longer employable.

"Although many seniors have been socially isolated to stay safe from COVID-19, our government is committed to ensure they stay connected and physically active, especially now when the province is gradually starting to reopen," said Raymond Cho, Minister for Seniors and Accessibility. "We want to help them maintain their autonomy and independence, while supporting their physical, mental and social well-being."

The application period for the Seniors Community Grant Program is now open and will close on August 7, 2020. Unincorporated and incorporated not-for-profit organizations, local services boards, or Indigenous groups must submit applications to Transfer Payment Ontario (formerly Grants Ontario) online at Ontario.ca/GetFunding.

“Each year, the Seniors Community Grant program makes a difference in the lives of many older Ontarians by creating meaningful opportunities for them to connect with their communities,” said Sue Hesjedahl, Executive Director of the Older Adult Centres’ Association of Ontario. “This year, supporting that connection is even more important and the SCG program will ensure seniors across the province can still engage with what matters most to them while staying safe and healthy.”

QUICK FACTS

- Since the Seniors Community Grant Program was established in 2014, nearly 1,900 grants have been provided, which have positively impacted the lives of more than half a million seniors.
- By 2023, there will be three million Ontarians over the age of 65. Older adults are the province’s fastest growing demographic.
- Questions about the program can be answered by contacting the Ministry for Seniors and Accessibility: email: seniorscommunitygrant@ontario.ca; toll free: 1-833-SCG-INFO (1-833-724-4636); TTY (for the hearing impaired): 1-800-387-5559; fax: 416-326-7078.

ADDITIONAL RESOURCES

[Programs and services to help seniors be healthy, active and engaged](#)

[Seniors Active Living Centres](#)

[Age Friendly Communities](#)

Visit Ontario’s [website](#) to learn more about how the province continues to protect Ontarians from COVID-19

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MEDIA CONTACTS

ontario.ca/newsroom

Disponible en français

Ivana Yelich

Premier’s Office

Ivana.Yelich@ontario.ca

Mathew Varsava

Minister Cho’s Office

Mathew.Varsava@ontario.ca

Jamal Robinson

Communications Branch

Jamal.Robinson@ontario.ca

INFLUENZA

PREVENTION IN SENIORS

Every year 5-10% of Canadian adults will get influenza.

Influenza and influenza-related complications can be severe, life-changing or life-threatening for seniors.



About 50% of seniors 65 years of age and older have two or more chronic health conditions like diabetes, heart disease, or lung disease which increase the risk of influenza infection and complications.



Hospitalization because of influenza may lead to loss in health and ability to be independent.



Immunization prevents 40% of hospitalizations due to influenza in seniors over 65.



The immune system weakens with age, but specifically-designed vaccines help create a stronger immune response.



Annual immunization is an effective and safe way for seniors to lower their influenza risk.



Talk to your doctor, nurse, pharmacist or local public health office about getting immunized against influenza.



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IMMUNIZATION
SUCCESS

References:

Statistics Canada
<http://www.statcan.gc.ca/pub/82-624-x/2015001/article/14218-eng.htm>
Creditor, Morton C. Hazards of hospitalization of the elderly. *Annals of Internal Medicine*. 1993;118(3): 219-223.
CDC study concludes flu vaccination prevents hospitalizations in older people.
<https://www.cdc.gov/flu/news/flu-study-hospitalizations.htm>
National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2017-2018.
<https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2017-2018.html>

SOCIAL INCLUSION THROUGH SOCIAL PRESCRIBING (SITS – RX)

Submitted by: Pat Spadafora, Kaleidoscope Consulting, Project Consultant

Among many other things, the COVID19 pandemic has taught us how much we all need each other. There is no one that has not been impacted, in one way or another, by the pandemic. This may be especially true for older adults many of whom, even prior to the pandemic, experienced loneliness and social isolation at a disproportionately high rate.

Quite simply, social inclusion matters. For that reason, we are excited to announce a new set of workshops and training that we plan to roll out in the fall.

The practice of social prescriptions to enhance community engagement is rooted in the recognition of the need to address the health and well-being of individuals from a holistic perspective. Medical treatment, on its own, cannot address every concern. For many older adults, however, their primary point of contact may be a trusted health care provider. That health care provider can potentially provide a link to community supports that complement and/or supplement primary health care.

While the practice of social prescribing is quite well established in the United Kingdom and other parts of Europe, it has been gaining increased traction in North America and there are a number of existing projects in Ontario. The goal of OACAO's initiative is to increase social engagement and inclusion of older adults specifically by connecting them to their local seniors' centres on the recommendation of their primary health care provider.

Through this project we will connect local healthcare providers with volunteer navigators who will be able to link the older adults with programs at their local seniors' centres. Volunteers will be recruited and trained at participating centres and will be offered ongoing support throughout the project.

Similar to projects everywhere, we are adapting our plans to be responsive to and be mindful of shifting realities. At this point, we plan to work with local healthcare providers who will prescribe a 'visit' with a volunteer navigator at a centre that currently offers some type of virtual programming (phone or web based). Seniors Centre Without Walls is one example, but the creativity of your centres throughout these uncertain times has brought forth many innovative examples!

For now, we wanted to give you a heads up about the social prescribing project and hope it excites you as much as it does us. Stay tuned!

This project is funded by
the Government of Canada.

Canada



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Alzheimer Society ONTARIO

COVID-19 has a tremendous impact on people living with dementia, care partners and service providers. Many people are facing increased isolation and looking for ways to stay connected. Our community stakeholders also still look for support as they continue to deliver services to people living with dementia.

Over the past few months, the Alzheimer Society has acted quickly to respond to the continued need for education and support. We are delivering virtual education, support services and social recreation programs to our clients, partners and stakeholders. We are here to help. In a time like this, our connections matter more than ever.

We would like to invite you to take part in the virtual programs and services happening across the province. Whether you are looking for information, virtual one to one support, a way to connect with others or stay active, we have a variety of opportunities for you:

- Need support now? [Connect to a local Alzheimer Society near you](#)
- Looking to join in on a program or event? [Check out our virtual events calendar](#)
- Want to stay connected? [Sign up for our weekly Connections That Matter newsletter](#)
- Seeking more education? [Access online learning](#)
- Concerned about safety? [Learn more about living safely with dementia](#)
- Looking for ways you can help? [Get involved](#) or [Donate](#) today

<https://alzheimer.ca/en/on>

A webinar on [StepstoJustice.ca](https://stepstojustice.ca) and Guided Pathways to preparing a POA

for Older Adult Centres' Association of Ontario (OACAO)

Date: July 22, 2020 Time: noon to 1 p.m.

CLEO is offering a webinar on [StepstoJustice.ca](https://stepstojustice.ca), a website with legal information on common legal problems and [Guided Pathways to preparing POAs](#), a free, online tool to help you prepare a power of attorney. This webinar is for people working or volunteering with older adults, who are often asked questions with a legal aspect. These could be questions about health and disability or income assistance, abuse and family violence or wills and powers of attorney. Steps to Justice also has [updates on the law and legal services related to COVID:19](#).

Participants will learn how to navigate **Steps to Justice** to find legal information. The site also includes referral information for legal advice, and organizations and services that people can turn to for additional help.

Participants will then navigate through a **Guided Pathway to preparing a power of attorney**. They will have an opportunity to ask questions (of a general nature) of an experienced lawyer in this field.

Presenters:

- Judith Wahl, Lawyer at Wahl Elder Law
- Erik Bornmann, Staff Lawyer at CLEO
- Deb Bourk, Project Manager, Community Engagement and Communications, CLEO

To sign up for the Zoom webinar, click the link below:

https://zoom.us/webinar/register/WN_dbnangRIRlOrvVnqRzc_wg

If you would like to check out CLEO's Guided Pathways for making and revoking a power of attorney before the webinar, please see below:

[CLEO's Guided Pathways for POAs](#) take users through a series of questions, explained in plain language, and then use the answers to automatically create a power of attorney. Along the way, users are given clear legal information about assessing the risks involved, as well as mental capacity issues. At the end, users are given instructions on steps to take to have their POA signed and witnessed. The Guided Pathways are free to use.

We are asking all not-for-profit organizations running programs to support the response to COVID-19 to visit www.sparkontario.ca and post volunteer opportunities so that potential volunteers can be put to work quickly. Over 30,000 volunteers have reached out in the past month looking for ways to help out.

During our webinar, some participants expressed an interest in receiving communications resources that could be shared with their networks.

We hope you will consider sharing the following with your community:

1. Click <https://www.sparkontario.ca/contact> to access English and French **social media tiles** you can post and share with local organizations and prospective volunteers (example below)
1. SPARK Ontario **template message** (below) for websites and newsletters encouraging not-for-profits to post volunteer opportunities
2. If your organization needs **help posting** your opportunities? Please contact info@sparkontario.ca.

Sample Newsletter Template:

SPARK ONTARIO CONNECTS VOLUNTEERS TO YOUR ORGANIZATION.

SPARK Ontario is partnering with the Ontario government to connect volunteers with opportunities to support seniors, people with disabilities and other Ontarians requiring assistance during the COVID-19 pandemic.

All not-for-profit organizations supporting the response to COVID-19 can post volunteer opportunities at sparkontario.ca so potential volunteers can be put to work quickly.

SPARK Ontario is a free, bilingual online platform that connects your organization with potential volunteers. Over 30,000 volunteers have already reached out looking for ways to help!

Need help posting your opportunities? Click [here](#)

Interested in volunteering? Sign up at sparkontario.ca

ÉLAN ONTARIO MET VOTRE ORGANISME EN RELATION AVEC DES BÉNÉVOLES. VEUILLEZ AFFICHER VOS OCCASIONS DE BÉNÉVOLAT SUR LE SITE ÉLANONTARIO.CA.

ÉLAN Ontario œuvre en partenariat avec le gouvernement de l'Ontario pour faire connaître aux bénévoles les occasions d'aider les personnes âgées ou ayant un handicap, ainsi que les autres Ontariennes et Ontariens qui ont besoin d'aide durant la pandémie de COVID-19.

Tous les organismes sans but lucratif qui contribuent à la lutte contre la COVID-19 peuvent afficher leurs occasions de bénévolat sur le site www.sparkontario.ca/fr afin de pouvoir mettre rapidement les bénévoles potentiels au travail.

ÉLAN Ontario est une plateforme bilingue en ligne qui offre gratuitement à votre organisme la possibilité d'entrer en relation avec des bénévoles potentiels. Près de 30 000 bénévoles ont déjà recherché des façons de faire leur part!

Vous avez besoin d'aide pour afficher vos possibilités de bénévolat? Cliquez [ici](#).

Vous aimeriez faire du bénévolat? Inscrivez-vous sur [ÉLAN Ontario](#).

MEGHAN LAUBER
Principal 416.200.9869

LYTTON
COMMUNICATIONS

21 St. Clair Avenue East, Suite 1400
Toronto, Ontario M4T 1L9

Understanding Mental Health and Well-Being in Later Life

A Workshop Series



About the workshop series

The *Understanding Mental Health and Well-Being in Later Life* workshop series is mental health, mental illness and addictions programming for older adults (65+). The workshop series shows older adults how to improve their mental health, spot the signs and symptoms of mental illness and addictions, and learn where to go for help in their communities.

The workshop series is available for organizations to access and offer to the older adults in their local communities.

Interested in offering the workshop series?

Visit the projects' initiative page at [EEnet.ca/OlderAdults](https://eenet.ca/OlderAdults) to learn more, or register for the workshop materials by visiting our [Workshop Portal](#) ([click here](#) for detailed instructions).

More questions? Email the project team at OlderAdults@camh.ca

Upcoming events for health service providers of older adults

Webinar Series July/August:

- Part 1: Understanding burnout and compassion fatigue
- Part 2: A look at Mindfulness & supporting your mental health

More information will be posted on <https://www.eenet.ca/>

camh
mental health is health

Newsletter Contributions for our Members

ACTIVE ADULT CENTRE OF MISSISSAUGA

Submitted by: Anne Goldspink, Administration and Facility Coordinator



As soon as our Centre closed in mid-March, it was apparent that we needed to create a Virtual Village to ensure our members could stay healthy, while remaining safe at home. Because the AACM is reliant on

program and event revenue, we understood that we could face a financial challenge depending on the length of our closure, so planning started early regarding fundraising.

Two things needed to be in place before we could ask Mississauga's older adults for support. We needed to prove our "remote credibility" by establishing a pattern of reliable service including information sharing, touch-points and programming, plus we needed to identify the best way to position the new fundraising campaign and transition it to an effective email/ on-line appeal.

To accomplish our first goal, since March, the Centre has sent thousands of emails through 25 different e-blasts, made hundreds of phone calls, delivered Care Kits to seniors at risk, and offered dozens of classes and programs, via various platforms.

Traditionally, our "Tree of Sharing" spring campaign features tagged "blossoms" hung on a tree in our lobby. In the face of our closure, our second goal required a new idea to capture the tone of the moment. A Centre staff member recalled another tough challenge in her life and developed a campaign around the notion that the darkest nights produce the brightest stars. With this theme in mind, another team member offered a remarkable gift – musician Philippe Irvine and his partner, Christian Selvaggi of X Passenger, added another dimension to the "ask" by producing a unique Centre song. A lyric video featuring images of our members was also created to accompany the melody.

The campaign launch was multi-pronged. A Centre wide robocall, regarding virtual programming, featured a "teaser" of the song. A few days later, members were emailed the video with a [Donate link](#) to the Centre's CanadaHelps account – its pages now featuring copy and photos related to pandemic activities and a link to our youtube channel. Still days later, a second campaign email was launched featuring a pitch letter, along with a more traditional donor form to be printed out and mailed.

Concurrently, the song was promoted to local media. The appeal was also promoted through our staff members' personal Twitter (#sauggaseniorsong) and other social media accounts, as well as being featured on our webpage and Facebook, plus available for purchase on iTunes and Spotify. A couple of weeks after the song launched, a mail campaign was implemented for those who do not rely on electronic means for communication. An aggressive fundraising objective was set, and we're proud to report that we're over 60% to our goal. It's been a steep learning curve for all, but very satisfying.

<https://www.canadahelps.org/en/charities/activeadultcentreofmississauga/>



ASKENNONIA SENIOR CENTRE

Submitted by: Judy Contin, Executive Director



When Askennonia Senior Centre in Midland closed on March 13, members and staff immediately started researching alternatives to regular programming. Some instructors, such as our Cardmaking convener, went 'on the road' early the following week with kits and instructions being delivered to her class's doorknobs! Our line dancers

started meeting on Messenger, and when that could not accommodate the numbers, moved to zoom. Shortly thereafter, our fitness instructor posted live videos of aerobics, yoga, chair yoga and dance and tone and quickly attracted over 500 followers. Our Ukulele Lessons and Jams were Zooming, as were our French lessons, Watercolour and Acrylic Painting and Woodcarving. Some classes, such as our Let's Write and Book Club, are fairly easily adapted to online sessions, while others, such as the Just Attitude Choir, may take a little extra work to make it work! Previously recorded Tai Chi classes have been posted on Facebook. Last, but certainly not least, some of our members have been sharing their favorite games and puzzle sites with us to post on Facebook. They come complete with tips and instructions to help folks navigate the websites.

Unless people were working for international conglomerates before this pandemic, most of society had never experienced video conferencing. This would be especially true for retired folks. It's been amazing how our conveners have rose to the challenge to learn these platforms so that their classes could continue. We suspected that some of our members might need support accessing the programs online and asked a local company, Compu-SOLVE, if there was an arrangement we could make to have their technicians assist. Well, they said YES and are providing help to our members at no charge to them or to Askennonia! They are helping our seniors stay engaged with family, friends and Askennonia. That is amazing and so very much appreciated by us all.

We would like to thank the OACAO for all the information and opportunities extended during this pandemic. We receive emails almost daily with something of interest we share with members or staff. Both of Askennonia's employees took the Senior Centre Without Walls training and we are working on getting that program up and running. Thank you. Stay safe everyone!

**SOMETIMES WE'RE TESTED
NOT TO SHOW OUR WEEKNESSES,
BUT TO DISCOVER OUR STRENGTHS.**

BETTER LIVING HEALTH AND COMMUNITY SERVICES

Submitted by: Sahar Khan, Coordinator, Communications & Outreach



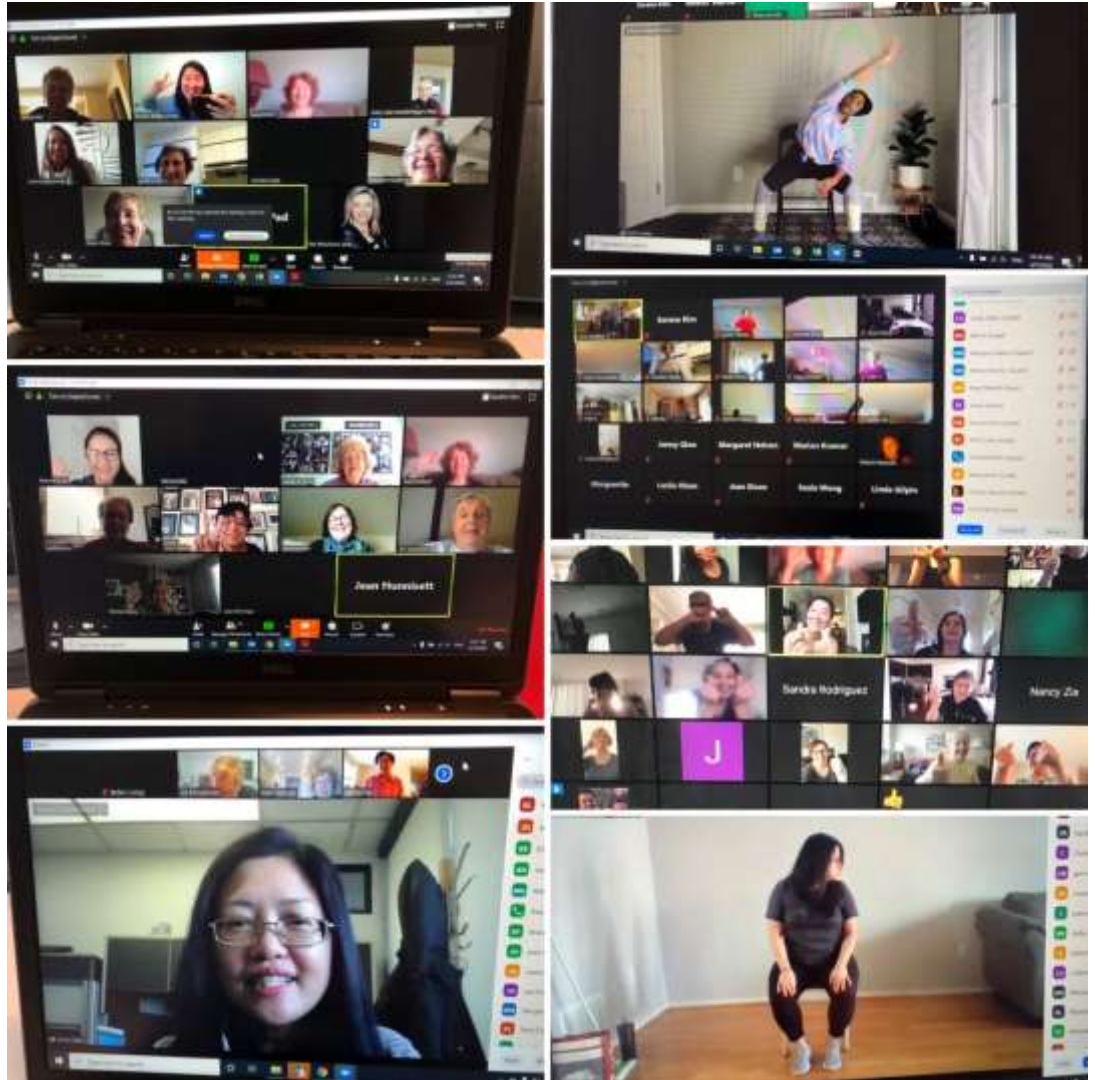
At Better Living Health and Community Services, our members are a valuable and essential part of what makes us a successful community and we can't wait until we can see them in person again. However, since COVID-19, like many other organizations, we were forced to restructure and discover new methods in delivering programs and services.

With the support and hard work of our program staff, our virtual programming has been a great success! Offering programs such as Mindfulness Meditation, Spanish courses, Fitness and Falls Prevention, yoga, wellness Wednesdays and more, our members can continue their healthy lifestyle and engage in meaningful activities while still being safe!

The feedback we have been receiving is also extremely heartwarming and reassuring to know that the members are benefiting from it.

"Thank you for setting up the virtual classes," said Margaret McKibben after tuning into a fitness class. "It is easy to click into the classes with good sound and screen view. The classes are a great way to keep active while we are staying safe at home. I also feel a sense of community with the other exercisers and that is a win-win!!"

The success of our virtual programming speaks truth that together, we can accomplish great things even in difficult circumstances.



BOWMANVILLE OLDER ADULT ASSOCIATION

Submitted by: Chelsea Wolf, Events & Marketing Coordinator

Despite BOAA's Facility COVID-19 Closure, temporary staff and instructor layoffs, cancelled programs and events, there is light at the end of the tunnel. There have been some positives during this pandemic and the Bowmanville Older Adult Association has not only been able to adapt, but are seeing some success while doing so. We want our members, guests and supporters of BOAA to know how much we care about them. We cannot thank our 2000+ followers on social media and the community at large enough for their ongoing support. BOAA's VISION is to inspire our members to be independent, active, healthy, empowered and socially connected. Our commitment to our members and supporters is that we will continue to do our deliver exceptional programming and information to provide them with what we do best.

In an effort to assist in supporting the funds lost due to the COVID-19 Closure and BOAA Fundraising Event Cancellations, we have organized a New BOAA Fundraiser -"WHO NEEDS HAIR WHEN BOAA NEEDS US FUNDRAISER"

How it works: Make A Donation & Do The Shaving! For every \$10 donated, you will receive a ballot with your name on it to win the opportunity to shave OUR BOAA HEADS! OR Get Your Head Shaved In Support! If you are willing to participate on the day the BOAA re-opens & have YOUR head shaved in support, register by emailing us at execdirector@bowmanvilleolderadults.com.

**ALL PROCEEDS WILL SUPPORT
THE BOWMANVILLE OLDER ADULT ASSOCIATION
OUR BRAVE BOAA HEADS Include: BOAA Executive
Director, Angie Darlison, BOAA Board Member,
Chris Christodoulou, BOAA Volunteer Gayle Gordon &
BOAA Lifetime Member, Gerry McArthur.**

Any and all support at this time is appreciated: Mail Cheque to 26 Beech Ave Bowmanville ON L1C 3A2 OR VISIT OUR WEBSITE: www.bowmanvilleolderadults.com/donate

The BOAA has been incredibly active on social media with the main goal to keep our members and followers connected, active and engaged during times of uncertainty.

Big Thanks:

- Staff and Board of Directors working hard to keep our members' best interests in mind in working with this new normal by keeping our members connected, active and involved both online and over the phone
- OACAO & Ministry for Seniors & Accessibility – BOAA's Senior Centre Without Walls programming is supported in partnership with OACAO and sponsored by the Ministry for Seniors & Accessibility
- Instructors, Volunteers, Members and community partners of our organization that have shared their support for BOAA by providing content to share via our social media platforms and weekly email blasts
- Rotary Club of Bowmanville who have a team of volunteers to grocery shop and deliver for those unable to do so & Community Care Durham who has partnered with local businesses to offer a "community to table" food boxes with free delivery

The support received over the last 12 weeks have immensely helped to maintain the BOAA as a successful organization and we encourage everyone to stay safe, stay active and get involved in your communities. Come see what we're up to by visiting us on the BOAA Facebook page, Instagram, and website and please make sure you are connected with us there to share with your friends!

- Chelsea Wolf, Team BOAA
events@bowmanvilleolderadults.com



Bowmanville Older Adult Association

Bowmanville Older Adult Association

@BowmanvilleOA

@bowmanvilleolderadults



CENTRES D'ACCUEIL HÉRITAGE

Submitted by: Ayda Amar, Active Living Center Recreationist



CAH's Active Living Center (*Centre de vie active*) remains a unique program that serves francophone seniors in the Greater Toronto Area. Our priority is to offer activities centered on the needs of our members with a focus on physical activation and social recreation. Within our *Centre de vie active*, we encourage the participation of our members in all of our activities and a commitment to an active lifestyle.

The wide range of activities offered reflects the welcoming multicultural nature of our Centre that strives to engender a sense of belonging, which is essential to building community.



CAH has been compelled to either cancel or postpone most of its activities due to the pandemic; however, in the meantime, we have implemented alternative ways of keeping our members involved, active and socially connected during this difficult time. To mitigate the effects of social isolation, we are trying to help our members maintain an activity physical and social routine. We have also deliberately increased the number of telephone calls to our members to be able to identify any arising special needs or requests, which can then be addressed by our

case managers. Moreover, by creating a group chat, interested members can continue to be socially connected by sharing news, activity ideas and more.



We have made changes to our website <http://caheritage.org/> to make it even more user-friendly, so that as many clients as possible can have access to the different levels of physical activities on offer. Dance and seated and regular yoga classes, for instance, target endurance, balance, muscle toning and flexibility. We also have been posting useful links to other websites that may be useful to members during this time.



In cooperation with the nutritional and health professionals of the Centre Francophone of Greater Toronto, we have begun to include

health-related advice columns in our french-language newsletter, *la Gazette* (www.caheritage.org/la Gazette), which is sent regularly, free of cost, by email, by mail or door-to-door to residents. *La Gazette* is especially beneficial to seniors who do not have access to the internet.

CAH has developed a strong partnership with the local arts organization, Jamii Esplanade, facilitating intergenerational activities within the neighborhood around our location at 33 Hahn Place. Jamii's mobile theatre, the Kisanii Hub, has been roaming the residential streets of this Esplanade neighbourhood in the early evening on six days this past month, giving musical performances and spending some extra time around our supportive housing building known as La Place Saint-Laurent.

Residents of Place Saint-Laurent (the affordable housing building managed by CAH) and their neighbors could watch the performances from their home windows, their balconies, their doorsteps or their yards. What a wonderful initiative!

Speaking of balconies, the residents of CAH join other grateful citizens by making noise every day at 7:30 pm from their balcony in honors of those continuing to work during these challenging times.

Community spirit at its best!

Stay Safe, wishing you a great summer season.

CITY OF HAMILTON RECREATION DIVISION

Submitted by: Katelyn Burns, Recreation Coordinator – Grants/Partnerships



The City of Hamilton's response to Covid-19 has been a true testament of collective ownership. Collaboration from many departments and partners has led to a cooperative and fast-acting approach to engage one of the City's most vulnerable populations.

The closure of Hamilton's 11 Senior Centres and Clubs was a devastating loss for many of the members who rely on these places to be their second home. The Recreation Division began outreach calls and emails to these 3500 members. Check ins allowed for a staff to reconnect with the members and provide information on community resources, recreation programming (including SCWW), and offer additional check in calls. Within these calls, staff identified those seeking additional support beyond the scope of Recreation and connected them to a member of the Age Friendly Hamilton Committee. The Committee worked to ensure these patrons received any help they required during this difficult time.

Seniors' Centre Without Walls (SCWW) provides a unique opportunity for older adults to participate in recreation in a safe manner. Inspired by the Good Companions of Ottawa, SCWW has been operating in Hamilton for over a year. Prior to the Covid-19 closures, Hamilton's SCWW was running 4 sessions per week with 25 participants. Since the closures, SCWW expanded to 20 sessions per week with over 180 participants. These sessions now include Stretch Your Mind, Trivia, Family Feud, Name that Tune, Table Topics, Educational Workshops and partnership programming with many community organizations including Hamilton Public Library and Hamilton Council on Aging.

"Rec at Home" activity kit is the next plan for expansion during the Covid-19 closures. Plans are currently being developed to determine best practices and resources required to deliver to packages to Hamilton residents 55+. Possible items include brain games, physical activity challenges, healthy food recipes, a community resource guide.

For more information on any of these initiatives, please visit www.hamilton.ca/scww, or contact us by emailing scww@hamilton.ca or calling 905-973-0891.

Sincerely,

City of Hamilton - Seniors' Centre Without Walls Team

A promotional graphic for the Seniors' Centre Without Walls (SCWW) New Phone Program. It features the City of Hamilton logo at the top, followed by the title "SENIORS' CENTRE WITHOUT WALLS" in large blue letters. Below the title, it says "New Phone Program! Get connected with older adults 55+". The graphic includes two photographs: an older man on the left wearing glasses and smiling while talking on a white corded phone, and an older woman on the right smiling and looking at a smartphone. At the bottom, it provides the contact information: "Call 905-973-0891 to sign up for free trivia, workshops and guest speakers offered over the phone." and the website "hamilton.ca/seniors".


**SENIORS' CENTRE
WITHOUT WALLS**
New Phone Program!
Get connected with older adults 55+

**Call 905-973-0891 to sign up
for free trivia, workshops and guest speakers
offered over the phone.**
hamilton.ca/seniors

COMMUNITY CENTRE 55

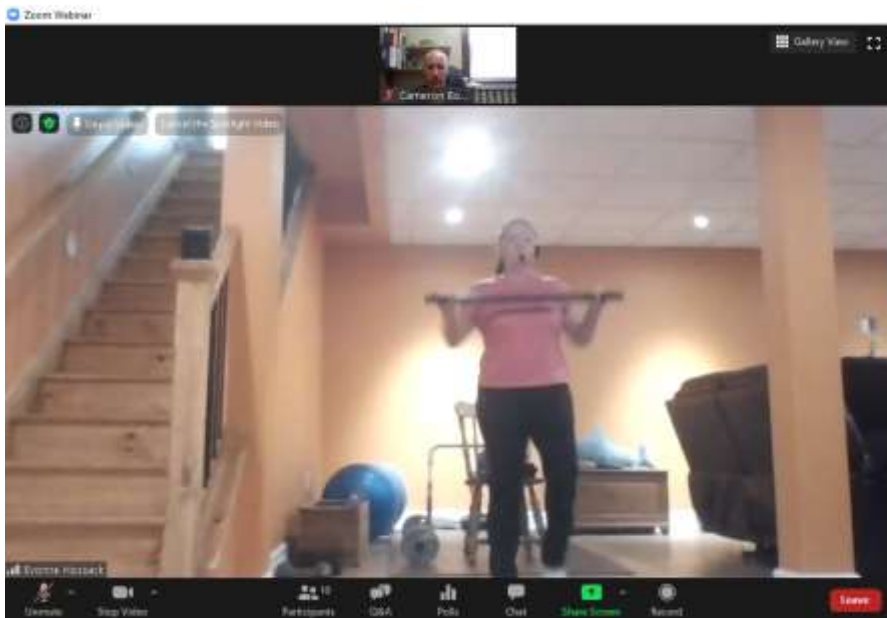
Submitted by: Jade Maitland, Special Events & Volunteer Coordinator



Community Centre 55's Continued Dedication to the Community

As Community Centre 55 had to shut our doors in mid- March due to Covid 19 like the majority of the city, we have adapted to this “new normal” and are doing our best to serve our seniors and the most vulnerable in our community.

Our senior's fitness programs have gone online with live Zoom classes 5 days a week! Our Program



Director, Evonne Hossack who is also a certified fitness instructor, is teaching a daily Fitness class and a Pilates Ball class. That's 10 classes a week! She is also facilitating an online Coffee Club 5 days a week and a monthly book

club. We have also launched weekly webinars, where we feature an expert panellist covering everything from senior's safety, cooking, health and much more. All of these programs have received positive feedback and have helped our seniors to stay active, healthy and connected.

A check in calling program has also been implemented with staff and volunteers calling all of the seniors that attend our programs. These phone calls offer assistance with resources and to help ease the isolation that many are experiencing. We have also been able to match seniors requiring assistance with grocery shopping and picking up prescriptions with a regular volunteer.

As we also service a very vulnerable population in the community which includes all age, we have been able to offer meals on occasion through Second Harvest and have been able to provide daily essentials such as personal hygiene products and grocery gift cards. The distribution of these have been possible through our strong community volunteer support. Our strong volunteer base have also been sewing and donating masks to distribute to those in need.

Community 55 remains dedicated to programs and services in alternative ways as needed and will continue to evolve with the needs of the community.

ESS SUPPORT SERVICES

Submitted by: Natalia Dziubaniwsky, Marketing & Promotion Specialist



During the ongoing pandemic, ESS Support Services has continued its commitment to its mission and to providing essential services and support to our community. We have adapted our group programs and services in response to the current environment and needs of the seniors, adults with disabilities, caregivers and families using our services and our most vulnerable community members.



Our group programming has moved to a virtual format which we continue to build and expand on everyday to offer support, social connections, engagement, recreational and fitness activities to the clients and caregivers

affected by the closure of our group programs. These modified programs are delivered remotely through weekly one-on-one phone chats, and in small and large group telephone programs. We are currently offering our clients and caregivers over 20 weekly and monthly programs including adult day program activity calls, health and wellness client programs and a caregiver support telephone group. We've also begun introducing guest speakers that deliver verbal presentations over large group chat.



Regular telephone reassurance and wellness checks are taking place with vulnerable clients and caregivers to ensure they have a support system in place and to allow us to learn of any special needs that ESS may be able to assist in addressing.



Health Centre and Toronto Community Housing Corporation to deliver food parcels to seniors, and individuals who are home-bound and are at a greater risk for severe illness.

Since the beginning of May, we have used our transportation service to deliver over 8,000 food parcels to Toronto Community Housing residents alone. We have also established our own weekly grocery delivery program for seniors who are unable to access groceries on their own, in partnership with Emiliano and Ana's No Frills in Etobicoke.



Our in-home and 24/7 overnight respite care services continue uninterrupted as well and our one-on-one transportation services for essential reasons such as groceries and life-saving medical appointments.

HILLSVIEW ACTIVE LIVING CENTRE

Submitted by: Sherry Mitchell, Senior Administrative Assistant



Covid-19 program and service solutions that have assisted our members and seniors in our community of Halton Hills during these challenging circumstances.

We have kept our members connected and engaged while being home bound by quickly looking at, and jumping on board, with innovative and new ways to provide programs and information as well as to celebrate and appreciate our volunteers during the COVID-19 closures. We also stayed connected to our volunteers by phone as well as email and sent out thank you cards with seed packets and coffee voucher to celebrate volunteer week. This was one small way to recognize them for all their amazing contributions over the year and during this uncertain time.



We moved from our traditional printed Newsletter that goes out 4 times per year to a Newsletter bulletin format for a 2 month period that we could email out to all our members and also mail out to the community that wouldn't otherwise receive it. It highlighted all our telephone and virtual programs as well as the outdoor lending library. During Covid-19 you don't need to be a member to participate in any of our virtual/ call in scheduled programs.



We were pleased to be able to receive training and funding from the OACAO for the Mercuri teleconferencing platform to provide Seniors Centres without Walls. This FREE program allows older adults in Halton Hills to stay connected and informed from home. No special equipment required, just your phone! Each session lasts 30-45 minutes and you are able to hear each other, talk to one another, learn and have fun. Currently we are providing programs 5 days a week.

Hillsview Lending Libraries were created right away once the closure happened. Our "Lending Library" located outside our centres, allows older adults in the community to borrow books, puzzles or movies to keep their mind active during this time. It has been very well received with a high usage. It is a contactless pick up, where the practice of physical distancing is adhered to as well as the use of personal PPE if you feel the need. The library is sanitized regularly and if items are returned they are set aside for 72 hours and then sanitized again before they are recycled back into the library. Halton Hills Public Library Georgetown branch has also generously donated seeds to our library. Choose from a variety of seeds and plant something new in your garden this year.



Telephone Outreach

Volunteers have been completing weekly calls to Hillsview members to chat, check in and see if anyone needs anything. Hillsview is also staying connected by offering an open phone line for members to call in if they have questions about programs and services, centre information, or just to chat with a friendly and familiar staff member.

HORTON STREET SENIORS' CENTRE

Submitted by: Shelley Wood, Senior Program Manager



We are very pleased to inform members of the OACAO and community partners about the programs and services we have been actively implementing over the past few months. We are thankful for the support of the OACAO and other SALC's during this time as we have been able to model some of our programs using the Seniors Centre Without Walls concept.

The HSSC is located in London and we operate under the Boys and Girls Club of London Monday through Friday. We have an active membership of over 1200 older adults age 55 and over who participate in a vast range of activities on a weekly basis. Our typical schedule offers over 40 programs per week focusing on recreation and wellness; we have two pools, a fully equipped fitness room, exercise classes, wellness programs, social programs, educational programs, a full café, and more. We had to close our facility in March due to COVID 19. Since that time the HSSC staff have been working remotely delivering a variety of these types of programs utilizing our Facebook Page and Social Media Account's, Website, Multi User Phone Programs, Email, and performing Wellness Calls to over 700 people.

The HSSC Senior Centre Without Walls Program has been active since the beginning of April, 2020. Through creativity and many conversations with members, we are excited to be offering the following: Live Get Fit Exercise Classes, Seated Exercise Classes, Yoga, Meditation, Live Chats, Weekly Trivia, Multi-User Program Participant Calls, and Social Phone Programs. In May we released our electronic newsletter to over 700 members and a "Mindful May" Program Calendar. As an organization we will be embracing the Provincial Theme for Seniors Month and have a busy June Calendar featuring opportunities for member participation and appreciation. We want to thank the support of the OACAO and community partners for assisting us in developing ideas, as well we will be launching programs in June utilizing the Mercury Teleconferencing Platform.

In April and May our posts on Facebook reached 5604 viewers, we completed over 850 Wellness Check Ins, had 400 Live Participants during Exercise Programs, 2880 Trivia responses, and over 70 people participate in Phone Programs. As we continue to grow our HSSC SCWW Programs we hope to reach even more older adults in our community. We wish everyone a happy and healthy summer as we continue on this journey.



HUMAN ENDEAVOUR'S BEST USE OF TECHNOLOGY TO ASSIST SENIORS

Submitted by: Shaista Thanvi, Director, Social Services



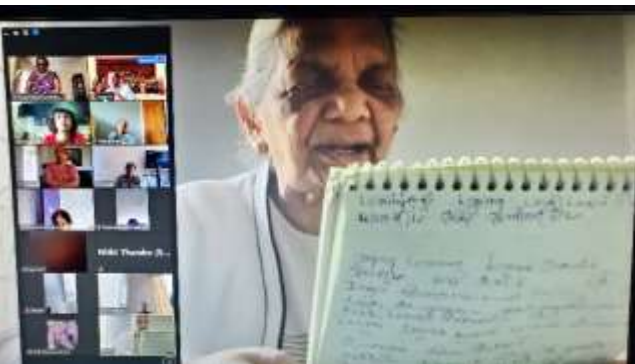
we have created online support groups for seniors to stay connected. Our staff regularly helped them via phone, WhatsApp, email and video-conferencing. Since the start of lock down 320+ seniors have been provided support on how to use and connect with online support groups, information sessions and yoga sessions to socialize in virtual environment. Seniors have made more than 2500 attendances in social and fitness programs.

Under the challenging circumstances of COVID-19 we reformed our programs and services in a virtual environment and made the best use of technology to assist seniors in our community.

While all of us are following social distancing, to prevent the spread of COVID-19 virus,



Coronavirus outbreak being a challenging time is an understatement, especially for already stressed caregivers and seniors. Fear and anxiety, along with self-isolation, is causing strong or overwhelming emotions and is contributing to depression. On top of that, extra caregiving responsibilities are leading to fatigue, anger, or resentment. To protect the health and overall well-being has become even more essential.



stimulation. It provides them the encouragement to be physically engaged in a healthy manner and to communicate via zoom meetings.

We are now working closely with other organizations to offer our technical expertise, solutions and technical support and build their capacity to offer online programs for their clients. In these uncertain times, we need to support one another more than ever before to keep our communities strong.

Here is a link to Facebook post that shows seniors in exercise and interacting with Federal Minister for Seniors Honorable Deb Schulte. <https://www.facebook.com/HumanEndeavour.org/posts/539821200298403>

Our online programs are fulfilling seniors need and keeping them engaged in activities that bring them together. The weekly yoga activities are therapeutic as the seniors are able to relieve stress, improve motor skills, and find intellectual



NATIONAL INITIATIVE FOR THE CARE OF THE ELDERLY

Submitted by: Jason Ferreirinha, Program Manager



NICE

National Initiative for the Care of the Elderly
Initiative nationale pour le soin des personnes âgées

We care together

Ensemble pour le bien-être des aînés



TALK2NICE

A FRIENDLY PHONE CALL ... BECAUSE WE CARE

**WHAT WE ARE
GOING THROUGH IS
AFFECTING
EVERYONE. FEELING
ISOLATED?
LONELY? ANXIOUS?
WE ARE HERE FOR
YOU.**

Talk to a member of our
community outreach team.

[Click Here to Call](#)

1 844-529-7292

<http://www.nicenet.ca/talk2nice>

NEWMARKET SENIORS' MEETING PLACE

Submitted by: Jason Malone, Recreation Programmer

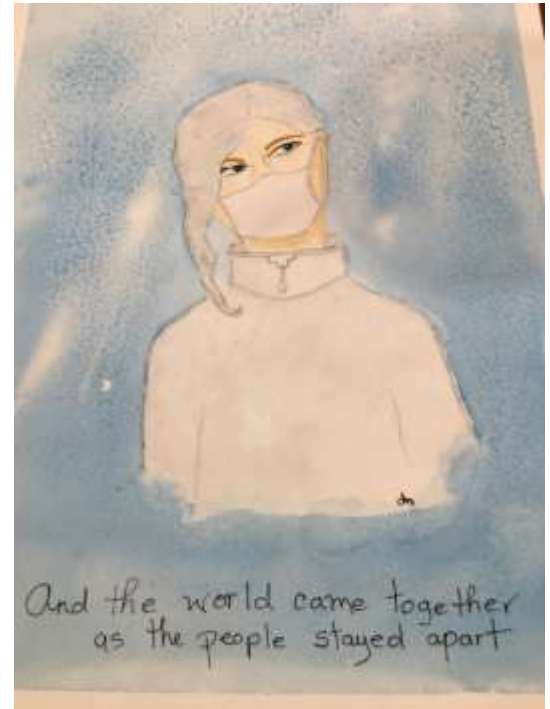


Newmarket's Let's Stay Connected Programs

The COVID19 pandemic spawned a series of initiatives for members of the Newmarket Seniors' Meeting Place, which we have titled, "**Let's Stay Connected.**" We began with a social call program to members who want to be contacted every 1-2 weeks, by either a Member of Council or our senior's Advisory Board. That program is now reaching out to just over 150 seniors.

We also immediately began a weekly email bulletin to our members, jam-packed with information to entertain, inform, and challenge readers. Filled with jokes, trivia, virtual tour & entertainment suggestions, community resources, puzzles, and recipes, it provides a few hours of activities for members to enjoy. For inclusion within the most recent bulletin, we reached out to program instructors and members of our Advisory Board to help create a "We Miss You" message for members and participants. Again, we wanted to show how much we all miss being at the centre and supporting our seniors.

Then we initiated a COVID19 Art Program, where we asked our artists to share with us the inspirational pieces they have created while isolated. We have enjoyed many remarkable pieces, and look forward to hosting a COVID19 Art Show once we are back in the centre.



Most recently, we began member zoom calls, and topics include Trivia, Jokes for Ole Blokes, Finish the Expression, Riddle Me This, and more. It has been great to see some familiar faces, and help members familiarize themselves with this technology. We are also moving forward with hosting zoom calls between various groups within the centre, including the Advisory Board, reception volunteers, and program conveners.

As we all know, this has been a challenging time for everyone, but especially the older adults within the community. We have received overwhelmingly positive feedback from members and look forward to

continuing our efforts through our Let's Stay Connected programs; thereby supporting our seniors, and assisting with their perseverance through a difficult time.

OSCC55+ HELPS SENIORS STAY CONNECTED & STAY ACTIVE

Submitted by: Colleen Zavrel, Director, Programs & Services



With the closure of Centres on March 14th the Oshawa Senior Community Centres 55+ (OSCC55+) introduced a new business model to help seniors stay connected during the COVID-19 pandemic.

The following programs were implemented:

Online Programs – Using the ZOOM platform the OSCC55+ introduced online programming. We began with Zoom tutorials and in the first week had 189 seniors subscribe. With the large interest a second Zoom channel was added and we now offer 7 – 9 classes per day. These free interactive programs are accessible at oscc.ca/onlineprograms through a computer, smart phone or a tablet. Topics include: Zumba, yoga, french, history classes and more. We have



offered 172 classes with over 2,700 seniors participating thus far. The success of this program has dispelled the myth that older adults are not able to respond to changing technology!

Adult Day Program Telephone Program – We have contracted directly with Mercuri to use as the platform to offer audio programming for the four OSCC55+ Adult Day Programs (ADP's). Each ADP is called once/day with staff having prepared a new and unique program. We have had 172 calls with 670 participants thus far. Many Day programmers say it is the highlight of their day and helps them stay connected with their friends and combat their feelings of social isolation.

Outreach Activity Package Program – Each week the staff create a different package of activities that include crosswords, word searches, trivia, adult colouring sheets etc. that are delivered to the close to 150 Adult Day Program clients' homes. Smaller packages are also delivered, in partnership, to seniors apartment buildings.

Telephone Outreach Program – Staff are making calls to members to connect with them about the closure and to provide wellness checks. To date the OSCC55+ staff have conducted over 17,000 calls.

Grocery Order & Delivery Service – Using the four OSCC55+ vans and transportation staff, we have partnered with a local grocery store to facilitate grocery orders and provide delivery within Oshawa.

Social Connecting through Facebook, Instagram and YouTube – The OSCC55+ staff have created over 120 videos for social media with over 7000 likes, shares and comments. Check us out!

OSCC55+ COVID-19 Resource Guide – OSCC55+ prepared a resource guide to assist older adults in accessing services in the community.

Though OSCC55+ branches remain closed, we have adapted and continue to serve the seniors' community to help them 'Stay Connected and Stay Active!'.

RENDEZ-VOUS DES AÎNÉS FRANCOPHONES D'OTTAWA

Submitted by: Jacqueline Noiseux, General Manager



Rendez-vous des aînés francophones d'Ottawa
3349, chemin Navan, Orléans, ON K1W 0K7
613-834-6808 info@rafo.ca
rafo.ca facebook.rafo.ca twitter.rafo.ca

Virtual reality for RAFO

As we are all aware, due to the COVID-19 pandemic, the Rendez-vous des aînés francophones d'Ottawa (RAFO) centre, in Orléans, was closed on March 16th 2020, as were all other senior's centres across the province. That is when our **Virtual RAFO** was born.

RAFO's Board of administrators continue to meet online to plan for this new reality. Early on, our employees were technologically enabled to work from home. The first thing they did was give a phone call to over 700 of RAFO's members to see if they were doing well. Jacqueline Noiseux, RAFO's director general, with the help of able volunteers, immediately set up RAFO's virtual program whereby a weekly newsletter is sent to all our 1,300 members and friends informing them on the evolution of the pandemic and providing them phone numbers and Internet links to available social resources. Most importantly, our newsletter contains RAFO's virtual programming : links to physical activities, virtual group treks, videoconferencing, seminars, mind games, book clubs, virtual sightseeing trips all over the world and other cultural activities on the Web, such as concerts, films and visits to museums, all for the benefit of our members.

Meetings are also held virtually so that existing volunteer committees may continue their work on matters of importance to RAFO. Planning continues for special events such as RAFO's 20th anniversary gala in 2021. Our volunteers are finding ways to access our archives and share them online.

Every day, we learn how to live in our new social setting. We share ideas and we encourage our members to follow provincial guidelines and to remain patient and safe. One thing is certain, **Virtual RAFO** will remain even if our regular activities are permitted to resume after the confinement. It will become an integral part of our programming.

For information:

Jacqueline Noiseux

General manager

Rendez-vous des aînés francophones d'Ottawa (RAFO)

613-834-6808#4

dg@rafo.ca

RETRAITE ACTIVE DE PEEL

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



Ce n'est pas la Pandémie qui nous arrête...

...alors, après le choc de la pandémie absorbée, *Retraite active de Peel* s'est remise à la tâche pour trouver différentes façons de tenir ses membres actifs. Puisque nous vivons un temps de confinement, alors quoi de mieux que d'utiliser la technologie pour pouvoir offrir quelques activités! Cette dernière méthode nous permet de rejoindre nos membres, de leur offrir quelques activités pour briser l'isolement tout en contribuant à leur santé physique et mentale. Nos membres ont donc la possibilité de participer aux activités suivantes



- Cours de Pilates via Zoom
- Club de tricot via Skype
- Cercle de lecture via Zoom
- Séance d'information sur la Santé des pieds via Zoom

...et Retraite active de Peel est toujours à l'affût de nouveautés.

“À vos plumes toutes et tous”

Un projet de création collective: Il est connu qu'en situation anormale, l'humain fait preuve de créativité ou d'ingéniosité et réalise parfois quel est l'essence de sa vie. Sur ceci, une invitation a été lancée auprès de nos membres afin qu'ils rédigent un court extrait nous faisant part de leur expériences du confinement. Les exposés soumis ont été regroupés dans un recueil illustré qui fut distribué aux membres en juin pour souligner le mois des aînés. Ce fût un réel succès!



Réseau d'entraide:



Grâce aux bénévoles de notre Réseau d'entraide, un service d'appel a été mis sur pied pour rejoindre nos aînés isolés afin de nous assurer de leur bien-être et de voir à leur offrir de l'aide au besoin. Nous remercions nos généreux bénévoles.

Pour plus d'information, consultez notre site web: www.retraiteactivepeel.ca

ou écrivez-nous à info@retraiteactivepeel.ca

RYDE COMMUNITY CO-OP

Submitted by: Judy Campbell, Secretary



Since the start of the COVID-19 pandemic, the Ryde Co-op has taken on a new role, as our dedicated volunteer Board of Directors has pivoted to adapt to the new reality. As our president, Nancy Cronin says, "our doors are closed, but our hearts are open".

Because we are located in an isolated rural community, many of the resources on offer in town are not available here. The Ryde Community Co-op has always stepped up to fill the gaps where it is able.

With generous provincial and federal funding, we have been offering a new range of services including:



- ✓ Our free food pantry, open 24/7
- ✓ Delivery of grocery cards
- ✓ Assistance with bills
- ✓ "Loaner" tablets for seniors
- ✓ Boosting our wifi so that people can access it from outside our building
- ✓ Purchase of fabric and elastic for mask makers in the community
- ✓ Providing masks and hand sanitizer
- ✓ Funds for purchase of Red Cross frozen meals
- ✓ Continued outreach through our newsletter and social media

We are looking to expand our services with the hiring of a summer student, and with possible outdoor classes with physical distancing as soon as the bugs sign up for the distancing! We would love to hear about what other rural community hubs are doing. Sharing is caring!



SPLC (SENIOR PERSONS LIVING CONNECTED)

Submitted by: Sarafina Hui, Manager, Community Health Promotion Program



Every Friday afternoon, a group of seniors meets for one hour of Chinese Karaoke – and while they can't meet in person, it hasn't stopped them from connecting with each other through the phone. The sounds of singing and laughter as the group gathers has been a great way to beat loneliness from long periods of isolation brought on by the pandemic.

We know that social connection is vital in an individual's overall wellness – perhaps even more so during the pandemic. That is why Senior Persons Living Connected (SPLC) continues to engage older adults and seniors with programs that focus on keeping them active.

One way we keep seniors connected is through teleconference, funded by Senior Centre Without Walls (SCWW). Teleconferencing is popular and we have already hosted 11 groups reaching more than 80 older adults and seniors per week since April of this year. Teleconference is preferred by most of the groups since it does not require internet connection and access to computer. Our teleconferencing has kept the connection of existing groups in different languages i.e. English, Cantonese, Mandarin, Tamil and Korean. It has maintained the bond and function of various programs i.e. Support Groups, Wellness Groups, and even Singing Groups.

For those who prefer to connect online, we host webinars on topics ranging from healthy eating, indoor gardening, gentle exercise, caregivers' programs and self-management programs for people with chronic conditions. We also have email groups where participants share their experiences, new learnings, and wholesome jokes.

It's revitalizing to connect and engage with one another, and our participants look forward to having their next session so that they can, once again, hear or see their friends at least virtually.



SOUTHERN FRONTENAC COMMUNITY SERVICES

Submitted by: Laura Fitzgerald, Fund Development & Communications Coordinator

New Telephone Reassurance Program Helps To Combat Social Isolation & Loneliness



Since the onset of the COVID-19 pandemic, Southern Frontenac Community Services Corporation (SFCSC) has adapted and modified programs to respond to the needs of the community.

Physical distancing is essential to help reduce transmission of the virus, but it may cause social isolation and loneliness. Although anyone can be affected by it, the elderly are particularly vulnerable. Lack of contact with others is a serious issue among seniors, making it more likely that physical and mental health will deteriorate.

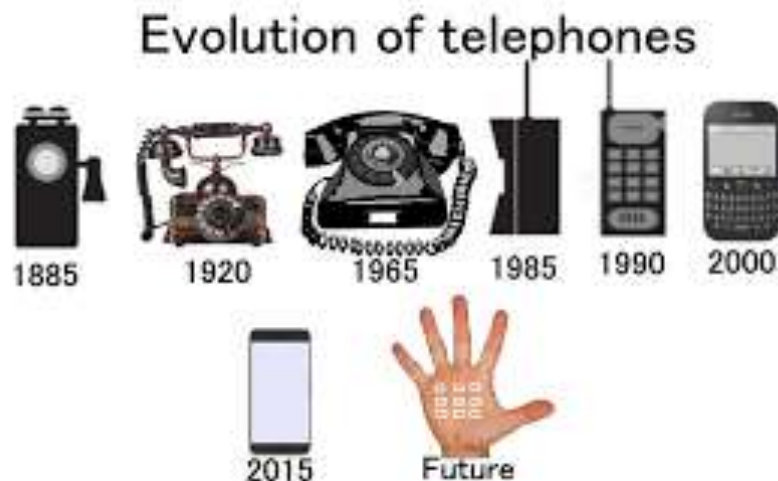
“As physical distancing becomes the norm, our need for social connection to get through these challenging and uncertain times is more important than ever,” says David Townsend, Executive Director, Southern Frontenac Community Services. “Our goal is to provide opportunities for seniors to safely connect with others in ways that promote mental and physical health, and to know that we are here to help.”

The TELEPHONE REASSURANCE PROGRAM has SFCSC volunteers regularly making health and wellness calls to seniors. These touchpoints ensure that a person is up, cognizant, and physically able to answer the phone. They are also companionship calls, a friendly chat and an opportunity to ask about any needs that SFCSC may be able to help with like Meals on Wheels or Transportation Services to essential medical appointments.

Currently 250 seniors receive calls and the feedback has been positive. Genuine caring relationships are being developed; the seniors appreciate the calls, the volunteers enjoy the exchange and feel the positive difference they are making. Plus, the families of those receiving calls gain peace of mind knowing that someone else is checking on their loved ones.

Other ways SFCSC is working to address the risk of isolation and loneliness is by shifting some programs online. A virtual café is being piloted, and some exercise classes are now online.

Stay up to date with SFCSC by visiting www.sfcsc.ca or on social media through Facebook and Twitter.



SUNSHINE CENTRES FOR SENIORS

Submitted by: Jessica Davis, Communications & Volunteer Management



Since the beginning of the pandemic, Sunshine Centres for Seniors has been proud to offer a variety of virtual and dial-in programs and services several times a week to keep seniors connected during this time of isolation. We have had positive responses from our seniors, with participation in some cases rivalling our in-person attendance numbers. We are also excited to announce that Camp Sunshine, our popular summer camp for seniors program, will be going ahead this year as an interactive virtual experience.

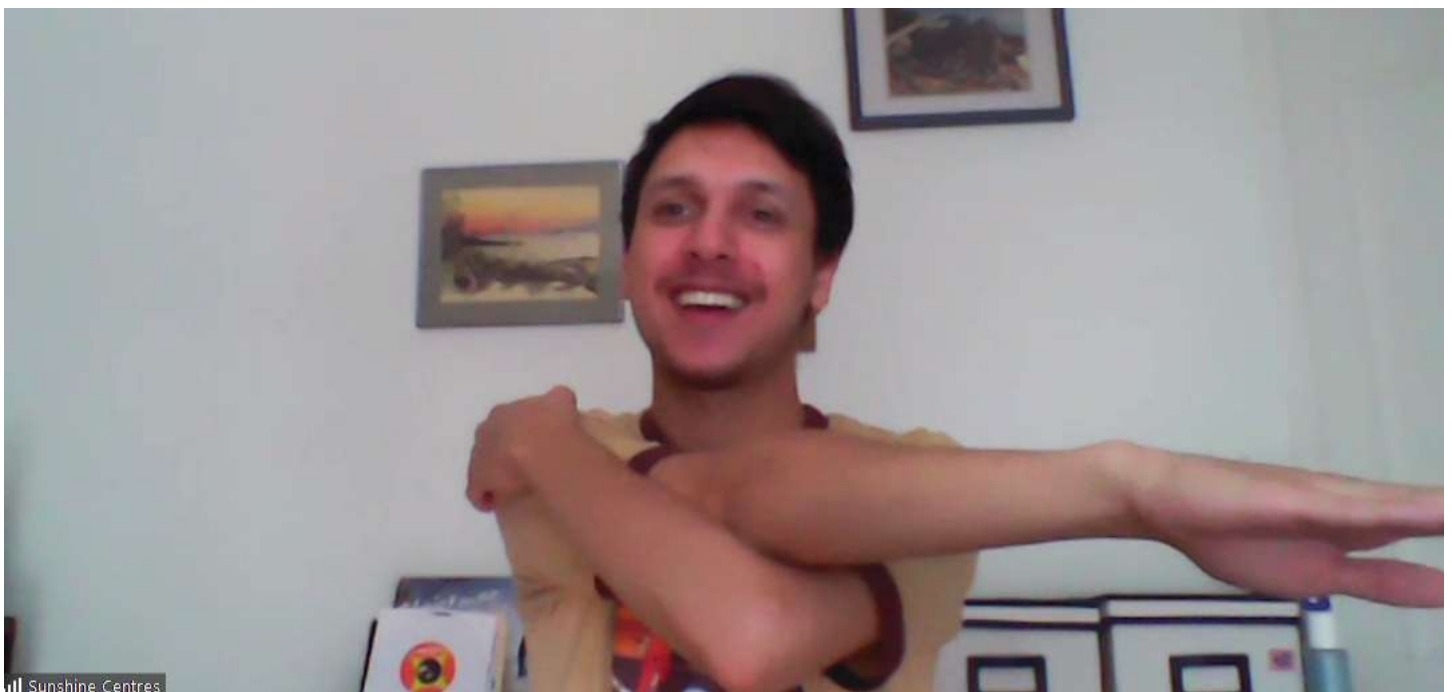
Our Coffee, Tea, and Chat program gives seniors space to enjoy casual conversation in a virtual and dial-in group chat setting, while our exercise program leads the seniors in gentle activity to promote better health while staying at home. Our Main Sunshine Program features varied and engaging activities and has allowed us to bring in some fascinating guests.



We are also proud to continue to provide programs for LGBTQ+ seniors. Rainbow Circle, a social and recreational program similar to our Main Sunshine Program, has had consistently high attendance. Seeing this popularity, we introduced Rainbow Tea and Chat, a virtual and dial-in group chat for LGBTQ+ seniors.

Alongside our programs, we are also providing the Sunshine Friendly Chatline. This chatline allows seniors who are feeling in need of connection to call and have friendly conversation with one of our staff members, who will also connect them with further resources if need be.

We are committed to supporting seniors during COVID-19 and will continue to find ways to stay connected while staying apart. To find more information on our virtual and dial-in programs and services, please visit our website at <https://sunshinecentres.com>.



TOWN OF AJAX

Submitted by: Robbie Prochilo, Community Recreation Supervisor



During some uncertain times the Town of Ajax continues to offer support and opportunity for community engagement through a variety of older adult programming. In a year which Ajax will be celebrating 65 years as a Town we currently move our sights on the safety and well-being of our older adult residents.

The Ajax Seniors Centre Without Walls (SCWW) program is a new venture the Town is taking on

and one with much success. The Town is currently offering its SCWW programming in partnership with the Ajax Public Library five days a week. The variety of programming has attracted new participants while we also see a lot of regulars calling in. For anyone wanting to participate they can call 1-866-279-1594 using the passcode 401402#. Participants can travel the world in the comfort of



their own chair in our Arm Chair Travel program, stay fit as part of our Fit Fridays and enjoy a laugh



while testing your knowledge in our Tuesday Games and Trivia. Our weekly programming has been made available via our local newspaper and online highlighting the upcoming months activities and themes. For an online view visit ajax.ca/55events

Friendly Call Program For Seniors



To support our seniors during COVID-19, the Town is offering **friendly check-in calls** from staff.

The friendly check-in offers:

- Social connection
- Updates from trusted sources
- Local resources
- Q & A

To register, call **905-427-8811**

to their weekly calls with staff. The program kicked off with just under 400 participants.

THE FRIENDSHIP CENTRE

Submitted by: Pauline White, Senior Services Wellness Coordinator



The Friendship Centre is home to St. Marys Senior Services and Home Support Services. Senior Services offers a variety of recreation and leisure programs for older adults and Home Support Services helps meet the needs of people living at home independently.

Response to COVID 19

On March 14th the Friendship Centre temporarily closed its doors as a response to COVID 19 for public safety. Friendship Centre staff then worked together to reevaluate the needs of the St. Marys and Perth South residents during this time. Senior Services Supervisor, Jenny Mikita, took the lead and the St. Marys Community Wellness Program was developed with the support of town council. In a matter of a few weeks the existing Home Support Services expanded to the Community Wellness Program, which includes Hot and Frozen meals delivered to your door, delivery of groceries and other essential items, telephone reassurance, community resources, volunteer recruitment, virtual programs, telephone social programs, and the community allotment garden.

Community Response

The response from St. Marys and area residents, Home support clients, Friendship Centre members, participants and volunteers has been positive and overwhelming. The Friendship Centre staff wishes to acknowledge the leadership of Jenny Mikita and the backing of St. Marys town council. The Community Wellness Program has helped people stay mentally and physically active, and socially engaged, while St. Marys and area continues to grow as a community.

Testimonials

"It's really all of you and your extended team who are going above and beyond connecting the community. Your creativity and ingenuity exceeds all other municipalities!"

- Submitted by Ine

"I love the frozen meals I have been getting from the Friendship Centre and the social telephone programs is something I look forward to everyday. I feel like I am able to connect with my friends from the comfort of my home"

- Submitted by Thelma

<https://www.townofstmarys.com/en/living-here/community-wellness-program.aspx>

UNIONVILLE COMMUNITY CENTRE FOR SENIORS (UCCS)

Submitted by: Maha Naqi, Coordinator

Growing our Community Beyond Bricks-and-Mortar



The past ten weeks have been extremely challenging for SALCs across the province, and the communities of seniors we serve. The realities of physical distancing have forced us to be more innovative, flexible, and proactive in promoting wellness. We have become better communicators and stalwart champions of community engagement. Moreover, it has shown us that a real community hub is not bound by bricks-and-mortar. Our responsibility to our clients and community does not stop simply because our centre is closed.

In the absence of physical programs, UCCS staff have adapted program delivery and kept our membership engaged through regular communications, remote program offerings, service referrals, and outreach to individual members. We have made use of new technologies and worked diligently to make these technologies accessible to seniors in our community.

Specific efforts include:

A weekly email blast linking members to an array of online programs and services

A minimum of four remote programs per week (e.g., Sing-Along, Bingo, Trivia, Mental Wellness Roundtable), via Zoom and teleconference



Individual check-ins with our members via phone and email

In effect, we have worked to build a virtual infrastructure to promote the physical, mental, cognitive, and social wellness of our seniors, which we foresee becoming a supplement to our in-person programming. Indeed, we have seen first-hand how virtual programming can be more accessible to our clients, and how community can be built, even at a distance.

Heading into Seniors' Month, we continue to think outside our traditional complement of programming. In the weeks to come, we will be pilot three new programs, including a *Zoom Cooking Class*, a *Virtual Dinner & A Movie*, and a *Virtual Paint Night* with home delivery of program supplies.

We look forward to returning to UCCS soon, but until then, we will keep seeking out new ways to connect.



WATERFRONT NEIGHBOURHOOD CENTRE

Submitted by: Jun Emperador, Seniors Program Worker



Community is key at Waterfront Neighbourhood Centre (WNC). One way we build community is over food which brings people together. The many cooking and nutrition programs at Waterfront Neighbourhood Centre are always well attended out by our community members. But

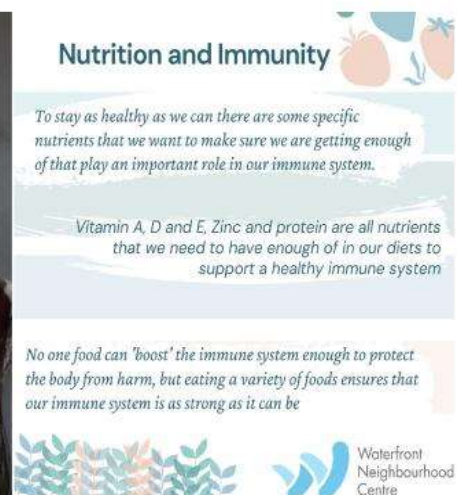
with our centre being closed and sharing food discouraged, we had to find new ways to learn about and connect over food.

Our small team of Jun, our Seniors Worker, Sarah, our Nutrition Instructor and Zahide, our Community Cook, quickly innovated and transitioned our Seniors Nutrition Program and Community Kitchen to be fully online in mid April. Weekly Seniors Connect sessions also started in early April to connect seniors to each other and to the online world by offering support with technical concerns. Since then we have had sessions every week on different platforms like Youtube, GoMeet and YouTube Live. Topics covered include Nutrition & Immunity, Superfoods, and making Lentil Tacos for Cinco de Mayo.

Our community of diverse seniors include many leaders and grassroots activists whose voices we want to celebrate Seniors Month. We will have a session honouring the seniors in our lives and the lessons we learn from them. Senior will have the opportunity to share delicious recipes, information on health topics, and their lived experiences.

During this month WNC's Seniors Programs will also highlight National Indigenous History Month. We will be celebrating and discussing some Indigenous foods like bannock and the Three Sisters Soups. These are important conversations to have about the health, wellness and cooking knowledge that come from Indigenous communities while acknowledging the past and present effects of Canadian colonialism. Through these sessions we will try to uplift silenced voices in our communities and celebrate different ways of gaining knowledge and ways to educate ourselves.

Finally, we are planning to end off our Seniors Month with a Strawberry Social. We will virtually come together to discuss the many meanings of strawberries. We will listen to personal stories to MMIWG – Missing & Murdered Indigenous Women & Girls activism to further understand the many voices of our Indigenous community.



WHITBY SENIORS' ACTIVITY CENTRE

Submitted by: Kim Evans, Supervisor



Whitby Gets Creative with Balcony Bingo

Staff from Whitby 55+ Recreation got creative and hosted a Balcony Bingo for residents at a local seniors apartment building in Whitby.

Wearing masks and a lot of enthusiasm, staff called out bingo numbers as residents marked bingo cards on their balconies.



Using the Seniors Centre bingo machine, staff selected bingo numbers and relayed the selection via walkie talkies which were then relayed via white board and calling up to the balconies. 20 balconies participated in the event and prizes were given to the winners. The event was kicked off with a dance to YMCA. Feedback was very positive as many of the residents were feeling very isolated and this helped lift their spirits. Several residents called in and told us that they loved the event and wondered if we could do it again soon.

During the COVID crisis Whitby is also offering Seniors Centre Without Walls daily programming, a seniors connection line, tax clinic service and virtual programming.



WISE MOBILE ACTIVE LIVING CENTRE

Submitted by: Katelyn Laarakker, Seniors Wellness Outreach Coordinator



WISE Mobile Active Living Centre (MALC), facilitated through the Seniors Programs and Services department of The District Municipality of Muskoka, normally provides programming in over twenty rural

locations across Muskoka. When in-person programming was suspended in March 2020 due to the COVID-19 pandemic, the Senior Programs team created new ways for older adult participants to safely remain engaged.

Build a Blanket

Participants are busy knitting or crocheting six by six inch squares, using up ends of yarn they have around their homes. When physical distancing guidelines are lifted, WISE MALC will organize a workshop for participants to arrange and bind the squares together into blankets. The blankets will be donated to long term care residences and other organizations across Muskoka.



Hilda C. has crocheted over 50 squares

Virtual Combined Fitness Classes



Moving WISE MALC's Combined Fitness Classes onto a virtual platform using Zoom video-conferencing has created a way for older adults to participate in weekly classes from the safety of their homes. Participants are able to see their instructor and friends during each class. They have reported that this motivates them to continue engaging in physical activity even while remaining at home.

WISE Without Walls

WISE Without Walls is a telephone-based, multi-caller program that is accessible to any older adult within Muskoka. The program has featured guest presenters on topics such as Spring Gardening Tips, Good Brain Health, Fraud Prevention, Supporting Your Immune System, and Home Organization Tips as well as interactive programs like word activities, brain games, discussion groups, and much more.

The opportunity to connect, albeit from a distance, is looked forward to each week by staff and participants alike. It has been wonderful to know that although we are physically apart, at heart we are still a community, caring for and supporting one another.

For more information, please visit www.muskoka.on.ca/seniorsprograms.

YWCA HAMILTON ACTIVE LIVING CENTRE

Submitted by: Robin Mech, Supervisor, Health & Wellness Programs

YWCA Hamilton 55+ Seniors Active Living membership connection during COVID-19



The spring season for YWCA Hamilton seniors of the 55+ Active Living Centres has created new connections, and a sense of empowerment despite the challenges of the COVID-19 pandemic. The safe social physical distancing measures that were established in the Active Living Centres have now become virtual hellos and waves, a world that is new to many.

YWCA Hamilton staff have been diligently phoning members, providing continuity and connectedness for those isolated at home. And some of our members have, in turn, created weekly schedules to call folks in their social circles, maintaining the continuity of a schedule similar to the days they gathered at the centre for a chat, cards or a class. Maintaining these critical connections has significantly helped reduce stress and anxiety of the unknown for so many seniors in our community.

Our focus on utilizing local community connections has branched farther into the community, enabling members and staff to connect isolated seniors with important supports and services. Resources such as food shopping/drop off/donations, medication pick up/drop off, resources in the community (taxes, where/how to buy specific items) have been provided by YWCA Staff as well as members sharing information with other members. This community connection has continued its spread with folks feeling empowered to help others in their buildings or neighbourhoods thereby reducing social isolation and providing people with a sense of purpose.

YWCA Hamilton now offers more than 28 virtual Health and Wellness classes per week, ranging from Social Chat, Mind Busters and CazaMentes (Mind Busters in Spanish) to Pilates, Yoga Cardio Dance and Zumba! All programs are currently free of charge.



No technology? No problem! For folks without technology we have provided a variety of telephone phone-in programs. In addition, a re-discovery of a fantastic “old school” way of communication – pen pal letter writing. Many of our seniors have beautiful penmanship and fantastic stories, and with one of our partner agencies, Caroline Place Retirement Home, we have a new group of 8 pen pal friends writing each week! We even had a surprise physically distanced surprise 80th birthday visit with a

long term member & volunteer – June - from Hamilton.

During this pandemic it has become vibrantly clear that our Active Living 55+ centres here in Hamilton are the pulse of our members’ lives. A smile, a hello and “welcome back!” are waiting for everyone in person when we get through this. Together we will get through! Together we are stronger!



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%[†] savings

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

5%[†] savings

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

10%[†] 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.



OACAO

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

[†] 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.

PRODUCTS TO HELP KEEP YOU SAFE IN YOUR BATHROOM

A raised toilet seat will assist you with sitting and standing

A hand held shower enables you to sit on a shower chair while showering

A tub mount grab bar will help you get in and out of your tub safely. It is also easily transportable.



A bath lift is another solution you may consider if you are experiencing difficulty getting into and out of the tub



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SMILES FOR SENIORS CAMPAIGN IS SPREADING JOY

Anna, 14, was sad when she couldn't visit her friend Kris, a resident at Amica Lions Gate, due to COVID-19. So the Vancouver teen started sending brightly coloured drawings to lift the spirits of her "great-grand-friend" (Kris had been Anna's grandfather's nanny).

Anna's desire for connection — to show loved ones we care when we can't be together — was the sentiment behind Amica's [Smiles for Seniors](#) campaign. When coronavirus became a global pandemic, our first priority was [protecting our residents and team members](#). Our next was creating the [Smiles for Seniors website](#) to bring people together and prevent them from feeling lonely.



How Smiles for Seniors works

Through weekly challenges on [Facebook](#) and [Instagram](#), Amica invites people to share a photo or message (with the hashtag #smilesforseniors) to bring a smile to seniors everywhere. We share your submissions at [smilesforseniors.ca](#). Smiles for Seniors has blossomed into a movement thanks to support from Canadians, celebrities and media such as [Global News](#).

Tremendous response

We've received thousands of likes and comments in response to our challenges — from sharing lessons on [Mother's Day](#) to a [virtual pet parade](#). When [residents were celebrating birthdays in April](#), Canadians sang happy birthday so we could create this fun [birthday video as a surprise gift](#), which the seniors loved.

Even celebrities are sharing smiles

[Actress Grego Minot](#) shared artwork by her children for the Smiles campaign. Pet influencers have shown support with cute posts by [Minuit, the dwarf bunny](#), Sphynx cats named [Peaches and Pickles](#), and [Weber](#), a Burmese Mountain Dog.

Get involved

Please join us at [Smiles for Seniors](#). Enjoy the site yourself, share it with a friend or post using #smilesforseniors to contribute. Learn more at [Amica.ca](#) and [smilesforseniors.ca](#).





Stay Safe. Stay Home.

Do you have a loved one you are worried about during this pandemic and want to make sure they are receiving the care they need in a safe environment? Families across Ontario are struggling with this dilemma.

Home care is the safest care option.

“At Bayshore Home Health, we can provide in-home care for your loved one at a time when it is needed the most”, says Joanne De Rubeis, Program Manager, National Care Manager Program at Bayshore Home Health. “Your loved one will be looked after by one caregiver, keeping everyone safer. If more than one caregiver is required a small dedicated team will be assigned based on care needs. All of our clients and staff are screened daily and personal protective equipment, such as masks, is available for our caregivers and our clients.”

What you and your loved one can expect from home care.

When looking for home care, make sure the provider you choose works with you and your loved one to develop a personalized home care plan and will coordinate home care requirements if your loved one is being discharged from hospital or temporarily leaving their seniors residence or long-term care facility. With your permission, the home care provider should keep your loved one’s physician, seniors residence home or long term care facility up to date on how they are doing.

Home care services typically include:

- Housekeeping
- Grocery/Prescription Pickup
- Personal Support
- Medication Reminders
- Meal Preparation
- Nursing
- Dementia Support
- Palliative/End of Life Care
- 24/7 Services

“Some of these services may be offered virtually”, DeRubeis continues. “At Bayshore, we offer many services completely virtually or as a complement to our in-person care. Advancements in digital health allow our caregivers to securely and conveniently connect with our clients and their families to provide advice, to remind seniors to take their medication on time or to visually assess an injury to determine if additional in-person care is needed. We also provide virtual counselling to support oncology patients, mental health and rehab therapy to keep patients motivated and on track to reach their health care goals.”

During the COVID-19 pandemic home care has become the safest way to provide health and personal care services. Our seniors deserve the dignity of staying home in their later years with the excellent, reliable care from a home care provider.

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

Connect with us: sharingdance@nbs-enb.ca

Lodrick Centre
for Community
Dance at NBS
Founding Donors &
Honorary Chairs



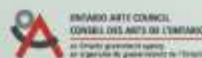
LEAD SUPPORTERS
Jack Weinbaum
FAMILY FOUNDATION

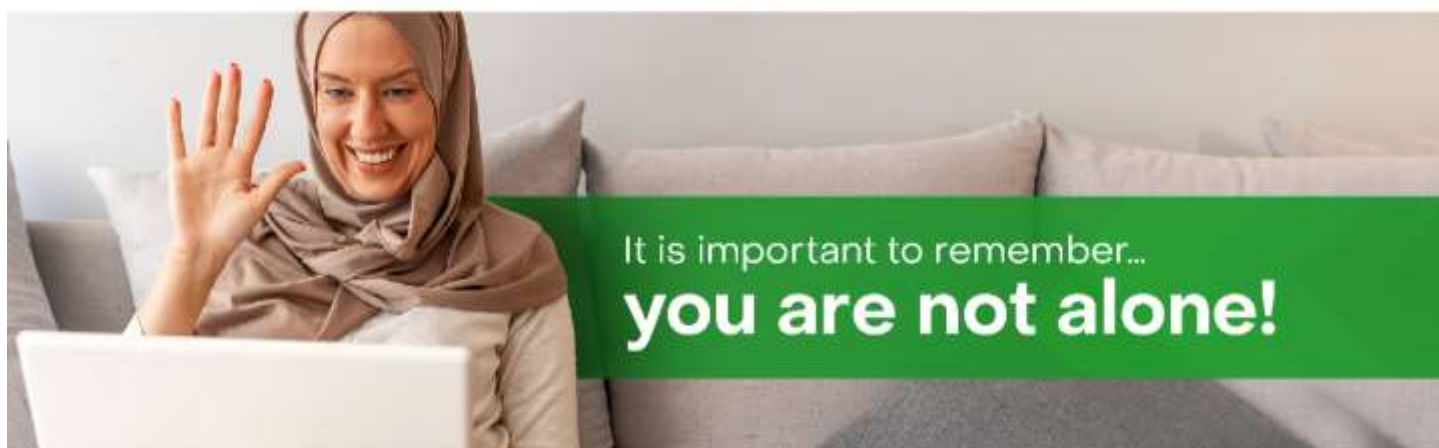


Canada

Ontario

TORONTO





It is important to remember...
you are not alone!

The impact of the global COVID-19 pandemic is being felt by everyone in various ways.

For one of Canadian Hearing Services' clients, it has been about not having the ability to leave her home in order to purchase food.

The lady in question is 90 years old and has significant hearing loss. Most days, she struggles to hear and have conversations when she's on the phone. Recently, she attempted to have food delivered to her home several times but was unable to hear the person on the other end of the line due to background noise. As a result, she was encouraged to place a grocery order online. There was a glaring problem, however... she does not own a computer.

The lady then contacted Canadian Hearing Services and was connected to our Hearing Care Counsellor Program. Our dedicated Hearing Care Counsellor helped her to review various food items, plan her meals and then make the order online. As a result, this 90-year-old woman was able to have food delivered to her home while remaining safe during this uncertain time. Canadian Hearing Services was very glad that we were able to assist this lady on.

Canadian Hearing Services has been able to re-open for virtual business, and you can now book virtual appointments from the comfort of your home. If you are 55 or older and have hearing loss, our Hearing Care Counselling Program offers free counselling services to help improve communication with family and friends, stay involved in activities, and remain safe and independent while at home. Our team can also recommend assistive listening devices to help you stay connected with loved ones.

We can also virtually educate care and service providers as well as support groups on how to provide accessible services for people with hearing loss.

At times such as these, it is important to remember...**you are not alone!**

Visit **CHS.ca** to book your appointment today!

Email us at info@chs.ca



Home-Sharing and COVID-19

It's now been almost three months since people, especially seniors, have been asked to physically isolate themselves in their own homes as much as possible. For a senior living alone, this has been especially hard.

As a single senior herself, Golden Girls Canada president Dorothy Mazeau is very grateful to be sharing her self-isolation at home with other people! We truly are all in this together. It is important that home-mates are on the same page with regard to their response to the pandemic, but having someone around to share your concerns, watch the news -- and even have some fun with -- is invaluable!

Many Older Adult Centres across the Province are offering online programming for their members. Golden Girls Canada has an online presentation ***"Introduction to Golden Girls Living"*** all ready to present to your interested members. Many will be looking more seriously at the possibility of finding a compatible housemate or two, once the days of social distancing are behind us. This will be a great way to learn more about what is involved.

For those who'd like to explore the idea in more depth, Golden Girls Canada also offers a monthly online workshop ***"A Golden Solution for Empty Nesters"*** where participants can learn how to create a successful home-share and get answers to all their questions about home-sharing.

To arrange an online presentation for your Older Adults Centre, or to register for one of the monthly workshops Contact Golden Girls Canada at 416-550-4015, hello@goldengirlscanada.ca or go online at www.goldengirlscanada.ca.



www.GoldenGirlsCanada.ca
Golden Home Sharing Connections

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.

While there are some general guidelines to eating a healthy, nutritious diet, it's important to remember that everyone (seniors in particular) have unique nutrition goals that aren't accommodated by a one-size-fits-all meal plan. That's why Heart to Home Meals carefully crafts our meals to meet individual nutrient goals and clearly labels them with our handy Diet Codes so you can make informed choices. 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.

Simply order meals online or by phone—like our Homestyle Meatloaf or Chicken Breast with Gravy and Stuffing—and one of our friendly, trusted delivery team members will deliver your meals straight to your door (for free!) Our contact free delivery helps to ensure you don't have to choose between staying safe and eating well. 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.

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 or by calling 1-844-554-5278. Don't forget to Like and Follow us on Facebook!

Insuranceland understands the difficulty many seniors are facing during this pandemic. We are here to offer OACAO members some helpful tips on how to keep their insurance premiums low.

1. COVID-19 Auto Insurance discounts are being offered by some Insurance Companies but not all! The insurance companies that are giving a discount range from 10-15% of May + June's payment only.
2. All seniors should have their day vehicle usage at 0km and 5,000km a year in total driving.
3. Your deductibles may be increased to help you save on your premium for both your auto and home policies.

Remember to be safe driving and alert in parking lots where a majority of accidents right now are occurring.

If you have any questions or would like to learn more about how Insuranceland can help OACAO members, please do not hesitate to call us **(905)-238-0668**.

Paul

Paul Hainer
President
Insuranceland Inc.

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The Voice of Older Adult Centres
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*see website for details

LOW-COST WAYS TO SAVE ENERGY AT HOME

Saving energy around your home is always possible, without spending a fortune. Here's how.

Whether you're on a budget or looking for ways to cut waste, here are some simple and inexpensive ways you can save energy and cut costs on your energy bill.

Set your home to the right temperature

Begin by taking a look at how you warm and cool your home, energy savings can be easily uncovered with a few adjustments to your thermostat.

If you use AC in the summer months, consider setting your cooling system to 24 – 25°C when you're home, this will help keep your home comfortable while saving on energy use. You can also consider adding a ceiling fan which will help you feel cooler, without the need to turn your AC up. When you're away from home, set the temperature to 28°C degrees for increased energy savings

In the winter, it is recommended that you keep your home between 20°C – 22°C degrees when you're home, and 17°C – 19°C degrees when you're away or headed to bed for the night.

Less is more

Investing in low-flow fixtures for your shower and faucet is a great way to save money over time. They use significantly less water than traditional fixtures, meaning your hot water tank doesn't need to work as hard to keep the water hot – saving you money. These fixtures can be applied to showerheads, and faucets. Costing an average of \$20, they can help shave down your energy bill.

Tip

Consider installing aerators for your kitchen and bathroom, they help reduce the amount of water used without changing the water's pressure.

When doing laundry, opting for a cold-water wash and using drying racks more often is an easy way to save on your energy bill. Drying racks work best in well-ventilated homes, which reduce drying time and prevents chances of mould occurring. If indoor drying isn't the best for your home, take advantage of the summer months and dry clothes and linens with the help of the sun.

Light your home with LEDs

When lights burn out, make the switch to LEDs. LEDs use 70 to 90 per cent less electricity than traditional bulbs and last up to 3.5 times longer. Consider pairing your lights with dimmer switches, to reduce energy use further. Just ensure the dimmer switch is compatible with LED lights.

Newer LED bulbs also incorporate smart technology so you can pair them with your smartphone, allowing you to change the colour and brightness remotely. An added bonus is you can turn them off even if you're not home, great for if you ever forget to turn the lights off when you leave the house!

Ditch phantoms

Another simple and inexpensive way to save energy is by unplugging electronics that are not in use. This can be done by sweeping your whole home and finding sneaky appliances that continue to drain energy.

An easy way to find these electronics is by seeing any glowing lights from appliances in dark rooms. These phantoms can be anything from your microwave to your charging devices.

Did you know that 75 per cent of the electricity that phantom electronics consume is when the devices aren't even on?

To avoid phantom drainers, you can also try a smart power bar. These relatively inexpensive devices automatically turn off power to electronics connected to secondary outlets when the main device is powered down, so you can save energy without unplugging.

Interested in more ways to save on a tight budget? Our Home Assistance Program can help. To learn more about the program and see if you qualify visit **SaveOnEnergy.ca/HAP**.

<https://saveonenergy.ca/en/For-Your-Home/Home-Assistance-Program>



OACAO

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

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15% OFF

Smartphone plans¹

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service to always keep you connected

Simple Plan

~~\$18~~ **\$16²⁰** /month¹

120 minutes³
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Why choose this plan?

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Samsung
Galaxy A10e
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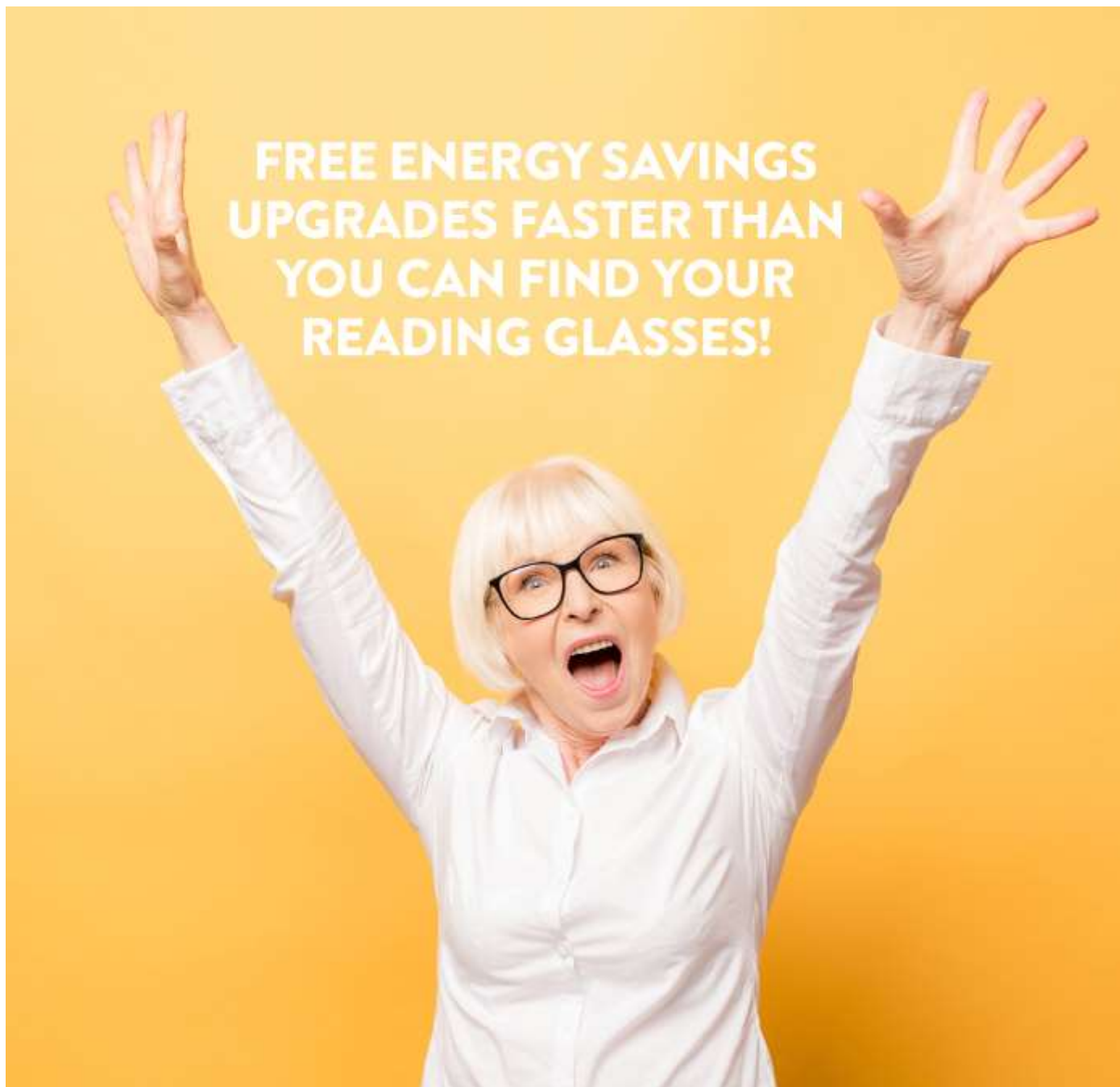
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Why choose this plan?

- ✓ Browse the internet and access email
- ✓ Download the apps that are right for you
- ✓ Capture moments with better photos

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

Offer shown is available until **August 31, 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 Bonus data, minutes and text vary by term and plan chosen. Other offers cannot be combined. Some conditions apply, call 1-866-887-0851 for details or visit simplyconnect.ca/oacao for details.



The AffordAbility Fund helps Ontarians who pay an electricity bill access free energy-saving updates for their homes.

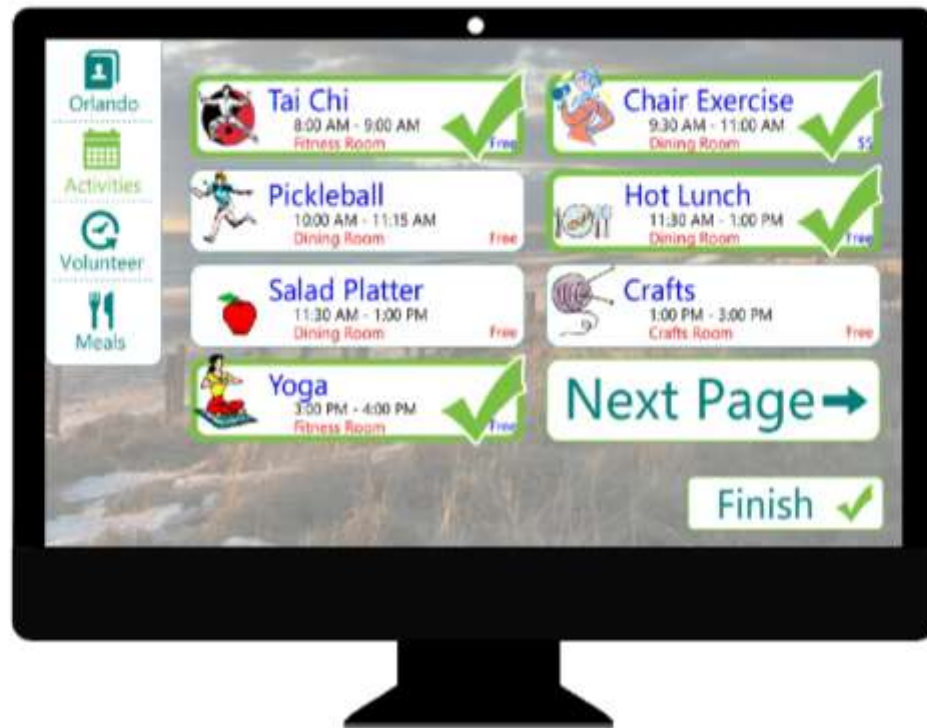
Take a few minutes to enrol and find out what you qualify for, from free Energy Star® light bulbs and power bars to Energy Star® appliances.

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ON TUESDAY MAY 12TH

Parkland asked family members to join us for a

‘MAKE SOME NOISE’ CAR PARADE

to show our appreciation to the front line staff at

PARKLAND ON THE GLEN

NURSING, HOUSEKEEPING AND DIETARY STAFF

have done an amazing job in keeping our residents safe during this pandemic

THE ACTIVITIES DEPARTMENT

have done an awesome job of keeping the residents entertained and informed

Here are just a few pics. You may see a certain celebrity in the parade!



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We never realize how important plants are in our lives until we can't visit our favourite gardens or natural areas. There are numerous studies supporting the value of plants and gardening, not only for oxygen and food, but also for the calming influence they have on us whether they are close enough to touch, seen from a window, or even viewed through a screen.

To get a little plant fix virtually, we offer [engaging interactive virtual](#) programs. If you are at home and have a laptop or tablet, you can participate in our scheduled or by-request programs. We offer programs on gardening indoors and out, pollinators, Monarch butterflies, and uses of plants just to name a few. Centres can coordinate a program with us on behalf of their members who will enjoy it, via Zoom, from the comfort



The Science of Nature as Stress Relief



of their home. If you would like to discuss this opportunity further, please contact Karin at (kdavidsontaylor@rbg.ca).

We have also produced videos and other resources about gardening and nature available at www.rbg.ca/athome. For instance, watch [this video](#) to discover how you can reduce your stress by being outside in nature. Gardening questions can

be submitted to our experts online at www.rbg.ca/gardeninginformation or to our [Facebook](#) page.

Offline, we are gradually opening our trails and gardens and the safety of all guests, staff, and volunteers is our top priority. On May 27, the Arboretum opened in time for visitors to enjoy our world-class lilac collection. Visit our website to keep informed about the reopening process. In the meantime, we hope you have access to a little bit of green space to take in a little Vitamin N (nature).

Karin DavidsonTaylor
Education Officer, Royal Botanical Gardens
kdavidsontaylor@rbg.ca



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OACAO Business Partners 2020-2021

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AffordAbility Fund www.affordabilityfund.org 1-855-494-3863
Amica Senior Lifestyles www.amica.ca 416-487-2020 / 1-888-264-2299
Arbor Memorial Inc. www.ArborAlliances.ca 416-763-3230 / 1-877-301-8066
Bayshore Home Health www.bayshore.ca 1-888-959-1082
Canadian Hearing Services www.chs.ca 1-866-518-0000
Canada's National Ballet School www.nbs-enb.ca/Home 416-964-3780 ext2152
Golden Girls Canada www.goldenhomesharingconnections.ca 416-550-4015
Heart to Home Meals www.HeartToHomeMeals.ca 1-800-786-6113
Insuranceland www.insuranceland.ca/oacao 905-238-0668 ext 2337 or 1-800-243-9379 ext 2337
Johnson Insurance www.johnson.ca/oacao 1-800-563-0677/group code: O4
MySeniorCenter <http://www.myseniorcenter.com/> 1-866-739-9745
Newbridge Mortgage Inc. www.newbridgemortgage.com 416-410-2188 ext111
OASSIS Benefit Plans for Not-For-Profits 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 905-820-8210
Right at Home Realty, Marc Jurman email: marc@marcjurmanhomes.com 905-460-7588
Royal Botanical Gardens www.rbq.ca 905-527-1158
Save on Energy www.saveonenergy.ca 1-877-797-9473
Seniors for Seniors www.seniorsforseniors.ca 1-844-422-7399
SimplyConnect www.simplyconnect.ca/oacao 1-888-499-5459
Starkmans Health Care Depot www.starkmans.com 416-534-8411



**Mark
Your
Calendar**

NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2020 Fall Newsletter – September 2nd, 2020

2020/2021 Winter Newsletter – December 2nd, 2020

2021 Spring Newsletter – March 3rd, 2021

Please send your submissions to admin@oacao.org

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Business Partners	Shirley Glauser	sglauser@oacao.org

For more information about the
Older Adult Centres' Association of Ontario
please contact: Sue Hesjedahl, Executive Director
at 905-584-8125 or 1-866-835-7693 or sue@oacao.org
www.oacao.org P.O. Box 65, Caledon East, ON L7C 3L8

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