

OACAO Newsletter

2020 FALL NEWSLETTER

Message from the OACAO President Suzanne Teixeira

Ah the crisp air, cool nights, and pumpkin spice everything is a sure sign that fall is here. I trust that everyone has been safe during these unusual times and that we have all found our new way to connect with members.

I hope by now you have seen the results of the OACAO Province Wide COVID-19 Re-Opening Survey. A lot of hard work was put into that, and I for one, am grateful to have it as a resource. Thank you to Sue, Christine, the Survey Sub-Committee and the OACAO Re-Opening Working Group for your hard work on this. As well, a special thanks to all of those who participated with the survey. Our hopes are that you can use this information to help guide you in your future programming.

Let me highlight a couple of **funding opportunities** that you might want to consider and can learn more about in this newsletter:

The **Seniors' Centre Without Walls Micro-Grant** was developed by the Older Adult Centres' Association of Ontario with funding support from the Government of Ontario and will focus on supporting non-profit organizations that serve seniors to facilitate and coordinate remote and virtual community connections, with a focus on centres that operate in underserved geographic areas and with under-represented groups (i.e. rural, diverse, Northern, Francophone and Indigenous seniors).

Application Deadline: September 30, 2020 at 5:00pm EDT.

The **New Horizons for Seniors Grant** program has put out a call for proposals. Similar to previous years, projects can receive up to \$25,000 in funding if they meet one of the following requirements:

- * promoting volunteerism among seniors and other generations
- * engaging seniors in the community through the mentoring of others
- * expanding awareness of elder abuse, including financial abuse
- * supporting the social participation and inclusion of seniors
- * providing capital assistance for new and existing community projects and programs for seniors

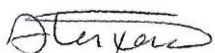
Application deadline is October 20, 2020.

Seniors Active Living Centres (SALCs): Please take the time to review the Ministry for Seniors and Accessibility, Seniors Active Living Centre Program Guidelines. They were distributed to SALC operators in mid-September. There are small changes that you should make yourself aware of.

Here are some important dates for to remember –

1. OACAO 2020 Awards - Nominations Deadline is Oct. 15 at 4:30 pm and Awards will be presented at the conclusion of the Virtual Annual Meeting
2. OACAO Virtual Annual Meeting – October 26th at 12:00 pm.

Special thanks to our OACAO staff team - Sue, Lina and Fiona, the OACAO Board members and OACAO volunteers for all of your hard work on behalf of the association.



Suzanne Teixeira
President

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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!

oassisplan.com | Helping those who help others for over 30 years

Message from the OACAO Executive Director Sue Hesjedahl

Hello OACAO members, partners, and friends. The COVID-19 pandemic continues to disrupt the flow of activities and events for seniors centres in Ontario. Most centres created or ramped up their telephone and virtual programs, and some enjoyed offering outdoor programs and activities this summer and will continue into the Fall. Some centres have also carefully implemented stringent health and safety protocols to open your doors for a limited number of in-person programs. It is so important that we stay connected with our members to provide social engagement opportunities. Seniors centres have always played a vital role in our communities and will continue to do so throughout the pandemic, whether it is remotely or in-person.

Thank you to the 90 OACAO member centres who participated in the **COVID-19 Re-Opening Survey**. You did an amazing job of collecting 9800 survey responses in only 2 weeks! The Provincial Report went out on August 21st and can be found on the OACAO website at <http://www.oacao.org/wp-content/uploads/2020/08/OACAO-COVID-Provincial-Data-Report-FINAL.pdf>. Regional Reports were developed and are being shared by OACAO Regional Reps and being discussed in Regional Zoom calls, and individual Centre Reports were distributed in early September. We heard from many folks how grateful they are for the survey reports as they provide direction on priorities for moving forward.

Prior to the pandemic, in early March 2020, the OACAO launched the **2020 OACAO Member and Seniors Active Living Centre (SALC) Profile Survey**. We were really pleased to receive responses from 136 Centres (participation rate of 54%) for this valuable research project. The Report is now complete and will be available prior to the OACAO Annual Meeting on October 26th. Some highlights you can look forward to include statistics about Centres such as the average number of days open, attendance and membership fees. The report highlights the age breakdown of centre participants and the average number of staff, volunteers, and paid instructors at centres. You will learn about the diversity of older adults that attend centres and the variety of amenities, programs and services that are offered. You will learn what the pre-pandemic funding and accessibility challenges were and how centres value evaluation, strategic planning, and input from members in decision making activities? Thank you to Dr. Christine Sheppard for her invaluable support and expertise working with the OACAO to write the recent survey reports.

Progress is underway for the OACAO's **New Horizons for Seniors Program project for 2020 – 2021** titled: **Social Inclusion through Social Prescribing (SITS Rx)**. Our goal for the project is to increase social engagement and inclusion of older adults by connecting them to their local seniors centre through a recommendation from their primary health care provider. **We are recruiting OACAO member centres to participate in the project.** Please join us for an informative **Social Prescribing Introductory Webinar on October 7th at 11:30 am** to learn about the Social Prescribing model and how you can get involved in our amazing project. Please see page 7 for more details.

During the COVID-19 pandemic, and as Ontario moved into a phased reopening and now into the possible “wave two” of the pandemic, the OACAO has worked closely with the Government of Ontario to seek and promote activities that support seniors to stay socially engaged, while staying safe, therefore addressing the social isolation of older adults and seniors. The **Seniors' Centre Without Walls (SCWW) Micro-Grant** project uses the well-established telephone-based model to reduce the negative impacts of social isolation by fostering connection, companionship, and positive mental health among isolated seniors through regular, accessible, facilitated group phone calls. We are grateful to the Ministry for Seniors and Accessibility as our funding partner, and The Good

Companions Seniors' Centre as our training partner. The SCWW Micro-Grant focuses on supporting non-profit organizations that serve seniors to facilitate and coordinate remote and virtual community connections, with a focus on centres that operate in underserved geographic areas and with under-represented groups (i.e. rural, diverse, Northern, Francophone and Indigenous seniors). **Call for Applications is open until September 30, 2020 at 5:00 pm EDT.** See pages 5 & 6 for more details.

Already running a Seniors Centre Without Walls program, or receiving funding support elsewhere? No problem, we invite you to be part of our **SCWW Networking Provincial Hub**. We offer training, support, resource sharing and networking opportunities for all Ontario SCWW programs. Email SCWWHub@oacao.org for more information.

The OACAO is again offering a line up of **Capacity Building Webinars** this year, with funding support from the Government of Ontario. See page 9 for details about the upcoming Fall events focusing on Fundraising and Volunteer Management with a COVID lens.

Learn about the **OACAO 2020 Awards Program**. (page 8) The **deadline for nominations is Oct. 15th**.

In closing, I would like to encourage you all to take good care of yourselves during the next phase of the COVID-19 pandemic. Be kind to each other and lift each other up. Looking forward to "seeing" you soon!

Sue Hesjedahl

Sue Hesjedahl
Executive Director

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Welcome to our New OACAO Members



Chippewas of Nawash Unceded First Nation Health

247 Prairie Road, Neyaashiinigiing, ON N0H 2T0
519-534-0373 • www.nawash.ca



Elder Abuse Prevention (ON)

Stop Abuse - Restore Respect
Prévention de la maltraitance envers les aînés (ON)
Arrêtez les mauvais traitements - Restaurez le respect



ElderAbuse Prevention Network

Cummer Post Office Box 58628, Toronto, ON M2K 2Y5
416-916-6728 • www.eapon.ca

Montfort Renaissance

159 Murray Street, Ottawa, ON K1N 5M7
613-241-1266 • <https://montfortrenaissance.ca/>

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.

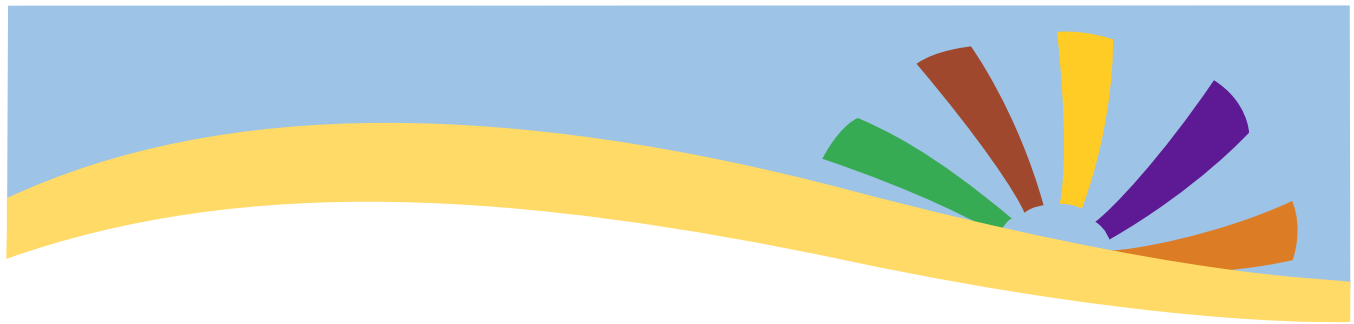
MAKE SURE TO FOLLOW THE OACAO ON FACEBOOK AND TWITTER



@oacao



@TheOACAO



Seniors' Centre Without Walls

The Seniors' Centre Without Walls (SCWW) program has been widely used during the COVID-19 pandemic to keep seniors connected and engaged and thereby reducing social isolation. Seniors' Centre Without Walls is a telephone based program that is very accessible and inclusive. Participants join in on general conversations and organized social programs to stay connected and make new friends, all in the comfort of their homes.

Introductory Webinar

Have you been thinking about running a Seniors' Centre Without Walls program for your members? Please join the OACAO for a **free webinar** to learn more. Laura Ward, Seniors' Centre Without Walls Provincial Lead, from The Good Companions team will lead the webinar and provide an overview of the SCWW program. She will highlight the resources they've developed and are willing to share with Ontario non-profit Centres who are interested in running their own programs.

Register in advance: <https://oacao.wildapricot.org/Upcoming-Events>

Email your questions to: coordinator@oacao.org

Join our Network of Ontario based SCWW programs!

We share resources and offer on-going support and training to the provincial network of Senior Centres' Without Walls program facilitators including: small group training sessions, sharing of best practices, an extensive shared resource drive, and networking opportunities for Ontario based non-profit seniors serving organizations and Seniors Active Living Centres (SALCs).

Email your questions to: coordinator@oacao.org

SCWW Micro-Grant Program

SCWW Micro-Grants are for a maximum of \$4,000 for eligible individual non-profit organizations **OR** \$5,000 for Collaborative Partnership Model with 2 or more eligible organizations or networks.

Application Deadline: September 30, 2020 at 5:00 pm EDT

Guidelines and Application: <http://www.oacao.org/programs/seniors-centre-without-walls/>

Email your questions to: SCWWHub@oacao.org



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**The Good
Companions**

Supporting a Vibrant Community

Ontario 

Ontario Supports Telephone-Based Social and Educational Programs for Seniors

New Micro-Grant Program Will Help Combat Social Isolation

NEWS

September 18, 2020

TORONTO — The Ontario government is providing \$467,500 to the [Older Adult Centres' Association of Ontario](#) (OACAO) to administer the new Seniors' Centre Without Walls Micro-Grants program and other capacity building initiatives. The funding will support a broad range of seniors' organizations and help people stay connected to their communities through telephone-based social and educational programs.

The announcement was made today by Raymond Cho, Minister of Seniors and Accessibility.

"Our government is committed to ensuring that our seniors have the support and resources they need to maintain their health, wellbeing, and a good quality of life," said Minister Cho. "Social isolation can be particularly challenging for seniors, especially during the pandemic. Our investment will help ensure more seniors can access valuable telephone-based programs to combat social isolation and help keep them safe."

The Seniors' Centre Without Walls Micro-Grants will help organizations deliver remote teleconference programming to meet the unique needs of older adults in Indigenous and Francophone communities, as well as seniors living in rural and remote areas of the province.

Indigenous communities and non-profit organizations that serve seniors are eligible to apply for the program until September 30, 2020. Visit the OACAO's [webpage](#) to find full program guidelines and access an online application.

"The Older Adult Centres' Association of Ontario is pleased to work with the Government of Ontario as our funding partner to offer the Seniors' Centre Without Walls Micro-Grants Program," said Sue Hesjedahl, Executive Director of the OACAO. "The health and safety of Ontario's seniors is most important during the COVID-19 pandemic, including their mental health and social connectedness. Seniors' Centre Without Walls is an accessible and inclusive telephone-based program model which reduces the negative impacts of social isolation and ensures that participants remain engaged in their communities."

This work builds on Ontario's commitment to help seniors stay independent, healthy and active within their communities. In June, the government announced an investment of up to \$4 million for the [Seniors Community Grant](#) program, which provides funding for non-profit organizations, local services boards or Indigenous groups to develop programming for seniors.

QUICK FACTS

- The Seniors' Centre Without Walls model is a free interactive telephone-based group program for socially isolated seniors and people with disabilities who find it difficult to leave their homes.
- By 2023, there will be three million Ontarians over the age of 65; this is the province's fastest growing demographic.

ADDITIONAL RESOURCES

- [Programs and services to help seniors be healthy, active and engaged](#)
- [Find out how](#) the province is working to protect Ontarians from COVID-19

SOCIAL INCLUSION THROUGH SOCIAL PRESCRIBING (SITS – RX)

Submitted by: Pat Spadafora, Kaleidoscope Consulting, Project Consultant

UPDATE



The **OACAO** is excited to let you know that the project we introduced to you in the last OACAO newsletter is getting ready to launch!

We are all aware of the impact that social isolation has on the health and well-being of older adults and the pandemic has truly brought that into sharp focus. Over the last several months, reports have been increasing about the negative impact that isolation has had on people of all ages but, in particular, on older adults. However, there have also been innovative and promising examples of initiatives that have embraced older adults during this same period. Your centres are in a unique position to build capacity by encouraging the inclusion of older adults who might otherwise experience isolation and loneliness.

A quick refresher about the SITS – Rx project - the overall goal is to increase social engagement and the inclusion of older adults by connecting them to their local seniors' centres on the recommendation of their primary health care provider. Volunteer ambassadors, knowledge experts of their centres, will link older adults with programs offered at the centre.

There are two things for you to think about right now.

OACAO MEMBER CENTRE RECRUITMENT

1. Participating centres or clubs must currently be offering some type of virtual programming (phone or web based).
2. There needs to be a staff person (or, where appropriate, a designated volunteer) who can be responsible for outreach to the healthcare community.
3. The centre must have at least 2-3 active volunteers who can assume the role of ambassadors for the project.

TIMELINES

1. We will host an **INTRODUCTORY WEBINAR ON OCTOBER 7TH AT 11:30 AM** for all interested staff and volunteers from centres across the province.
2. Volunteer ambassador training for participating centres will take place in November.
3. The project will be active after the ambassador training.
4. Wrap up webinars will be offered in late February or early March, 2021.

Whether you just want to learn more about social prescribing and the project or whether you already know that you want to be a participating site, we invite you to join us on **October 7th at 11:30 a.m.** to begin the journey into the world of social prescribing.

SOCIAL PRESCRIBING INTRODUCTORY WEBINAR OCTOBER 7, 2020 AT 11:30 AM

Register at: <https://oacao.wildapricot.org/Upcoming-Events>

This project is funded by
the Government of Canada.

Canada



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OACAO 2020 Awards Program



Given the current situation, we thought it would be great to celebrate and recognize the success and achievements of special volunteers, staff, and community partners that make our organizations so amazing, this year more than ever as they have risen to the challenge of programming during a pandemic, creating new and innovative ways to engage, connect and offer NEW programs! What better way to do that than through the OACAO Awards Program? Pandemic! Facility Closures! That won't stop us from recognizing those who deserve it most!

Applications are now being accepted for the 2020 OACAO Awards Program. The successful nominees will be honoured at the OACAO 2020 virtual Annual Meeting on Monday, October 26, 2020. The OACAO Awards Program is generously sponsored by Arbor Memorial this year. Please see the list of Awards below and consider submitting a nomination **by 4:30 pm EDT Thursday, October 15, 2020: <http://www.oacao.org/programs/awards-program/>**

Award of Merit
The purpose of this award is to recognize exceptional effort and contribution to the field of Older Adults/Seniors. Anyone is eligible to receive this award. Award of Merit may be conferred for: a) Outstanding leadership contribution to the field of Older Adult Centres or Seniors Active Living Centres b) Making a significant impact on the lives of older adults in their community or across Ontario
Community Spirit Award:
This award recognizes an organization, partner or business that has displayed exceptional effort and commitment, on behalf of Older Adults / Centres, through age friendly service, accessibility, and/or advocacy.
Trailblazer Award:
This award recognizes a novice staff person in the field of Older Adults and Seniors Active Living Centres whose personal achievements and professional accomplishments have furthered the sector. The nominee must have proven leadership and dedication and have been employed for a maximum of 3 years in the sector.
Regional Award of Excellence:
This award recognizes a representative from an OACAO Region, who has shown a considerable amount of effort and commitment to the Older Adult sector /Seniors Active Living Centres (SALC), to increase awareness of, and advocacy for, the OACAO and its' programs and opportunities, and by coordinating and/or participating in OACAO Regional Workshops and/or other OACAO initiatives.
Award of Distinction:
The OACAO Award of Distinction is considered to be the most prestigious recognition bestowed by the OACAO. It recognizes the exceptional contributions and/or long-term commitment of an individual or group, toward the advancement of Older Adult initiatives and awareness of the OACAO in Ontario, and beyond. To be eligible, an individual must have dedicated a minimum of ten (10) years of service to the Older Adult Centres' Association of Ontario, served as Chairperson on two or more committees and as a member of the OACAO Executive Committee. Recipients of this award epitomize the hard work and long service required to ensure the positive contribution of the Association to the success of Older Adult Centres in Ontario.
Lifetime Supporter Award
Consideration will be given to long time service to OACAO. Candidates must have served on two or more Committees, the Board of Directors, and the Executive for a period of fifteen (15) years. Consideration may also be given to persons serving in the field of Older Adult Centres in general.
Past President's Award
There shall be a PAST PRESIDENT'S CITATION in recognition of services rendered. The Past President's Plaque shall be awarded to the Outgoing President immediately following the gavel being presented to the Incoming President. The award will only be presented when an individual leaves the office of President.
Nominations are now being accepted for the 2020 OACAO Awards Program and can be submitted by any person from a current OACAO member organization. Submission deadline is Thursday, October 15, 2020 at 4:30 pm EDT.

A selection Committee, consisting of OACAO Executive Committee Members, will review each nomination and select the recipient(s) based on specific criteria. Some examples are listed below.

- Description of achievement including examples of leadership and dedication to the sector.
- Cite examples of the nominee's involvement and the contributions made.
- Explain how the nominee's involvement has made a difference?
- What impact have they had on the OACAO, older adults or their Centre and/or their community as a result?
- Testimonials of support and additional information may be included to aid in the impact of the achievement of the nominee.

The Selection Committee reserves the right to move a nomination to a more appropriate category, if necessary. One recipient will be chosen for each category. All decisions made by the Selection Committee are final. The successful nominees will be honoured at the OACAO 2020 virtual Annual Meeting on October 26th.

**Deadline for nominations is Thursday, October 15, 2020
at 4:30 pm EDT <http://www.oacao.org/programs/awards-program/>**

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Arbor
Memorial

OACAO Fall Capacity Building Webinars



Fundraising in the COVID-19 Era and Beyond: Virtual Special Events as a Kickstart to your Fundraising Efforts Thursday, October 22nd at 10:30am EDT

Presenter: People First Fundraising Solutions

Organizing virtual special events not solely as a way to raise money, but also to establish and cultivate relationships with long-term donors for your centre is the focus of this workshop.

The Importance of Building a Compelling Case for Funding Support Thursday, November 12th at 1:00pm EDT

Presenter: People First Fundraising Solutions

Participants in this session will be acquainted with the basic format of a succinct and compelling case for support that organizations can employ when submitting funding proposals.

How to Pivot Your Volunteer Program During the “New Normal” Tuesday, December 8th at 10:30am EDT

Presenter: Lori Gotlieb

How are volunteer programs going to shift gears from the traditional model to the new reality in a pro-active and creative way? Volunteerism and managing volunteer programs are changing both dramatically and rapidly. Leaders of volunteers need to get ahead of the curve and learn to leverage opportunities while minimizing risks. We will discuss how leaders need to look at best practices through the volunteer management cycle using a variety of lenses and strategically plan for the future while managing the present. We will talk about the “new normal” and how we need to part of the decision team.

Free for Seniors Active Living Centres and OACAO Members
To Register Visit: <https://oacao.wildapricot.org/Upcoming-Events>
(Register in Advance)

**For more information, contact: OACAO: 905-584-8125 or
TOLL FREE: 1-866-835-7693 or email Lina Zita: coordinator@oacao.org**

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In Partnership with:



NOTICE OF ANNUAL MEETING OF MEMBERS 2020

Take notice that the Annual Meeting of the Members of the
Older Adult Centres' Association of Ontario (OACAO)
will be held on:

Monday, October 26th, 2020, at the hour of 12:00 pm

Virtual Meeting

Registration details will be circulated to members soon.

1. To receive the Financial Statement of the Corporation for the year ending March 31, 2020;
2. To appoint the Auditors of the Corporation for 2020-2021;
3. To elect the Directors of the Corporation;
4. To approve and ratify the acts of the Directors and Officers of the Corporation of 2019-2020;
5. To transact such further or other business as may be necessary or desirable in connection with the above or otherwise.

Dated the 18th of September, 2020

Sharon Oatway

Sharon Oatway, Secretary

If you have any questions regarding the OACAO Annual Meeting, please contact
Sue Hesjedahl, Executive Director at sue@oacao.org or 905-584-8125

P.O Box 65, Caledon East, Ontario L7C 3L8

Toll free: 1-866-835-7693 Local phone: 905-584-8125 Fax: 905-584-8126 Email: sue@oacao.org www.oacao.org

GOVERNMENT OF CANADA LAUNCHES CALL FOR PROPOSALS FOR COMMUNITY-BASED PROJECTS THAT SUPPORT SENIORS

NEWS RELEASE



Government
of Canada

Gouvernement
du Canada

From: [Employment and Social Development Canada](#)

Organizations are invited to apply for funding

September 9, 2020

Gatineau, Quebec

Employment and Social Development Canada

The Government of Canada is committed to supporting organizations and projects that empower seniors and contribute to improving their health and well-being.

Today, the Minister of Seniors Deb Schulte, announced the launch of the 2020–21 New Horizons for Seniors Program (NHSP) Call for Proposals for community-based projects. This year, organizations will be able to apply for funding to support seniors dealing with the pandemic by submitting project proposals that offer specific COVID-19 relief and recovery activities for seniors. Organizations are still welcome to submit proposals for more traditional NHSP projects that they plan to deliver in 2021–22.

The Government is committed to ensuring that the NHSP is responsive to feedback and reflects the current realities of seniors and senior-serving organizations. To that end, a number of changes have been made this year, including improvements to program parameters, delivery and access.

Organizations are invited to apply for funding that supports the NHSP national priorities for this cycle:

1. Supporting healthy ageing
2. Preventing elder abuse and fraud
3. Combatting ageism, celebrating diversity and promoting inclusion
4. Improving seniors' access to government services and benefits
5. Adapting community-based organizations to a more virtual environment

The 2020–21 NHSP community-based Call for Proposals is open until October 20, 2020. For details on how to apply, visit <https://www.canada.ca/en/employment-social-development/programs/new-horizons-seniors.html>.

Quotes

"We are investing in community support projects across the country to help seniors stay connected and engaged. Seniors have experienced significant negative impacts as a result of the COVID-19 pandemic. We want to help local organizations—big and small—provide relevant support to seniors of all backgrounds."

– The Honourable Deb Schulte, Minister of Seniors

Quick facts

- Seniors are the fastest-growing demographic age group in Canada. By 2030, the number of seniors is expected to reach 9.6 million, representing close to one quarter of Canada's population.
- The NHSP provides grants and contributions for projects that help improve the well-being of seniors in their communities and foster their social inclusion. Every year, organizations are invited to apply for NHSP community-based funding through a call for proposals.
- Community-based projects are eligible to receive up to \$25,000 in grant funding.
- Funds are set aside for grants of up to \$5,000 for organizations that have not received funding from the program in the past five years.
- Since 2004, the NHSP has funded more than 27,400 projects in hundreds of communities across Canada, with a total Government of Canada investment of more than \$600 million dollars.

ABOUT THE NEW HORIZONS FOR SENIORS PROGRAM



Government
of Canada

Gouvernement
du Canada

From: [Employment and Social Development Canada](#)

COVID-19

Due to the coronavirus disease (COVID-19) outbreak, there are changes to this program:

- [Consult the changes to the New Horizons for Seniors Program](#)
- [Consult the Canada Economic Response Plan](#)

The New Horizons for Seniors Program (NHSP) is a federal grants and contributions program. It provides funding for projects that make a difference in the lives of seniors and in their communities.

Program objectives

- Promote volunteerism among seniors and other generations
- Engage seniors in the community through the mentoring of others
- Expand awareness of elder abuse, including financial abuse
- Support the social participation and inclusion of seniors
- Provide capital assistance for new and existing community projects and programs for seniors

Community-based projects

Community-based projects are eligible to receive up to \$25,000 in grant funding for 1 year.

[Grants up to \\$25,000 for Community-based projects](#)

Community-based projects can apply for a small grant of up to \$5,000 for 1 year.

[Small grants up to \\$5,000 for Community-based projects](#)





DERNIER RAPPEL : DERNIÈRE CHANCE DE SOUMETTRE UNE CANDIDATURE POUR LES PRIX POUR LE BÉNÉVOLAT DU CANADA 2020

Date limite pour les nominations : 30 septembre 2020

L'appel à candidatures 2020 arrive bientôt à son terme. Ne manquez pas l'occasion de proposer la candidature d'une organisation à but non lucratif, d'un individu, d'un groupe de bénévoles, d'une entreprise d'économie sociale ou d'une entreprise qui fait une différence dans votre communauté.

Nous jouons tous un rôle dans la reconnaissance des bénévoles ! En proposant la candidature d'une personne ou d'un organisme aux Prix pour le bénévolat du Canada, vous contribuez à sensibiliser les gens au rôle essentiel que jouent les bénévoles dans le renforcement des collectivités partout au Canada. Vingt et un lauréats seront sélectionnés dans tout le Canada. Les lauréats pourront choisir une organisation à but non lucratif qui recevra une subvention de 10 000 \$ (prix national) ou de 5000 \$ (prix régionaux).

Nous vous encourageons à prendre les mesures suivantes dès aujourd'hui :

- [Soumettez une candidature](#). Nous acceptons les candidatures dans cinq catégories : Le Prix Thérèse Casgrain pour l'engagement de toute une vie; Leader émergent ; Leadership communautaire ; Innovation sociale et leadership d'entreprise. Les descriptions des prix sont disponibles sur le site Canada.ca/prix-bénévolat.
- Aidez-nous à faire passer le mot en partageant cet appel avec vos réseaux.

Vous souhaitez jouer un rôle dans le processus de sélection ?

Les Prix pour le bénévolat du Canada est un programme pour les Canadiens et par les Canadiens. Nous offrons des possibilités de bénévolat aux personnes qualifiées pour jouer un rôle clé dans l'évaluation des candidatures en agissant comme examinateur régional. Ceux-ci évaluent les candidatures de leur région afin de sélectionner les candidats les mieux classés pour un examen final. Si vous êtes intéressé par un poste d'examineur régional, veuillez nous contacter à Info-cva-pbc@hrsdc-rhdcc.gc.ca ou au 1-877-825-0434.

Suivez-nous sur Twitter [@ESDC_GC](#) et Facebook [@ESDC.GC](#) pour connaître les dernières nouvelles. Aidez-nous à diffuser la nouvelle en aimant et en partageant notre contenu !

FINAL REMINDER: LAST CHANCE TO SUBMIT A NOMINATION FOR 2020 CANADA'S VOLUNTEER AWARDS

Deadline for Nominations: September 30, 2020

The 2020 call for nominations is coming to an end soon. Don't miss your chance to nominate a not-for-profit organization, an individual, a group of volunteers, a social enterprise or a business that is making a difference in your community.

We all play a role in recognizing volunteers! By nominating an individual or an organization to Canada's Volunteer Awards, you are helping to raise awareness of the vital role that volunteers play in strengthening communities across Canada.

Twenty-one award recipients across Canada will be selected. Award recipients will be able to choose a not-for-profit organization to receive a grant of \$10,000 (national award) or \$5,000 (regional awards).

We encourage you to take the following actions today:

- [Submit a nomination](#). We are accepting nominations for five categories: Lifelong Achievement; Emerging Leader; Community Leader; Social Innovator and Business Leader. Award descriptions are available at Canada.ca/volunteer-awards.
- Help us spread the word by sharing this call with your networks.

Would you like to play a role in the selection process?

Canada's Volunteer Awards is a program for Canadians and by Canadians. We offer leadership volunteer opportunities for qualified individuals to play a key role in the assessment of nominations by acting as a Regional Reviewer (RR). RRs assess nominations from their region in order to select the top-ranked candidates for final consideration. If you are interested in serving as a Regional Reviewer, please contact us at Info-cva-pbc@hrsdc-rhdcc.gc.ca or 1-877-825-0434.

Follow us on Twitter [@ESDC_GC](#) and Facebook [@ESDC.GC](#) for all the latest news. Help us spread the news by liking and sharing our content!

INFLUENZA

PREVENTION IN ADULTS

Influenza is a highly contagious respiratory infection.

INFLUENZA SPREADS THROUGH:



- close contact with others
- contact with contaminated surfaces

IT CAN BE SERIOUS FOR SOME ADULTS

At greatest risk of influenza-related complications are adults:



65 years and older



who are pregnant



with a chronic illness



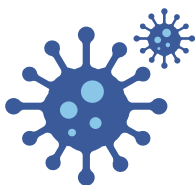
who are Indigenous



residing in nursing homes and other chronic-care facilities

THE NATIONAL ADVISORY COMMITTEE ON IMMUNIZATION (NACI) RECOMMENDS INFLUENZA IMMUNIZATION FOR ADULTS:

- ① 65 years of age and older
- ② at high risk of influenza-related complications or hospitalization, including: heart or lung illness (e.g., asthma), diabetes, cancer or undergoing treatment, kidney disease, anemia, neurologic conditions and morbid obesity
- ③ residing in nursing homes and other chronic-care facilities
- ④ who are pregnant
- ⑤ who are Indigenous
- ⑥ who are capable of spreading influenza to those at high risk, including health care providers, household contacts and people who provide essential community services



New strains of influenza appear every year.

Annual immunization is an effective way to prevent influenza and its complications.



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



CELEBRATING
IMMUNIZATION
SUCCESS

Reference:
National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2020-2021. <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2020-2021.html>

LA GRIPPE

PRÉVENTION CHEZ LES ADULTES

La grippe est une infection respiratoire très contagieuse.

LA GRIPPE SE PROPAGE PAR :



- contact étroit avec les autres
- contact avec des surfaces contaminées

LA GRIPPE PEUT ÊTRE GRAVE POUR CERTAINS ADULTES.

Les adultes qui sont à risque élevé de complications liées à l'influenza sont ceux :



qui ont 65 ans ou plus



qui sont enceintes



qui ont des maladies chroniques



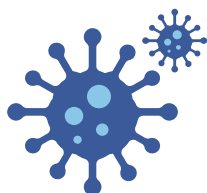
qui sont indigènes



qui sont résidents de maisons de soins infirmiers et d'autres établissements de soins de longue durée

LE COMITÉ CONSULTATIF NATIONAL DE L'IMMUNISATION (CCNI) RECOMMANDE LA VACCINATION CONTRE L'INFLUENZA AUX ADULTES :

- ① âgés de 65 ans ou plus
- ② qui présentent un risque élevé de complications liées à l'influenza ou d'hospitalisation, y compris ceux atteints d'une maladie du cœur ou d'une maladie pulmonaire (p. ex., l'asthme), du diabète, du cancer ou qui suivent un traitement, d'une maladie du rein, de l'anémie, des conditions neurologiques, ou qui présentent une obésité morbide
- ③ qui sont résidents de maisons de soins infirmiers et d'autres établissements de soins de longue durée
- ④ qui sont enceintes
- ⑤ qui sont indigènes
- ⑥ qui pourraient transmettre la grippe à des personnes présentant un risque élevé de complications, y compris les travailleurs de la santé, les contacts familiaux, et les personnes qui fournissent des services communautaires essentiels



De nouvelles souches d'influenza apparaissent chaque année.

La vaccination annuelle est un moyen efficace à prévenir l'influenza et ses complications.



Parlez à votre médecin, votre infirmière, votre pharmacien ou votre bureau local de santé publique pour recevoir le vaccin antigrippal.

Référence :

Comité consultatif national de l'immunisation (CCNI). Chapitre sur la grippe du Guide canadien d'immunisation et Déclaration sur la vaccination antigrippale pour la saison 2020-2021.
<https://www.canada.ca/fr/sante-publique/services/publications/vaccins-immunisation/guide-canadien-immunisation-declaration-vaccination-antigrippale-2020-2021.html>

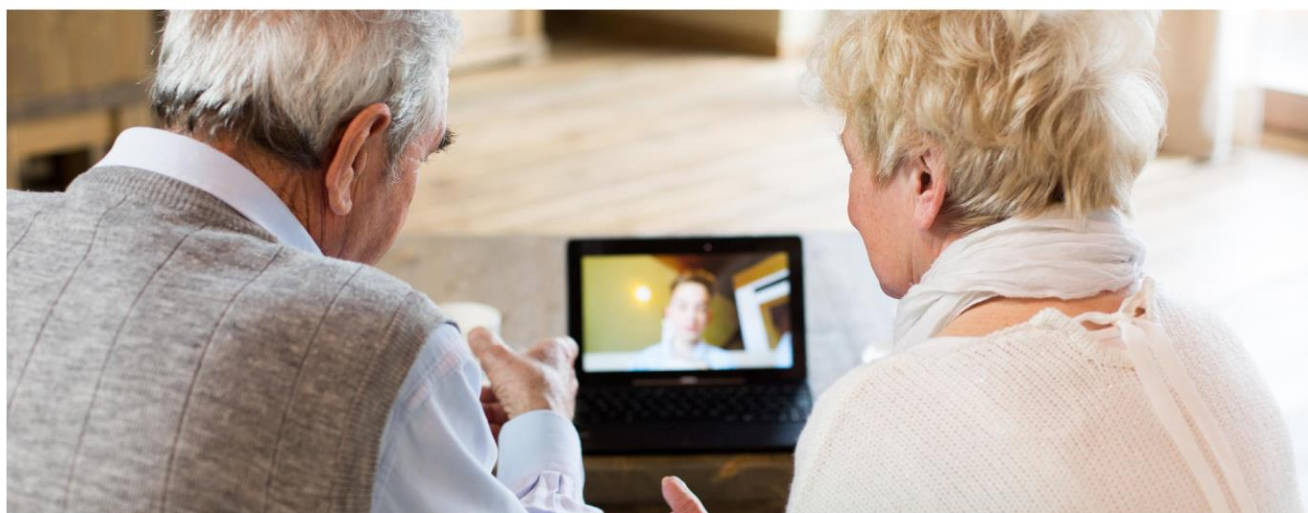
Understanding Mental Health and Well-Being in Later Life

A Workshop Series

Join Hope+Me for virtual workshops

Hope + Me is offering a free online pilot of the *Understanding Mental Health and Well-Being in Later Life* workshop series for older adults (65+) to learn about how to support their mental health and well-being.

Interested in joining virtually? [Register here.](#)



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.

Interested in offering the workshop series?

Visit the projects' initiative page at EENet.ca/OlderAdults to learn more, or create an account to access the workshop materials by visiting the [Workshop Portal](#) ([click here](#) for detailed instructions).

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

camh
mental health is health

PROTECT YOURSELF FROM FRAUDS AND SCAMS BE AWARE AND VIGILANT



Elder Abuse Prevention Ontario (EAPO), a provincial, non-profit organization is focused on supporting the implementation of the Ontario Strategy to Combat Elder Abuse, doing so since 2002. We envision an Ontario, where seniors are free from abuse, have a strong voice and feel safe and respected. Unfortunately, with the COVID-19 pandemic impacting the global community, those most vulnerable in the community are being victimized, their assets, quality of life and well-being threatened. Fraud is fast becoming the number one crime against older adults, yet one of the least reported. Unscrupulous individuals are targeting and exploiting people, devising new cyber schemes and other forms of fraud each day. Nothing is more important than protecting and safeguarding the older adults in our communities. Helping them protect their finances during these difficult times is paramount and being informed is the first step towards prevention.

TOP 10 FRAUDS & SCAMS IN THE TIME OF COVID-19

1. Emails, phone calls and text messages encouraging seniors to apply for COVID-19 related government benefits by clicking on a link. **DO NOT** respond to unsolicited messages.
2. A version of the CRA scam where fraudsters threaten that your provincial medical benefits have run out. **DO NOT** respond to these threatening calls.
3. A phone call from someone posing as a representative from the provincial or municipal health authority saying that you have been found to have or been exposed to COVID-19 and to give them your credit card to pay for testing or results. **DO NOT** provide your credit card information to the caller, instead call Public Health in your area.
4. Canada Post / UPS delivery frauds where a caller says a package will be delivered, but you must provide payment for duty or shipping costs. **DO NOT** provide your credit card, instead verify details with the seller of your goods to confirm delivery.
5. Fake financial or investment planners calling seniors about their portfolio losses due to COVID-19. **DO NOT** provide personal information, instead contact your financial advisor.
6. Any one posing as a bank representative asking for your SIN number and banking information. **DO NOT** provide your SIN or banking information, instead call your bank directly.
7. Misleading websites asking you to purchase Personal Protective Equipment (PPE). **DO NOT** purchase anything online from an unverified website, instead reach out to reputable vendors in your area.
8. Callers representing ("community agencies") saying they are trying to connect with socially isolated seniors. **DO NOT** provide your information, instead reach out to reputable organizations you know and call them.
9. Romance Scams through social media and on-line dating sites focused on seniors who may be feeling lonely as a result of being isolated. **DO NOT** accept unknown friend requests and be vigilant when online dating, ensuring that you are using a reputable website.
10. Grandparent Scam where the grandchild is stuck overseas and can't get home. **DO NOT** feel pressured, instead hang up and call that family member to ensure that the child is not in danger.

Report to Canadian Anti-Fraud Centre

Toll Free: 1-888-495-8501

For more information, visit

<https://www.antifraudcentre-centreantifraude.ca>



Seniors Safety Line

24/7

1-866-299-1011

*Information adapted from Canadian Anti-fraud Centre & CanAge



November is Fall Prevention Month.

All Canadians have a role in preventing falls.

Plan an activity in your community!

The Fall Prevention Month website has:

- Activities with instructions
- Social media resources
- Promotional materials
- Posters
- Evidence-based resources

Find out more and download these resources at
www.fallpreventionmonth.ca



Le mois de novembre est le Mois de la prévention des chutes.

Tous les Canadiens ont un rôle à jouer pour prévenir les chutes.

Organisez une activité dans votre collectivité!

Vous trouverez sur le site Web du Mois de la prévention des chutes :

- des idées d'activités et la marche à suivre pour les concrétiser;
- des ressources concernant les réseaux sociaux;
- des articles promotionnels;
- des affiches;
- des ressources fondées sur les données probantes.

Pour en savoir plus et télécharger les ressources, allez au
<http://novembresanschute.ca>.



Newsletter Contributions from our Members

ACTIVE ADULT CENTRE OF MISSISSAUGA

Submitted by: Laura Surman, Program Coordinator

The New Way at AACM



Since May, the AACM has run 20 weekly programs via Starleaf, a wonderful economical platform from Mercuri that allows participants to join either by phone or virtually. Some of our members don't have computer access, but still want to be engaged, and are not ready or able to attend our upcoming live classes, so this flexibility has been great. As we re-open on September 8th and move on to offering live classes at our Centre, we'll be retaining many of these virtual sessions, as not everyone can be accommodated on-site due to our limited class sizes. Members will now complete a Health Screening Form upon arrival, scan in with their fob, and be signed in by our volunteers.

We'll be bringing some of our most popular virtual classes back into the Centre, including Co-ed Fitness, Toning, Mall Walkers, Line Dancing and Zumba Gold. We will also welcome back Yoga, Belly Dancing and Table Tennis (singles only), with more line dancing offerings as well. Scheduling was very difficult. Given that we must limit our classes to 10 people, pre-



register participants in 4-week sessions, and maintain a minimum of 30 minutes between classes for cleaning, the number of sessions the Centre can offer per day is greatly reduced. We are bringing back our licensed bingo mid-September, with protocols in place for social distancing and safe money handling.

Due to the limited availability, many of our classes will have a virtual class component broadcast from our Studio directly after the live class ends. Thanks to a federal government grant administered through the UWGT, we will be able to keep running over 15 virtual classes via Starleaf for the rest of the year.

Our staff and members are excited to embark on this new way of life.

CITY OF PICKERING

Submitted by: Kim Bradley, Coordinator of Recreation Programs, Community Services Department

City of Pickering / East Shore Community Centre / George Ashe Library & Community Centre

Seniors Centre Without Walls Programs for Adults 55+



Join City of Pickering program staff for free weekly programs and Spotlight Series Presentations. All you need is a telephone, no internet or computer required.

Grab a coffee, tea, or water and a snack, and call 1.866.279.1594, a couple of minutes before the session you wish to participate in. Enter the Participate Code by dialing on your phone: 260259 and state your name when you are prompted to do so.

Trivia Tuesdays

Will run every week beginning
May 12 at 2:00 pm



Name that Tune Thursdays

Will run every week beginning
May 14 at 10:30 am



Spotlight Series: information sessions will run Wednesdays, beginning May 20 at 1:00 pm.

Various topics, including but not limited to;

- DRPS Safety Tips with Darryl Rice
- LGBTQ2 with Jake Farr
- Alzheimer's Society with Dawn Hannah
- Cannabis Awareness

If you would like us to register you for sessions you wish to join, call 905.420.4660 ext. 2078 or email kbradley@pickering.ca. Leave your name and phone number, along with the session you wish to join, and we will add you to the list and call you before the session begins.

City of
PICKERING

55+ Aging Well Together
pickering.ca/adults55plus

Adult 55+ Programs in the Park



Programs in the Park are free outdoor programs offered to Pickering adults 55+. On Tuesday and Wednesday programming will take place at the basketball court at George Ashe LCC. Art in the Park programs will be held on Thursdays at Esplanade Park in the gazebo area.

September Schedule

Programs in the park will run every Tuesday between 10:00 am - 11:00 am and Wednesday between 9:00 am - 10:00 am. Art in the Park programs will run every Thursday from 9:00 am - 11:00 am.

Date	Program	Location	Activity Code
Tuesday, September 1	County Line Dance	GALCC	25186
Wednesday, September 2	Crocheting	GALCC	25187
Thursday, September 3	Art in the Park	Esplanade Park	25188
Tuesday, September 8	Latin Line Dance	GALCC	25189
Wednesday, September 9	Pickleball (Singles)	GALCC	25190
Thursday, September 10	Art in the Park	Esplanade Park	25191

Registration opens Monday, August 24 at 9:00 am
Register at pickering.ca/activenet

Alternate format available upon request call, 905.683.7575 or email customer@pickering.ca

— City of —
PICKERING

55+ Aging Well Together
pickering.ca/adults55plus

New Adult 55+ Program



Bingo in the Park!

Friday, August 21 - Friday, September 25 (6 wks)

George Ashe Library & Community Centre, Outdoor Basketball Court

Join us every Friday for one of two free 6 week sessions. There is a maximum of 18 participants per session so be sure to register early!

9:00 am – 10:00 am

Activity Code: 25184

10:45 am – 11:45 am

Activity Code: 25185

Register online at pickering.ca/activenet

Registration is limited to one session per person

Alternate format available upon request call, 905.683.7575 or email customercare@pickering.ca

City of
PICKERING

55+ Aging Well Together
pickering.ca/adults55plus

CITY OF HAMILTON

Submitted by: Victoria Kerekesch, Recreation Coordinator, Healthy and Safe Communities



Hamilton

The City of Hamilton Recreation Division is very excited to reopen our doors for Fall 2020 programming!

The Infection Prevention and Control team of our Local Health Unit has provided management and staff with advice and resources to safely reopen while examining COVID-19 through a Hamilton lens. With this information, the Recreation Division developed guidelines with 27 infection control measures to ensure a safe reopening. Among these measures are:

- Facility adaptations, including reduced capacities, removal of excess furniture, designated entrance, exit and hallway paths, plexi shields and admission points, and detailed signage for patron expectations
- Daily control and prevention, including enhanced cleaning, health screening at time of admission, and restricted programming
- Programming implementation, including adjustments to instruction, greater spacing between participants, reservation systems, and pre-packaged supply kits

During this reopening, the Division remains mindful of the Provincial recommendation for those over the age of 65, to continue to self isolate. We recognize that for many older adults, accessing recreation *is* essential to their health and mental wellbeing. It remains even more important to ensure everyone involved, including Boards and members understand their role in staying safe. The following tools have been created to assist staff and Boards in offering programs confidently and safely:

- Criteria to identify programs that are easy to offer, require modification, or cannot be offered at all.
- Video presentation to Boards and staff to identify the approach to infection control, and shared responsibility
- Square footage calculator to determine the maximum number of participants in a space that will be able to physically distance

We also understand that many older adults are unable or not comfortable returning to in person programming. During the closures, staff supported the Senior Centre Without Walls program which was able to expand phone-based programming from 4 to 20 sessions a week and remains committed to maintaining this service level. We are seeking grant opportunities to be able to expand to video programming and digital literacy in older adults.

Through a collective team effort between the Recreation Division, Board of Directors, members, and our IPAC Public Health team, we anticipate a successful reopening and look forward to serving our participants in person once again.

HILLVIEW ACTIVE LIVING CENTRE

Submitted by: Wendy Krever & Terri Forbes

We have all heard the phrase “we are in unprecedented times” and indeed we are. We have not experienced a global pandemic in over 100 years. The ripple effect this virus has had all over the world is unprecedented.



In senior active living centres it has had a huge impact – from shutting our doors to slowly re-opening and meeting all the public health criteria. We have had to re-imagine our centres – from the physical layout to programs to staffing. We have had to be flexible and creative with how we can deliver our programs and services to our communities. In Halton Hills we have two centres – one in Acton and one in Georgetown. Staff have continued working from the centres since the shutdown on March 16. We have implemented ; a telephone committee calling the membership for friendly visiting, Senior Centre Without Walls telephone programs and Zoom programs. We have lending libraries at both centres with puzzles, books and DVDs.

Since re-opening July 13, we have rearranged the centres’ physical layouts. We have removed all furniture from the lobby, new signage, plexi-glass partitions at reception and floor markings for keeping physical distance. We have new cleaning protocols and our program space is large enough to adhere to the two metre distance between participants.

Our screening process has changed from passive to active. Every person who enters the facility must answer a survey. They can access it from their cell phones before entering or staff will enter the information for them. This is important for contact tracing for the Regional Health department.

We certainly have been challenged to be inventive and think outside the box. One of our mandates for older adult centres is to bring people together and have social contact. We all know social isolation is a serious health risk. We are slowly and carefully providing opportunities to socially connect once again. We will continue to strive for meaningful and supportive programming and services as we adapt to this new norm.



HUMAN ENDEAVOUR / HOPE RESOURCE HUB

Submitted by: Shaista Thanvi, Director, Social Services

Technology, Access and Support for Seniors



**Human
Endeavour**

Seniors are at the highest risk of serious illness due to COVID-19 and that's why even though the restrictions of lockdown have been eased, seniors programs and centres will not resume significant in-person activities till spring 2021 or later. There is strong consensus among seniors serving organization from York Region on providing online social and recreation environment by using technology and social media tools to keep seniors socially engaged and healthy during COVID-19. Technology (devices & internet), technical support and online services are the only option to bring much needed programs to seniors from the safe environment of their homes.

There are two groups of seniors, 1) who live with family and have internet at home but don't have a personal device, 2) those who live alone and don't have internet nor device to connect. Second group is at most risk because they are isolated, living alone and have little or no connect with outside world.

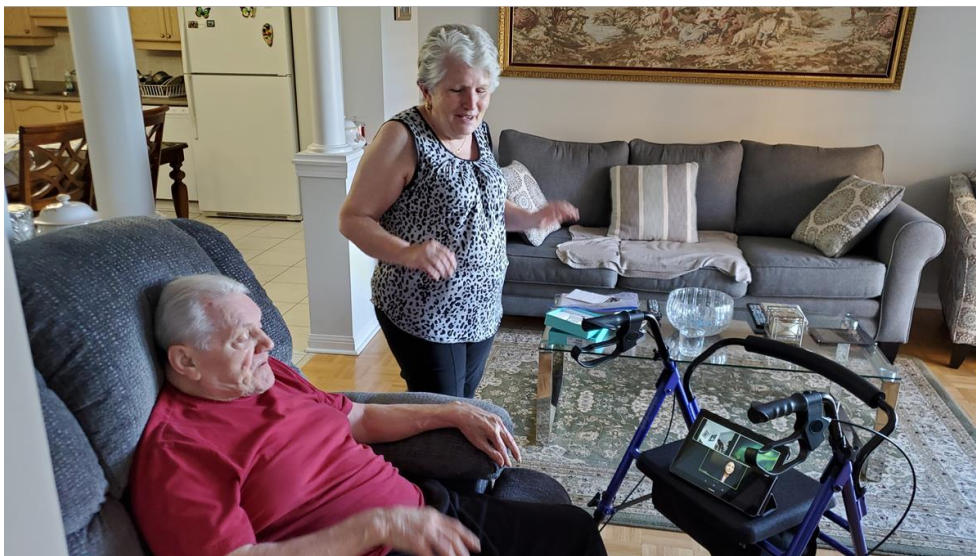
Human Endeavour's EPIC Technology Social Enterprise has designed seniors' friendly tablets with simplified layout and pre-installed necessary communication and social media apps to make them easy for use by seniors. Simple written instructions and phone/remote login technical support is also provided. Seniors receive pre-programmed tablets with mobile data, to go online and access the internet to attend online exercises, information and socialization activities and stay physically and mentally healthy. Same solution is available to group 1 except the cellular data chip.

We use TeamViewer app for remote access to solve technological issues, perform maintenance and teach seniors how to use certain applications. While, Corrata protects seniors from security threats online and also allows for data limits to be set in the absence of WIFI to curtail the potential costs.

However, there are certain challenges in large scaling up 2nd solution where seniors don't have internet at home. It is challenging to have cost effective wireless internet bandwidth on the cellular tablets. We are continuously looking for new partnerships with wireless service providers and senior serving organizations to support seniors across Ontario.

A number of York Region organizations have acquired this solution for their clients to deliver online programs. More info on this solution is available at:

https://drive.google.com/file/d/17YdgmB_t1uSNZb0ed8i0sEZC0yPhQdsp/view?usp=sharing



For further information and to arrange a demo, please contact:

Noor Din, CEO, Human Endeavour, HOPE Resource Hub Seniors Active Living Centre

email: noor.din@humanendeavour.org cell: 416-726-3252

MONTFORT RENAISSANCE

Submitted by: Michael Trembley

La réouverture du Centre de services Guigues de Montfort Renaissance

À la mi-mars 2020, Montfort Renaissance a cessé toutes les activités régulières qui se tenaient au Centre de services Guigues (CSG) à cause de la pandémie. L'équipe du CSG, avec notre partenaire Retraite en Action, n'a pas dit son dernier mot et s'est retroussé les manches pour offrir une programmation accessible par vidéoconférence ou par téléphone. « Mon centre à distance » voit le jour et offre diverses activités sociales et récréatives pour les aînés francophones !

En plus, le CSG a débuté la livraison de boîtes d'épicerie et de repas congelés préparés par notre chef Oscar. Nos bénévoles et notre personnel font plus de 50 livraisons par semaine ! Enfin, nous avons maintenu une ligne d'appels d'amitié et de sécurité afin de briser l'isolement de nos aînés.

Après la phase 3 du déconfinement, nous avons repris les services de soins des pieds et de transport non-urgent à des rendez-vous médicaux en maintenant la distanciation physique et en prenant des mesures de protection personnelles.

Nous avons élaboré un protocole de reprise d'activités pour le centre de jour, les repas au Centre et les activités sociales et récréatives. Chaque salle a été analysée pour définir le nombre maximal de personnes en tenant compte de la distanciation physique. Un nombre limité de personnes sera bienvenue à chaque jour et les clients devront s'inscrire. À l'arrivée, un questionnaire de dépistage sera effectué. Des mesures d'hygiène et le port du masque devront être respectés. L'entretien des locaux sera renforcé par l'ajout d'un appareil à vapeur pour désinfecter les surfaces.

Plusieurs de nos clients s'ennuient et veulent revenir alors que d'autres ne sont pas prêts immédiatement. Nous allons procéder à la reprise de façon graduelle pour respecter la sécurité et prévenir toute épidémie. Et nous avons tous très hâte de revoir nos gens.



The Montfort Renaissance Centre de services Guigues Recovery

In mid-March 2020, Montfort Renaissance discontinued all regular activities held at the Centre de services Guigues (CSG) because of the pandemic. The CSG team, along with our partner Retraite en Action, has not said its last word and has found its way around to offer programming accessible by videoconference or phone. "Mon centre à distance" (My Centre Without Walls) is born and offers various social and recreational activities for French-speaking seniors!

CSG has also started the delivery of grocery boxes and frozen meals by our chef Oscar. Our volunteers and staff have done more than 50 deliveries a week! Finally, we have continued the friendship and security phone calls to break the isolation of our elders.

After Phase 3 of the deconfinement, we resumed foot care services and non-urgent transportation to medical appointments by maintaining physical distancing and taking personal protective measures.

We have established an activities reopening protocol for the day centre, congregate dining, social and recreational activities. Each room was analyzed to determine the maximum number of people ensuring physical distance. A limited number of people will be welcome each day and people will need to book in advance. Upon arrival, a screening questionnaire will be conducted. Hygiene measures and the wearing of masks will be reinforced. Housekeeping of the premises will be enhanced by the addition of a steam unit to disinfect the surfaces.

Many of our customers are feeling bored and want to come back while others are not ready to return yet. We are going to move gradually to ensure safety and security and prevent an outbreak. And we're all looking forward to seeing our people again.

ORANGEVILLE & DISTRICT & SENIOR CENTRE

Submitted by: Suzanne Hutchinson, President



We are happy to announce our re opening on Tuesday, September 14th. Our administrator Pat Elmore and our board of directors are working diligently to ensure a safe environment for our returning seniors, with full health protocols in place. Masks are mandatory and depending on the activity will be worn at all times. We will be marking the floors to ensure six feet distancing. As an extra precaution we will also be taking temperatures before allowing entry. We are introducing a limited amount of programs including a modified Fun and Fitness, Gentle fitness, Book club and Yoga to name a few. There will be no cards or singing as per health guidelines. We will be allowing shuffleboard with marked off lanes and members will be responsible for their sticks which they will take home and bring in each time they play. We are also working to provide our Foot care clinics again. A much needed service. We will be using our vinyl covered chairs for our exercise programs as they are easily sanitized after use. As to our service group meetings they are using our fabric chairs which will be rotated regularly and cleaned in between, so no one uses the same chairs. The table configurations include the six foot distance protocol. There is no food or beverages being served. Our kitchen is closed, however service groups may bring in boxed lunches and their own beverages. They must take their garbage with them when they leave. No one knows how school re openings will effect us, so we can only wait and see if by the first of October whether we will be allowed to stay open. I sincerely hope so, our seniors need this interaction!



PEEL SENIOR LINK

Submitted by: Ray Applebaum, CEO of Peel Senior Link

Managing Community Supports in Response to COVID-19 – Safety Needs and Social Isolation

Join us! October 1, 3:00 - 4:30 p.m. EST via Webinar


In honour of International Day of Older Persons, the Sheridan Centre for Elder Research is hosting, in partnership with Peel Senior Link and Indus Community Services, an online panel discussion focussing on issues currently impacting service provision in support of older adults in our communities.

Community Support Services are experiencing major changes and opportunities in several areas. These include the transformation of funding and service models, shortages in Personal Support Staff, the development of Ontario Health Teams, changes to governance structures, virtual service models to address social isolation & loneliness, PPE supply chain management, and the acknowledgment of long-term systemic discrimination that is only now being exposed.


This informative 90-minute discussion will address these topics and will also include a live question period.

PANELISTS


Moderator: Lia Tsotsos, Director - Sheridan Centre for Elder Research




Raymond Applebaum, CEO
Peel Senior Link




Catherine Brown,
President, Shared Services
Ontario Health




Karen Parsons, ED
Peel Addiction Assessment
and Referral Centre



Patrick Boily, Director of Policy
OCSA



Cathy Fooks
Patient Ombudsman, Ontario



Gurpreet Malhotra, CEO
Indus Community Services

To register please [click on this link.](#)

If you have any suggested questions or discussion topics you'd like to share with the event organizers, please feel free to send them to elder.research@sheridancollege



RENDEZ-VOUS DES ÂÎNÉS FRANCOPHONES D'OTTAWA

Submitted by: Jacqueline Noiseux, Directrice Générale

As is the case with most senior activity centers throughout the province, the Rendez-vous des aînés francophones d'Ottawa (RAFO) is in its 6th month without being able to hold activities inside its building.

As soon as confinement was imposed, RAFO started to develop a series of virtual activities for its members. These are announced in RAFO's weekly Newsletter to its members and friends. Employees and volunteers who make up the Virtual Team work hard to create and offer a variety of online activities in areas such as travel, health and safety, culture, physical activities, etc.

Jacqueline Noiseux, RAFO's director general, has developed and keeps updated a Continuity Plan which describes all the measures RAFO has taken since the beginning of the pandemic and all actions which will need to be taken in the future when the center reopens.

RAFO has also put in place a Deconfinement and Recovery Plan showing that all provincial and municipal directives are being applied, as well as all public health orders. As exterior groupings of 10 people at a time are permitted, RAFO has authorized a few activities to be held outside, such as gardening, shinny hockey practices for women and petanque,

A survey was sent to all our vulnerable members who do not have Internet services to evaluate their needs in the event of a reopening of the center. Also, RAFO has created a Multidisciplinary Task Force whose job is to analyse all activities and to establish all measures which need to be put in place in each case. The task Force will start looking at low risk activities and each group's capacity to adhere to required health and safety regulations.

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

3349 chemin Navan, Orléans, ON, K1W 0K7

Tél.: 613-834-6808 #4

www.rafo.ca

[www.facebook.rafo.ca](https://www.facebook.com/rafo.ca)

www.twitter.rafo.ca



Comme la plupart des centres d'activité pour aînés de la province, le Rendez-vous des aînés francophones d'Ottawa (RAFO) entame son 6^e mois sans activités physiques à l'intérieur de son centre.

Dès les premiers jours du confinement, le RAFO a entrepris de mettre en œuvre une série d'activités virtuelles pour ses membres. Les activités virtuelles sont annoncées dans une Infolettre hebdomadaire envoyée aux membres et amis du RAFO. Les employés et les bénévoles qui forment l'équipe virtuelle s'efforcent de concevoir et de présenter des activités variées en ligne dans de nombreux domaines tels les voyages, la santé et la sécurité, la culture, etc.

Jacqueline Noiseux, directrice générale du RAFO, tient et met à jour son Plan de continuité qui fait état de toutes les mesures prises par le RAFO depuis le début de la pandémie et des actions qui devront être élaborées à l'avenir pour la réouverture du centre.

Dans son Plan de reprise des activités et de déconfinement, le RAFO continue de respecter les consignes du gouvernement de l'Ontario et des autorités de santé publique. Comme certains rassemblements extérieurs d'au plus 10 personnes sont acceptés, le RAFO a autorisé certaines activités extérieures comme le jardinage, des pratiques de hockey bottine sans contact pour les femmes et la pétanque.

Le RAFO a fait un sondage auprès de sa clientèle plus vulnérable qui n'a pas accès à Internet afin de connaître leurs besoins face à la réouverture. De plus, il a créé une équipe tactique multidisciplinaire chargée d'analyser chacune des activités et d'établir toutes les mesures à prendre dans chaque cas. Nous nous penchons d'abord sur la reprise de certaines activités priorisées selon les risques de propagation de la COVID et la capacité des groupes à s'adapter aux normes de sécurité.

RETRAITE ACTIVE DE PEEL

Submitted by: France Lemay, Retraite active de Peel

De bonnes notes malgré la pandémie



Résultats d'un sondage : En juillet dernier *Retraite active de Peel* faisait parvenir un sondage à ses membres pour connaître leur taux de satisfaction concernant les activités offertes au cours du mois de juin dernier qui ont eu lieu par l'intermédiaire de différentes plateformes informatiques telles Zoom. À notre grande satisfaction, nous constatons que les membres étaient entièrement satisfaits des cours proposés et semblent passablement confortables à utiliser la technologie pour continuer de se joindre aux activités en attendant que la vie normale reprenne son cours.

“À vos plumes toutes et tous”: un réel succès

Au printemps, *Retraite active de Peel* lançait une invitation auprès de ses membres, afin qu'ils rédigent et soumettent un court extrait sur leur expérience du confinement. En tout 29 textes ont été regroupés dans un magnifique petit recueil illustré et intitulé “Il y a eu un avant, il y aura un après. Ensemble ...vers l'avenir!”. Ces écrits parfois cocasses, parfois philosophiques, parfois réalistes apportent un souffle de fraîcheur sur cette période d'isolement. C'est donc en juin dernier que chacun de nos membres, grâce à la collaboration de nos bénévoles, se sont vu livrer un exemplaire du recueil, qu'ils ont accueilli avec entrain. Les commentaires reçus furent remplis d'éloges et témoignent d'un partage très enrichissant. Merci à tous ceux et celles qui ont mis la main à la plume!



OYÉ OYÉ ! ASSEMBLÉE GÉNÉRALE ANNUELLE

C'est en face à face que *Retraite active de Peel* tiendra son Assemblée générale annuelle le 14 octobre prochain. Soyez assuré que le déroulement de cette importante rencontre prendra en considération toutes les recommandations et précautions concernant le Covid-19 et nous espérons vous y voir.

Assemblée générale annuelle

Quand : Mercredi 14 octobre à 18 h

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

Pour plus d'information, consultez notre site web : www.retraiteactivepeel.ca
ou écrivez-nous à info@retraiteactivepeel.ca

THE NEIGHBOURHOOD GROUP COMMUNITY SERVICES

Submitted by Veronica MacDonald, Vice President, Independent Living



THE NEIGHBOURHOOD GROUP
NEIGHBOURHOODS WORKING TOGETHER

During this global pandemic, The Neighbourhood Group remains committed to helping vulnerable seniors in our communities stay engaged and active so they are not so isolated. At our senior's apartment building at 11 Coatsworth we have been providing activities such as Balcony Bingo to help the residents stay connected while keeping them safe with social distancing.

Thanks to Evolution, a local band who donated their time and talent, we were able to host a Balcony Dancing event on Thursday, May 7th. Band members, Howard Rabkin, Evelynne Ross and Henry Lees said this "we just want to make seniors smile and forget about being alone for a while".

The event was a huge success! We saw seniors on every balcony and a shout-out to our Personal Support Workers who helped those with limited mobility to their balconies so they could also enjoy the band. Once the music started, we saw our neighbours come out to their front porches to participate. As cars drove by, people tooted their horns and waved in appreciation.

It was such a great community event! From a distance, the music brought people together. Everyone was smiling and moving to the music.



THE PRINCE EDWARD COUNTY COMMUNITY CARE FOR SENIORS ASSOCIATION

Submitted by: Bruce Bell

Seniors Zooming in the County



PRINCE EDWARD
COUNTY – Seniors in
Prince Edward County

are not slowing down during the pandemic – in fact, they're 'Zooming' all over the place.

Since late spring, Community Care for Seniors has been offering weekly Zoom sessions and telephone group chats on a variety of topics in an effort to keep their clientele active and engaged.

Community Care executive director Debbie MacDonald Moynes said the organization had to adapt quickly when seniors were forced to self quarantine and remain in their homes.

"When the pandemic hit in March, we realized very quickly that we would have to modify our active living program to meet the challenges it presented," she said. "We started hosting Zoom sessions and telephone chats and, even if we are able to resume group programming when this is over, they've proven to be so popular we will likely carry on with them in some fashion."

Thursdays are reserved for the Zoom sessions and Fridays are the telephone day. MacDonald Moynes said anywhere from six to 25 people have been logging on to the weekly Zoom meetings while the telephone chat can accommodate up to 15 callers.

"The Zoom is a little different in as much as we can't see all the people participating," she explained. "All you can see are the presenter and their slide show or whatever other materials they are using. You cannot see the people who are logged in to listen, but we do unmute people during the question-and-answer session."

Most of the sessions are carried out in both formats so people do not miss out on topics.

August has included sessions on chronic obstructive pulmonary disease; the rise and fall of the Bald Eagle by field naturalist Terry Sprague; Alzheimer Society Hastings and Prince Edward programs and services; audiobooks from PEC libraries; library technological services and programs; and all about today's funerals with local funeral director Tod Lavender.

"We try to stay current and have topics that are relevant to seniors in our community," MacDonald Moynes explained. "In September we're expecting to have one on the Royal Botanical Gardens and Ian Robertson reading from his book about Camp Picton followed by a Q&A."

Participants don't need to worry about being computer savvy as Community Care can provide someone to give a phone consultation and help computer owners to set up for a Zoom session.

MacDonald Moynes said even though the pandemic has caused the organization to overhaul most of its services, most of its services are still available to County seniors.

"We've had to modify every program and service that we offer, so did every other business and not-for profit in the world, I guess, so we just have to go with it and we think this is working out very well," she said. "We have lots of capacity to add more people if they're interested and part of the problem is making sure people know these programs are available."

"Most of our programs are still running — we've modified Meals on Wheels to now included five days a week anywhere in the County, so that's an expansion of that program. We're looking at restarting our escorted transportation and we haven't restarted the home making program yet."

The active living program fee of \$25 has been lifted and the Zoom and phone chats are available to County residents 60-plus years old for free.

MacDonald Moynes said the organization is in need of more volunteers.

"We would welcome anyone interested in helping us, because with COVID-19 some of our older volunteers have decided to stand down for a time," she said. "We really encourage people who need help to call our office and leave a detailed message. It's only open by appointment, but we have staff working from home who can get back to people quickly."

Anyone interested in the Zoom or telephone chats should visit communitycareforseniors.org or call 613-476-7493.



Well-known local field naturalist Terry Sprague, is pictured during a recent Zoom session with Prince Edward County seniors. Community Care for Seniors is hosting weekly Zoom sessions and telephone chats with clientele as part of its active living program. J P G , B I

THUNDER BAY 55 PLUS CENTRE

Submitted by: Tessa Hettrick, Program Volunteer Coordinator, City of Thunder Bay

Thunder Bay 55 Plus Centre Wins National Award



We often tell people how our volunteers at the 55 Plus Centre in Thunder Bay are unlike any other and on August 7, 2020 the country heard all about them! Nominated as a group, the volunteers at the Centre received the Community Leader Award for Ontario through the Canada's Volunteer Awards. Over 300 nominations were received and a total of 21 awards were given out across different award categories.

The Centre's volunteers were recognized for their role in preventing social isolation among older adults and contributing to positive physical, social and mental well-being. The 55 Plus Centre has over 200 volunteers over the age of 55 who collectively log approximately 21,000 volunteer hours for the Centre's activities, events and outreach programs. The Centre typically sees 500 people walk through the doors per day, taking part in various registered and drop-in programs, or stopping by the gift shop, café and library.

People often attribute the Centre, and all it has to offer, as one of the main reasons they are able to stay in their homes longer. The volunteers play a major role in the day to day operation at the Centre and we would not be able to offer the services we do without their unwavering commitment and inspirational passion. As we see the population in Thunder Bay aging we are so proud of the work the volunteers do and we are beyond grateful for being able to work alongside them in various ways.

We thank and congratulate all the volunteers here at the 55 Plus Centre, this award could not have been given to a more deserving group of people!



1 Year Service Pin Recipients



Set Up Crew Volunteers



5 Year Service Pin Recipients



Line Dancing Volunteers



20 Year Service Pin Recipient



Income Tax Volunteers



10 Year Service Pin Recipients

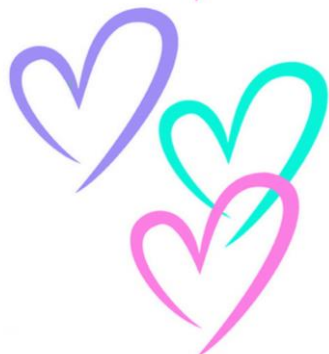


Main Office Volunteers



15 Year Service Pin Recipients

Volunteering is
a work of heart



Activity Conveners and Volunteers



Boards and Committee Members



Information Desk Volunteers



Library Volunteers



Dishwashers and Cafe Volunteers



Gift Shop Volunteers

UNIONVILLE COMMUNITY CENTRE FOR SENIORS

Submitted by: Maha Naqi, Program Coordinator UCCS



Unionville Community Centre for Seniors ***Finding Our New Normal***

It is in a spirit of resilience, adaptability, and cautious optimism that our staff is preparing to resume in-person programming at the Unionville Community Centre for Seniors (UCCS).



The recent OACAO survey on reopening has been integral to crafting a reopening strategy that works for our centre, clientele, and community. A key component of our success will be building and keeping the *confidence* of our membership that we can offer indoor programming while prioritizing the safety and health of our members. To this end, we have engaged our Member's Council, older adult volunteers, and our clients for their feedback through three virtual focus groups. As we strive to reopen safely, these key stakeholders are our most important allies.

Currently, UCCS is planning for a soft reopening of the centre in mid September with a two-day, physically distanced membership drive. One goal of this event is to allow clients to renew memberships, but also to share with them details of our reopening and solicit their feedback. At the start, physically distanced in-person programming will include: one exercise class per day, a once-weekly coffee hour; an internet café with individual workstations; and a lending library. All programs will require pre-registration with reduced capacity. To ensure safe physical distancing and infection control and prevention, we will be limiting programs and relocating our administration to the main floor. We are also investing in plexiglass dividers, portable privacy screens, PPE, IPAC training for staff and volunteers, and enhanced signage to encourage physical distancing.

As our clients have grown more comfortable with technology, we will continue to offer at least one virtual program daily and implement one-to-one virtual visits with volunteer support for those clients who are not comfortable returning to the centre at this time.

We are grateful for the support of our community and look forward to welcoming our seniors to a safe and exciting return to UCCS.

WATERFRONT NEIGHBOURHOOD CENTRE

Submitted by: Jun Emperador & Gabby Motta, WNC Seniors & Community Development Team



On behalf of the Waterfront Neighbourhood Centre, we are excited to announce that we will be resuming our seniors and older adult programs come fall! We have taken all necessary measures to ensure safety protocols are properly put in place. Program Registration for seniors and

Older Adult programs will be held on Friday September 11, 2020 at 8:00 am. Programs will begin on September 14th, 2020.

This season, we plan to maximize program participant's experience by providing new creative ways to support their healthy development and skills while engaging in safety practices that include the following but are not limited to;

- Seniors and Older Adult programs are offered from Monday to Friday at designated times throughout the day to ensure cohorts are not mixing with other cohorts.
- Program capacity will be limited according to room sizes and occupancy limits. This will allow for further physical distancing of 2 metres, spreading of furniture, equipment and activity space.
- Participants will pre-register for programs over the phone 1 day prior to secure their spot. Alternating schedules will be made available to ensure we are offering equal opportunity to all age friendly communities.
- All participants will be properly screened prior to entering the program space and will be required to wear masks. Screening designates will take precautions when screening by physical distancing and wearing protective equipment (i.e. surgical masks, eye protection).
- Staff will be trained accordingly to ensure a safe return for all staff and community program participants.

In addition, WNC will be offering a range of modified activities to choose from including in-person and virtual programs such as; Seniors Connect 2.0, Gentle Yoga, Tai Chi, Gentle Fitness, Tea and Social, Older Adult Games, Community Kitchen, Art Studio 60, N2N 3.0, Dance and so much more! As we continue to move forward during these unprecedented times, our focus remains on creating opportunities for seniors and older adults where they can reconnect with their peers and build strong support networks within a safe and welcoming environment.

We hope you will join us this fall. We are eager to welcome each and every one of you back!





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How to sleep better during the pandemic



More than 40% of people report sleep problems at least a few nights a week, and the number is higher for seniors. The good news is you don't have to let the stress of COVID-19 disturb your sleep. Get help from one of Canada's leading sleep experts in Amica's [national sleep webinar](#) featuring Dr. Julie Carrier, scientific director of the Canadian Sleep and Circadian Network and the director of [Sleep On It](#), the public health campaign on sleep. Here's Dr. Carrier's seven tips for sleeping soundly.

#1 Make sleep a priority. Try sleeping seven to eight hours per day, including naps. Naps are fine for people who easily fall asleep and stay sleep through the night.

#2 Connect with people. Studies show that the more social contacts you have, the easier it is for you to handle stress and the better your sleep will be.

#3 Brighten your days. Getting enough exposure to daylight or artificial light enhances your mood and helps your biological clock signal your body when it's time for a good night's sleep.

#4 Avoid caffeine and alcohol late in the day and in the evening. Both can compromise sleep quality and make you more inclined to wake up in the night.

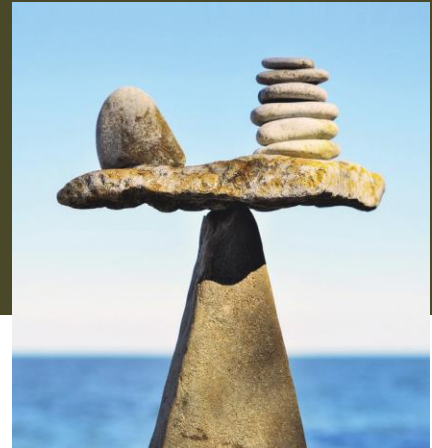
#5 Get moving. By using energy during the day, we decrease wakefulness during the night and promote a deeper sleep.

#6 Reduce stress and worries before bedtime. Find a soothing way to unwind before bed with activities that calm your mind and body. Watch the first 15 minutes of our [sleep webinar for a guided meditation for seniors](#).

#7 Create an environment for sleep. Keep your bedroom dark and quiet and at the optimal temperature for you.

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

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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.
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10% savings on all other cemetery products and services.

Arbor Memorial Inc.



Aging and Accessibility

Accessibility is something that many of us take for granted, until we or someone we know experiences having a disability, whether temporary or permanent. As our population ages, however, disabilities related to mobility, sight and hearing are expected to become more prevalent, making accessibility a more pressing issue.

Disability in Canada

How common are disabilities in Canada?

According to the most recent Canadian Survey on Disability, conducted in 2017, one in five Canadians over the age of 15 – or about 6.2 million people – identifies as having one or more disabilities; the actual number is likely to be higher.

Disability prevalence increases with age: 13% of youth aged 15 to 24, 20% of adults aged 25 to 64, 32% of seniors aged 65 to 74, and 47% of seniors aged 75 and older. The prevalence of different types of disabilities varies by age group. Among seniors, pain-related disabilities are most common, followed by disabilities related to mobility, flexibility, hearing, dexterity and seeing.

Disabilities are far from rare, yet accessibility remains an issue in communities across Canada. This is especially concerning in light of our rapidly aging population: in 2014, seniors made up 14% of the population; by 2036, they will represent a quarter of the population. Will accessibility improve enough to keep pace?

Anxiety about future disability

Many Canadians are already worried about how disabilities will affect themselves or someone they know. In 2019, the Angus Reid Institute and the Rick Hansen Foundation released a study, *Accessibility: A source of future anxiety and a significant consideration for Canadian consumers today*. “As Canada’s population grows older, millions of Canadians find themselves worrying about decreased mobility, vision and hearing and the impact it may have on their own lives or the lives of loved ones,” the authors wrote.

More than a third of the study’s 1,800 survey respondents already had family members or close friends living with mobility, vision or hearing challenges, and more than two-thirds were concerned that someone in their lives would face such challenges over the next decade or so. Two-thirds of respondents were concerned about experiencing new or worsened disability/mobility issues themselves within five to 10 years.

Physical barriers to accessibility

The Angus Reid study also found that three in 10 people consider accessibility when thinking about where to go in their communities. The places most often avoided due to lack of accessibility? Other’s people’s houses, small/independent restaurants, small/independent stores, and movie theatres. When asked what physical features make these and other venues inaccessible, respondents mentioned: no elevator or too many stairs, doors that are difficult to open or don’t open automatically, the lack of a ramp, narrow doorways and hallways, inaccessible washrooms and lack of accessibility parking.

As Canada’s Baby Boomers get older – the oldest are now in their mid-70s – they are reshaping the housing market, with greater demand for condos and smaller homes, as well as renovations for existing homes to make them more age-friendly. “Canadians overwhelmingly prefer to age in place, says Joanne De Rubeis, Program Manager, National Care Manager Program at Bayshore Home Health. “Bayshore offers home care services including assistance with personal care, light housekeeping, meal prep and grocery shopping as well as home safety assessments to help you or a loved one stay home and stay safe.”



Sharing Dance Seniors - At Home *Pilot*

Discover the joy of dance – at home!

Baycrest and Canada's National Ballet School (NBS) are offering a free six-week seated dance course as a pilot, which can be accessed from your home or wherever you are.



Why dance?

Through its artistry and physicality, dance supports overall physical, emotional and social wellbeing. Regular dancing also helps develop skills and confidence, while enriching your day-to-day life through creative expression.

Developed by Baycrest and NBS, industry leaders in geriatric care and dance training, this set of classes is designed to be accessible for older adults with varying physical and cognitive abilities.

Log in at your convenience and access videos on demand. Register now:
nbs-enb.ca/sharingdanceseniors

Questions? Contact: sharingdance@nbs-enb.ca



I just found it to be very relaxing as time went on... it was a healing process.

-Participant

When I dance, I feel free, ageless and euphoric.

-Participant

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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.

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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!

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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.

EMBRACE OFF-PEAK HOURS

Complete chores that use electricity, such as laundry or running your dishwasher, during off-peak hours. Electricity rates are lower during off-peak hours, helping you save energy on basic household chores. Check out the [Independent Electricity System Operator's](#) website to know what hours are on-peak, mid-peak and off-peak.

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.

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.

WRAP YOUR WATER HEATER

A water heater blanket can help reduce the heat loss from your electric hot water heater tank by 40 per cent!* The simple addition of a blanket can have your heater working more efficiently in a matter of minutes. Water heater blankets can be found at your local hardware store and range in price from \$30 – \$50.

*Water heater blankets should not be installed on gas water heaters.

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.

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.

[Learn more](#) about the program and to see if you qualify.

Simple and affordable wireless service to always keep you connected



What is SimplyConnect?

SimplyConnect is a Canadian cell phone service provider committed to offering a **friendly, affordable and easy-to-use wireless service.**

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It has simplified the cell phone experience with affordable plans and phones delivered directly to you at no shipping cost.

Simple and affordable

SimplyConnect offers a great selection of plans starting at **\$16.20/month¹** that are specifically designed for you, such as Individual Talk & Text plans, Smartphone plans or Couples and Family plans to share with your loved ones. Also, choose from Canada/U.S. plans packed with features to stay connected wherever you go!

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- **Cindy**, customer since October 2004

"SimplyConnect provides the best product for my needs at excellent cost"
- **Jane**, customer since March 2010

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Talk & Text Plan

~~\$25~~ **\$22⁵⁰** /month¹

150 300 minutes³
+ **Unlimited** evening and weekend minutes
+ **Unlimited** text messages



Moto E for \$0²

Why choose this plan?

- ✓ Provides peace of mind at home and on the go
- ✓ Stay in touch when you need it the most
- ✓ Perfect for emergencies

Smartphone Plan

~~\$45~~ **\$38²⁵** /month¹

4 GB of data
+ **Unlimited** minutes
+ **Unlimited** messages



NEW!
Samsung Galaxy A11 for \$0²

Why choose this plan?

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

Plans shown include Canada-wide minutes, voicemail, call display and name display

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

Offer shown is available until **November 30, 2020** or while quantities last and are subject to change without notice. ¹ 10% off applies to the Talk & Text monthly plan fees, and 15% off applies to the Smartphone monthly plan fees. Discount applies for as long as you are a member of The Older Adults Centre's Association of Ontario and cannot be combined with Bring Your Own Phone discount, Tablet Data plans and Wireless Home Phone plans. ² Device pricing and minimum monthly rate plan apply for each line, and vary by term and plan chosen. Early cancellation fees apply with a 2-yr term. ³ Bonus data, minutes and texts 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.



MySeniorCenter Contact Tracing

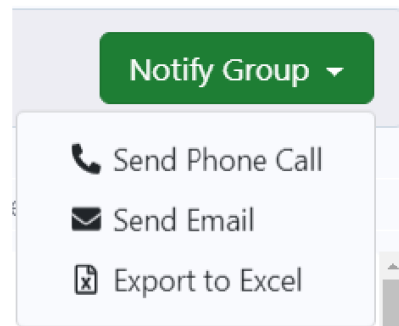


Hope for the best, plan for the worst.

In order to safely reopen, many Boards of Health will require some form of Contact Tracing. Sure, you could run a report that shows you who was in the building on any given day. But, that's not enough. What's important is showing who came in contact with the diagnosed person, over what duration of time, and giving that information to the Board of Health or performing the contacts yourself – check with your local health organization to determine the right protocol.

Here's how it works:

- Start a trace by searching for a person
- Select a date range
- See a list of people categorized by their length of exposure and degree of risk
- Export the list to Excel and email it to your local health officials OR use MySeniorCenter to broadcast a message via Voice, Text or Email letting them know they may have been exposed*



*Check with your local health officials to understand your contact tracing obligations and restrictions. Because MySeniorCenter is web-based, you can also grant the health officials access to run the trace on their own.

Pricing: Zilch, nada, \$0 – included with all versions of MySeniorCenter

MYSENIORCENTER
WWW.MYSENIORCENTER.COM
866.739.9745



**ROYAL
BOTANICAL
GARDENS**
www.rbg.ca

As the autumn breezes roll into Niagara, fall at Royal Botanical Gardens (RBG) is a beautiful time to explore all that it has to offer. Although the coming months bring uncertainty, rest assured safety during this time has been our number one priority. Spending time in nature, or simply viewing plants from the comfort of home can bring a sense of calm and ease during difficult times. Here at RBG,

providing these opportunities to observe, learn about, and maintain our connection to plants through in-person or interactive virtual programs is our goal.

Safely providing programs

The gardens at RBG have been open throughout the summer months and our plant collections and nature trails are bursting with life! In September, in-person programs will resume with enhanced safety measures in place. Along with mandatory masks for indoor programming, we have reduced our class sizes, increased sanitization protocols, added directional signage in the gardens and on our trails, and are hosting classes outdoors when possible. Our staff are acquiring many new skills as we aim to bring programs online including our upcoming Speaker Series. RBG at Home's educational videos continue to keep our community engaged, and our fantastic interactive virtual programs can be purchased to fit the needs of your centre.

Connecting with RBG

There are two ways to enjoy programming from RBG — onsite or virtually. Our [public programs](#) feature both types of scheduled programming as well as new [Virtual Trivia Nights](#)! Alternatively, check out our interactive [virtual programs](#) for a diverse range of engaging presentations available to fit your programming schedule. In both cases, your members can enjoy our virtual programs from the comfort of their homes.

We hope you will join us as we continue to navigate these challenging times together.

Fall featured plant:

Pumpkins of course! Did you know that pumpkins are in fact squash? Harvested in the fall, the thick skin of this winter squash allows it to be stored for months! From their flowers, pulp, flesh, to seeds, most parts of the pumpkin are edible and are packed with nutritious vitamins. There are dozens of pumpkin varieties in range of colours including orange, red, tallow, white, pink, and even blue! A universal symbol of fall, we welcome the pumpkin to our gardens, porches, and dinner tables and look forward to seeing them this season ahead.





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Thank you to our 2020-2021 Business Partners

Please enjoy the following inserts from our Business Partners

Canadian Hearing Services, Golden Girls Canada, Johnson Insurance and also an Influenza Flyer



**Mark
Your
Calendar**

NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2020/2021 Winter Newsletter – December 2nd, 2020

2021 Spring Newsletter – March 3rd, 2021

Please send your submissions to admin@oacao.org

Opportunity to Join the OACAO Board of Directors

Calling all METRO, GRAND RIVER and NORTH CENTRAL Regional Volunteers

Would you like to get more involved with the OACAO or know a senior in your Centre who would be a good fit? We have three Regional Representative openings and we would like to hear from you! See below for a listing of current OACAO Board of Director vacancies:

- Metro Region Senior Rep
- Grand River Senior Rep
- North Central Senior Rep



In most cases there is an alternate Rep from the Region, to sit on the Board with, so that you are not on your own. We welcome new recruits and would be happy to answer any questions. The commitment is minimal, especially in addition to what you already do in your community. Feel free to contact Nancy Beddoe, OACAO Past President, at nbeddoe@cogeco.ca or Suzanne Teixeira, OACAO President, at 416.245.4395 or suzanne@ywalc.ca.

We look forward to seeing you at our Regional Meetings/Webinar! Haven't heard about Regional Meetings? Check with an OACAO Board Representative and find out where and when your next meeting is taking place. Don't miss out, get involved today, the benefits are endless!

OACAO Board of Directors

EXECUTIVE

President	Suzanne Teixeira	suzanne@ywalc.ca
Past President	Nancy Beddoe	nbeddoe@cogeco.ca
President Elect	Wendy Caceres-Speakman	wendy.caceres-speakman@rexdalechc.com
1st Vice President	Kim Evans	evansk@whitby.ca
Treasurer	Bill Krever	w.krever@victoriavillage.ca
Secretary	Sharon Oatway	soatway@gloucester50pluscentre.ca
Executive Director	Sue Hesjedahl	sue@oacao.org

REGIONAL REPRESENTATIVES

Central	<i>Staff</i>	Kim Bradley	kbradley@pickering.ca
	<i>Senior</i>	Tom McNow	tom.mcnown@gmail.com
Eastern	<i>Staff</i>	Monique Doolittle-Romas	mdoolittle-romas@thegoodcompanions.ca
	<i>Senior</i>	Nellie Kingsbury	kingsburynb@xplornet.ca
Golden	<i>Staff</i>	Julie Pennal	Julie.pennal@oakville.ca
Horseshoe	<i>Senior</i>	Ted Lambert	erllre13@hotmail.com
Grand River	<i>Staff</i>	Jaye Kuntz	jaye.kuntz@waterloo.ca
	<i>Senior</i>	<i>Vacant</i>	
Metro	<i>Staff</i>	Dena Silverberg	dsilverberg@betterlivinghealth.org
	<i>Senior</i>	<i>Vacant</i>	
North West	<i>Senior</i>	Don Pawlett	donpawlett@gmail.com
	<i>Senior</i>	Elaine Mannisto	mannisto@tbaytel.net
North Central	<i>Staff</i>	John Richer	john.richer@greatersudbury.ca
	<i>Senior</i>	<i>Vacant</i>	
South West	<i>Staff</i>	Karen Pyatt-Westbrook	kpyatt@bgclondon.ca
	<i>Senior</i>	Martha Mackintosh	mackintoshmartha@gmail.com

COMMITTEE CHAIRS

Awards	Kim Bradley	kbradley@pickering.ca
OASSIS Liaison	Bill Krever	w.krever@victoriavillage.ca
Membership	Kim Evans	evansk@whitby.ca
Finance	Bill Krever	w.krever@victoriavillage.ca
Nominations	Nancy Beddoe	nbeddoe@cogeco.ca
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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