

# OACAO Newsletter

## 2020-2021 WINTER NEWSLETTER

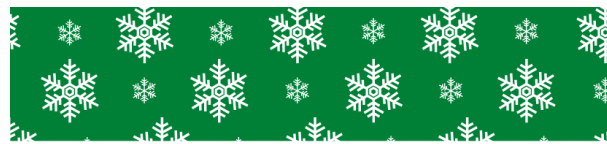
### Message from the OACAO President Suzanne Teixeira

As we wind down 2020 and prepare for 2021, it is important to take a moment to reflect and take care of yourself. This year has been one that will go down in history books but guess what... We made it! We made it and are stronger and have the ability to adapt to anything that comes at us. Look back over the last 9 months and remember all the smiles you were able to connect on zoom programs or the sound of voices chatting away on Seniors' Centre Without Walls programs. You helped your members through this, you kept them connected and busy, you kept them informed and safe, you made a difference. Thank you!

A warm welcome to Lyne Way-White who joined our Board of Directors as the Senior Rep for the North Central Region, and Leslie Olsen who just joined our Board of Directors in December as the Senior Rep for Metro Region – welcome Lyne and Leslie. We would also like to thank Terry Way-White and Dena Silverberg for their past service and contributions to our Board of Directors.

#### Some highlights over the past year:

1. OACAO partnered with the Ministry for Seniors and Accessibility to create a Provincial Hub of Seniors' Centre Without Walls (SCWW) programs across Ontario. We launched the SCWW Micro-Grant this Fall and welcomed many new SCWW hosts to the network.
2. 2020/2021 New Horizons for Seniors Program (NHSP): Social Inclusion through Social Prescribing (SITS – Rx). To date, reaching over 30 Centres who have registered or participated in our training sessions.
3. 2020 OACAO Member and SALC Profile Survey - 136 Centres participated in the survey
4. Continued advocacy with the provincial government regarding the SALC funding
5. Numerous webinar and training sessions hosted by OACAO, building capacity for the SALC sector



*Happy Holidays*

Sending our warmest wishes.  
Thank you for your support & involvement with the Older Adult Centres' Association of Ontario throughout the Year!

OACAO



#### Coming up....

The OACAO and SALCs COVID-19 Resource Handbook will be available in January for all member organizations. To accompany the book, there will be a one-hour training webinar which is set for January 27. Watch for further details. Be sure to register, the webinar will be recorded.

To close out, I would like to take this opportunity to thank Sue, Lina, Fiona and Marilyn for all their hard work. They are often busy behind the scenes to ensure that the voice of older adults is being heard..... Thank you! I also thank the OACAO Board members and OACAO volunteers for all of their hard work on behalf of the association.

Wishing you and yours a healthy holiday season and a very happy new year.

Suzanne Teixeira  
President

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## OASSIS Turns 30 – OASSIS Partners with HumanaCare!

OASSIS is celebrating over 30 years in business, exclusively servicing the not-for-profit sector. We continue to be committed to providing access to affordable, comprehensive employee benefits for community based organizations.

Effective January 1, 2021 OASSIS has partnered with HumanaCare to provide our Member Organizations with the very best Employee Assistance Program (EAP). HumanaCare is an integrated mental and physical wellness service provider offering a compassionate employee centered care model.

OASSIS recently offered a Webinar titled: Mental Health and Wellness During the New Normal presented by HumanaCare. If you missed it, you can view the recording using this link: <https://www.youtube.com/watch?v=rb6aLaEvuUg>

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.

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

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## Message from the OACAO Executive Director Sue Hesjedahl

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**Greetings OACAO members, business partners, and friends.** Happy Holidays and Merry Christmas. 2020 has been a year like no other! Although we will not be sad to see the calendar turn the page, we must pause and recognize that through great challenges come great opportunities for growth. I think for our sector, one of the greatest challenges has been the pivoting, mobilizing and implementation of our programming and services to virtual formats. The steep learning curve in the beginning of the pandemic caused great stress for many and exposed a digital divide between those who have access and those who do not. I admire and commend the work of our colleagues who took great care to stay connected and engaged with their members. The creativity and innovation that came forward to deliver safe and fun programming was incredible! Thank you for your dedication and inspiration!

So, what opportunities came out of the COVID-19 pandemic, you ask? Well, I know personally and professionally, it facilitated many more virtual opportunities to connect and collaborate with partners and members from all across the province. Geographic barriers were removed, and for that I am grateful.

Thank you to the OACAO Regional Reps for hosting and facilitated many, many zoom regional meetings over the last few months. What a great opportunity to connect with our peers, share best practices and reach out for support, from the comfort and safety of your home or work office. We look forward to continuing the Regional virtual meetings in 2021. Contact your Regional Rep for more information (page 44 for contact names) I would like to give a special shout out to the Golden Horseshoe Region and say 'thank you' for your \$500 donation to the OACAO. Your continued support is appreciated, this year more than ever!

We thank the Government of Ontario, the Ministry for Seniors and Accessibility, for their continued support and trust in the OACAO to deliver several **Capacity Building Webinars and Virtual Workshops** over the last several months. Check out pages 9 and 10 for the great topics and presenters we have lined up for you for January – March 2021. One of the highlights for January will be the roll out of a new COVID-19 resource tool for all OACAO members and SALCs. Please watch list serve and the OACAO website in mid-January for the **Older Adult Centres and SALCs COVID-19 Resource Handbook**. The OACAO Board Working Group has worked closely with the Public Services Health & Safety Association (PSHSA), with funding support from the Government of Ontario, to prepare this resource tool. We are hosting an important **Webinar on January 27<sup>th</sup> at 2:00 pm to review the Handbook**, learn how to apply and implement the best practices at your centres. ***This is a must attend event!***

It has also been our pleasure and privilege to work with many new non-profit organizations under the Ministry funded **Seniors' Centre Without Walls Micro Grant** program. Their eagerness to learn and deliver cultural-specific, creative, and innovative group phone-based programming to seniors in communities across Ontario is admirable. We are thrilled to have many Indigenous, Francophone, rural and diverse groups among our Micro-Grant recipients. Our **Provincial Hub Network of SCWW Hosts** continues to grow with over 130 non-profit organizations and Seniors Active Living Centres engaged in the project now. We look forward to continuing to offer many SCWW training, networking, and resource sharing opportunities in 2021. See highlights of the project on page 7 or email [SCWWHub@oacao.org](mailto:SCWWHub@oacao.org) if you would like more information.

Thank you to those who attended our first ever **OACAO Virtual Annual Meeting on October 26<sup>th</sup>**. We were pleased with the attendance and participation from our membership. One of the highlights of the meeting was the presentation by Dr. Christine Sheppard on the **2020 OACAO Member and Seniors Active Living Centre (SALC) Profile Survey**. Christine highlighted the major takeaways from the report which is now available on the OACAO website: <http://www.oacao.org/wp-content/uploads/2020/11/OACAO-Member-and-SALC-2020-Profile-Survey-Report.pdf>. We thank **OASSIS Benefits for Not-For-Profits** for sponsoring our 2020 Virtual Annual Meeting.

At the conclusion of our Annual Meeting, we recognized and celebrated our **2020 OACAO Awards** recipients. Please join me in congratulating: Wendy Caceres-Speakman – Award of Distinction, Jenny Mikita – Award of Merit, Monique Doolittle-Romas – Regional Award of Excellence, Amanda Rose – Trailblazer Award and

The Good Companions Seniors Centre – Community Spirit Award. **A stellar line up of community leaders!** We thank **Arbor Memorial Inc.** for sponsoring our 2020 OACAO Awards.

The OACAO's New Horizons for Seniors Program project, **Social Inclusion through Social Prescribing (SITS Rx)** is going well. Although the pandemic threw a curveball into our project plans, we sharpened our pencils and adjusted our implementation strategy, so we could still achieve great things with this project. Our goal 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, has remained at the forefront. Please see page 8 for more information about the project.

One of my personal highlights over the past few weeks was the announcement in **Ontario's Action Plan: Protect, Support, Recover – 2020 Ontario Budget**, of 'Expanding the Seniors Active Living Centre Program' released by the provincial government on November 5<sup>th</sup>. As you know, the OACAO actively and repeatedly advocates for expanded and flexible funding support for the Seniors Active Living Centre (SALC) sector. *Our voice was heard!* Hon. Rod Phillips, Minister of Finance, announced the investment of an **additional \$3.1 million in 2021–22 for a total of \$17.2 million**. The previous annual funding investment was \$14.1 million, so the additional \$3.1 million represents a 22% increase for next fiscal year. The OACAO will continue to work closely with the Government of Ontario to support the roll out of this investment.

In closing, I would like to remind everyone to take good care of yourselves over the holidays and every day. Please take time for self-care and make time to reflect on the amazing work that you have done in your community during the pandemic. You are truly making a difference in the lives of seniors in your community and for that, we are grateful. Reach out anytime, as the OACAO is your provincial association. Be well!

*Sue Hesjedahl*

Sue Hesjedahl  
Executive Director

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## Welcome to our New OACAO Members



### Uxbridge Senior Citizens Club

75 Marietta Street, Uxbridge, ON L9P 1J5  
905-852-7401 • [www.uxbridgeseniors.com](http://www.uxbridgeseniors.com)



### Social Services Network for the York Region

55 Albert Street, Suite 100, Markham, ON L3P 2P4  
905-554-9033 • [www.ssnor.com](http://www.ssnor.com)

## Welcome to our New Gold Business Partner

### CIRCLES ENRICHMENT



**Circles Enrichment**  
ENTERTAINMENT CAN BE EDUCATIONAL

An education company which was founded to meet the demand for ongoing learning and cultural enrichment. The company consists of a team of energetic scholars, enthusiastic about their fields – Music, Politics, fine arts, travel, history and more – and eager to share their passion with their audience.

Our lectures and discussions are live, in-person and (since the beginning of the COVID-19 Crisis) also virtually over zoom. Either way, the **social** aspect and interaction with the speaker are high priority and differentiate CIRCLES ENRICHMENT from other resources of knowledge available online. Visit <https://circlesenrichment.com> or call 416-418-4622.



## Tax Receipted Donations



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

Thank you to the following who kindly donated: Grant and Sheila McLaughlin, Martha Mackintosh and Sue Hesjedahl. Go to [www.oacao.org](http://www.oacao.org) and click on the Donate Now button.

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

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



@oacao



@TheOACAO



**CLEO**

Community Legal Education Ontario  
Éducation juridique communautaire Ontario

## CLEO's new Guided Pathways to preparing a simple will

CLEO (Community Legal Education Ontario/Éducation juridique communautaire Ontario) has a new [Guided Pathway to help you make a simple will](#). It is free to use. If you have a small amount of property, you can use this online tool to create a simple will to appoint an executor who will:

- pay your final bills,
- do your final tax return, and
- distribute the property in your estate.

Learn more about the Guided Pathways project and other available tools [here](#).

## Inclusive Community Grants (ICG) Program - Funding Opportunity

Funding opportunity through the Ministry for Seniors and Accessibility (MSAA), **Inclusive Community Grants** program (ICG).

Inclusive communities are also Age-Friendly Communities (AFC). The Inclusive Community Grants (ICG) program will offer a total of up to \$2 million (maximum of \$60,000 per successful applicant) over two years for projects that **take place between February 2021 and March 2022**. The purpose of ICG is to help communities become age-friendly by ensuring that the needs of Ontarians of all ages and abilities are considered at every stage of community planning and development.

The ICG application process is now open and the application **submission deadline** is **December 21, 2020, 5:00pm (EST)**. More information is available at:

English:

<https://www.ontario.ca/page/information-seniors-organizations>.

French:

<https://www.ontario.ca/fr/page/renseignements-aux-organismes-de-personnes-agees>.



# INTRODUCING THE 2021 SUMMER EXPERIENCE PROGRAM

Good afternoon,

I am pleased to provide you with information about the 2021 Summer Experience Program (SEP). The Summer Experience Program provides funding to not-for-profit organizations, municipalities, Indigenous organizations and First Nation communities to create career-related summer employment opportunities for students. The summer employment positions must focus on activities supporting key sectors within the Ministry of Heritage, Sport, Tourism and Culture Industries and the Citizenship and Immigration Division of the Ministry of Children, Community and Social Services. SEP employment opportunities must offer training, work experience and skills transferable to the general workforce and to future careers. The positions must focus on activities that support the key sectors of citizenship and immigration, tourism, culture, heritage and sport and recreation.

Please review the [Summer Experience Program Guidelines](#) and Terms and Conditions for information on the various Ministry priorities, to assess your organization's eligibility and to familiarize yourself with the specific program criteria for hiring a summer student. All applications must be submitted online, in either English or French through [Transfer Payment Ontario](#). **The deadline to apply for the 2021 Summer Experience Program is Wednesday January 20, at 5:00 p.m. Eastern Standard Time (EST).** Please do not hesitate to contact me by phone or e-mail if you have any questions or require clarification.

Technical support related to the Transfer Payment Ontario please contact

[Transfer Payment Ontario \(TPON\) Client Care](#):

- Monday to Friday 8:30 a.m. to 5:00 p.m. Eastern Standard Time (EST).
- Toronto: (416) 325-6691
- Toll Free: 1-855-216-3090
- TTY/Teletypewriter (for the hearing impaired): 416-325-3408 / Toll free: 1-800-268-7095
- Email: [TPONCC@ontario.ca](mailto:TPONCC@ontario.ca)



Bonjour,

J'ai le plaisir de vous transmettre des renseignements à propos du Programme Expérience Été (PEÉ) 2021. Le Programme Expérience Été offre un financement à des organismes sans but lucratif, à des municipalités, à des organismes autochtones et à des communautés des Premières Nations afin de créer des emplois d'été préparant à une carrière à l'intention des étudiantes et des étudiants. Les emplois d'été doivent mettre l'accent sur des activités qui appuient les secteurs clés du ministère des Industries du patrimoine, du Sport, du Tourisme et de la Culture et de la Division des affaires civiques et de l'Immigration du ministère des Services à l'enfance et des Services sociaux et communautaires. Dans le cadre du PEÉ, les postes créés doivent offrir une formation, une expérience professionnelle et la possibilité d'acquérir des compétences transposables au marché du travail en général et à de futures carrières. Ils doivent mettre l'accent sur des activités qui appuient des secteurs clés, comme les affaires civiques et immigration, le tourisme, le patrimoine, la culture ainsi que les sports et les loisirs.

Veuillez s.v.p. lire attentivement [les lignes directrices et les conditions générales du Programme Expérience Été](#) pour connaître les priorités des différents ministères, pour déterminer l'admissibilité de votre organisme et pour vous familiariser avec les critères particuliers du programme en vue de l'embauche d'une étudiante ou d'un étudiant. Toutes les demandes doivent être présentées en ligne, en français ou en anglais, sur le site de [Paiements de transfert Ontario](#). **La date limite pour présenter une demande dans le cadre du Programme Expérience Été 2021 est le mercredi 20 janvier 2021 à 17 heures (heure normale de l'Est).** N'hésitez pas à communiquer avec moi ou à m'envoyer un courriel si vous souhaitez me poser des questions ou obtenir des éclaircissements.

Pour obtenir un soutien technique concernant le portail Web de [Paiements de transfert Ontario](#), veuillez communiquer avec le Service à la clientèle de Paiements de transfert Ontario (PTO) :

- Du lundi au vendredi de 8 h 30 à 17 h, heure normale de l'Est (HNE).
- Toronto : 416 325-6691
- Sans frais : 1 855 216-3090
- ATS/téléscripteur (pour personnes malentendantes) : 416 325-3408 / sans frais : 1 800 268-7095
- Courriel : [TPONCC@ontario.ca](mailto:TPONCC@ontario.ca)



## SENIORS' CENTRE WITHOUT WALLS

**Seniors' Centre Without Walls (SCWW)** is a *free interactive telephone-based group activity program* that connects seniors and older adults 50+ and adults with physical disabilities.

**All participants need is a telephone to participate from the comfort of their home.**

With funding support from the Ministry for Seniors and Accessibility, the OACAO has established the provincial SCWW Hub that is now home to a network of **over 130 organizations** from all across Ontario that are currently offering, or are preparing to offer, Seniors' Centre Without Walls programs!

SCWW programs access:

- \* A rich **SCWW Shared Resource Drive**
- \* Opportunities to collaborate through **monthly networking sessions**  
Past and upcoming networking sessions: Conferencing System Troubleshooting, Marketing and Promotion, Programming Ideas, SCWW Question and Answer, Facilitation Challenges, Increasing Accessibility and Inclusion  
*All networking sessions are recorded and shared with the SCWW Network.*
- \* Regularly updated **Province-wide Presenter Contact list**
- \* Ongoing, direct support from the OACAO SCWW team

### *Staying warm, safe and connected this winter*

As winter settles in, SCWW Programs across the province are offering regular opportunities for SCWW participants to come together and connect.

For the past five years, The Good Companions SCWW has offered programs on Christmas Eve and New Years Eve (countdown to noon!). This year, with so many people facing the long winter at home, a multitude of SCWW programs in communities small and large, will be bringing people together frequently and regularly for fun activities, and informative presentations.

Shared Programming Ideas:

- \* Sing-along (tech tip: each person sing one line/verse at a time)
- \* New Year's Chat-Memories of the past year, hopes for the future, customs around the world
- \* Armchair travel
- \* Coffee/Tea Time and Recipe Exchange
- \* Mindfulness, Gentle Fitness, Laughter Yoga!

Presentations and Performances:

Grief and Loss, Seasonal Flu Vaccine, Museum or Art Gallery Tours, Live Entertainment!

### Some of the languages spoken on SCWW programs include:

Bengali  
Cantonese  
English  
French  
Italian  
Korean  
Mandarin  
Portuguese  
Punjabi  
Somali  
Spanish

**For more information:** ✉ [SCWWHub@oacao.org](mailto:SCWWHub@oacao.org) 🌐 <http://www.oacao.org/programs/seniors-centre-without-walls/>

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**Ontario** 

 **The Good Companions**  
Seniors' Centre  
Supporting a Vibrant Community

**Project Description:** For multiple reasons, many older adults are at an increased risk of experiencing loneliness and social isolation. The overall goal of this initiative is to increase social participation and inclusion of older adults by connecting them to their local older adult centre on the recommendation (social prescription) of their primary health care provider. Participating in social activities can have a positive effect on health and well-being, and the need to support ways to include older adults is critical. The Coronavirus pandemic has brought this need into even greater focus.

### **What is social prescribing?**

- Originally introduced in the United Kingdom, social prescribing is a pathway that integrates health and social care
- Social prescribing recognizes that not all health and wellness needs are medical in nature
- It is a process through which family physicians and interprofessional health practitioners can prescribe non-medical options for their patients

**OACAO Participating Centres** have participated in two informative Workshops this Fall. The SITS Rx Introductory Webinar on October 7 and the SITS Rx Participating Centre Training Webinar on November 9. During these webinars we shared information about the concept of Social Prescribing and the benefits that can be experienced by older adults. In addition, we shared SITS Rx project resources and tip sheets that were developed with input from project participants. Outreach has begun to Primary Care Providers in the community. Over time and, contingent upon resources, we hope to expand the number of participating centres.

Check-In Sessions have begun for Participating Centres and will continue in the new year.

### **Check-In Sessions are a time to Collaborate, Share Tips and Ideas.**

- Discuss SITS Rx Project Tools and Resources, brainstorm, trouble shoot, share ideas.
- Discuss community outreach for project, confirm roles and responsibilities for staff and volunteers (Designated Centre Contact and Volunteer Link Ambassadors)
- Review the pathway: Primary Care Professional to Centre to Older Adult

## **Upcoming SITS Rx Participating Centres Check-In Sessions**

**Monday, January 11 and 25, 2021 at 12:00 – 1:00 pm**

**Monday, February 8 and 22, 2021 at 12:00 – 1:00 pm**

A project **Wrap-up Webinar** is scheduled for **March 8 from 12:00 – 1:00 pm**. Details to follow.

If you would like more information about the SITS Rx project, please email Sue Hesjedahl at [sue@oacao.org](mailto:sue@oacao.org) or call 905-584-8125 toll free 866-835-7693.

This project is funded by  
the Government of Canada.

**Canada**





## A WIN FOR EVERYONE

*Field Practicum Opportunities for Sheridan College Students and More Programs for Your Members!*

Would having an extra pair – or pairs! – of virtual hands be useful to you? If it would be helpful for you to have assistance in running online and telephone programs, having someone who can contact participants for you, or any number of other tasks, the Social Service Worker-Gerontology Program can work with you to connect you with students who can support you and your centres' members.

This is part of a new approach to field practicum learning in response to the pandemic for our Winter term (January – April 2021). What this looks like can be adapted to what works for your centre. Students will be supervised by a Sheridan College professor. If this sounds like it might be helpful to you, please contact Alexa Roggeveen, Social Service Worker-Gerontology Program Coordinator ([alexa.roggeveen@sheridancollege.ca](mailto:alexa.roggeveen@sheridancollege.ca)).

We also welcome Older Adult Centres who prefer to directly supervise students in a virtual or in-person practicum for 14 or 28 hours/week between January 18<sup>th</sup>– April 23<sup>rd</sup>. If you prefer this option, please contact Jaslynd Donnan, our Field Practicum Coordinator ([jaslynd.donnan@sheridancollege.ca](mailto:jaslynd.donnan@sheridancollege.ca)) for details.



# Sheridan

## OACAO Winter 2021 Capacity Building Webinars



**Older Adult Centres and SALCs  
COVID-19 Resource Handbook Review**

**Wednesday, January 27, 2021 2:00pm – 3:15pm EST**

**Presenter:** Connie Limnidis, Public Services Health and Safety Association



OACAO has partnered with the Public Services Health and Safety Association to develop and provide Older Adult Centres with an **Older Adult Centres and Seniors Active Living Centres (SALCS) COVID-19 Resource Handbook** to support your Centres' return to services during COVID-19. Please join us for this webinar, **followed by a 15-minute Question and Answer period**, to introduce and review the information found in this new resource Handbook, and learn how to apply and implement the best practices at your Centre. Centre Directors, Supervisors and Health and Safety Representatives are encouraged to attend.

**Free for Senior Active Living Centres and OACAO Members (Register in Advance).**

**To Register Visit:** [oacao.wildapricot.org/Upcoming-Events](https://oacao.wildapricot.org/Upcoming-Events)

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

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# OACAO Winter 2021 Capacity Building Webinars



## **Strategies for Self-Care as Covid-19 continues**

**Wednesday, February 10, 2021 12 Noon – 1:00pm EST**

**Presenter: Lauren Klacza, OASSIS**

As the uncertainty and change surrounding Covid-19 continues, how we think about self-care strategies may need to shift also. Join Lauren Klacza, OASSIS Wellness Consultant, for a discussion about stress and healthy coping strategies, and learn about the importance of good nutrition, sleep, exercise and mindfulness to help you navigate the changing landscape.

**Sponsored by OASSIS Benefits For Not-For-Profits**

## **Social Frailty**

**Thursday, February 18, 2021 1:00pm – 2:00pm EST**

**Presenter: Leigh Hayden, Centre for Elder Research, Sheridan College**

The COVID-19 pandemic has underscored how important social connections are. Prior to the pandemic we had known about the health impacts of social isolation and loneliness, but now we are seeing it with our own eyes. This webinar explores the concept of "Social Frailty", which directly links social connectivity to physical and emotional health, and highlights results from a scoping review of social frailty interventions for older adults. Finally, we will explore some promising interventions to combat social frailty in rural and remote areas.

## **Managing Through Change**

**Tuesday, March 2, 2021 12:00pm – 1:30pm EST**

**Presenters: Ugette Vanderpost and Valentina Kibedi, Laridae**

Change management for non-profit professionals. In this interactive 90-minute virtual workshop grounded in fundamentals of change management, participants will learn how individuals and organizations react and respond to change, how they can support or lead through change, and which different strategies can be applied to be successful at navigating change.

## **Coffee Tea or the Right Volunteer Board or Committee**

**Tuesday, March 23, 2021 1:00pm – 2:00pm EST**

**Presenter: Lori Gotlieb, Lori Gotlieb Consulting**

This webinar will help you to understand the different types of personalities that you need to be on boards and committees. What attracts volunteers to boards and committees. How to retain volunteers through the right role descriptions and terms of references. How to communicate effectively and if not how to release them. Understanding that one size does not fit all.

**Free for Senior Active Living Centres and OACAO Members (Register in Advance).**

**To Register Visit: [oacao.wildapricot.org/Upcoming-Events](https://oacao.wildapricot.org/Upcoming-Events)**

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


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## Mobility for Good – TELUS

 TELUS launched the Mobility for Good for Seniors project that provides Canadian seniors who are receiving the Guaranteed Income Supplement (GIS) with a free smartphone, unlimited talk and text (nationwide) and 3 gigabytes of data for \$25 a month. This project is meant to help address social isolation experienced by seniors across Canada.

<https://www.telus.com/en/about/seniors/application>



## 2021 ParticipACTION Community Better Challenge



Now more than ever, physical activity and sport participation needs to be promoted and prioritized to help Canadians stay healthy in mind, body and community spirit. That's why we're excited to announce the launch of the **2021 ParticipACTION Community**

**Better Challenge**, which will take place from June 1-30, 2021. Mark your calendar and spread the word throughout your community!

Organizations can apply for grants between **January 25 and February 26** to help put on great physical activity events (either in-person or virtually) during the challenge. Grant guidelines and specifications will be coming soon.

For now, [register](#) for our webinar on **January 21** to learn more about the grant process and how to make a great application.





# THIS FLU SEASON, GET THE FLU SHOT.

## KNOW YOUR RISK

Nearly **1 in 2 CANADIANS** age 50+ have at least one high-risk condition: **OBESITY, DIABETES, ASTHMA, HEART DISEASE, COPD, CANCER, OR STROKE.\***

Getting the flu can put adults 50+ at high risk of flu-related complications:



Worsened  
kidney disease  
and diabetes



Increased risk  
of heart attack  
and stroke



Worsened  
asthma/COPD,  
bronchitis and  
pneumonia



Increased risk  
of flu-related  
hospitalization  
and death

Vaccination is the most effective way to protect yourself against the flu.

Go to [myflushot.ca](https://myflushot.ca) for more information and to find a clinic near you.

Vaccination does not protect 100% of individuals. Side effects and allergic reactions can occur. Talk to your doctor or pharmacist to see if the flu vaccine is right for you.

\* Estimated in 2015



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SANOFI PASTEUR 



# POUR CETTE SAISON GRIPPALE, FAITES-VOUS VACCINER CONTRE LA GRIPPE.

## SACHEZ QUELS SONT VOS RISQUES

Près de **1 CANADIEN SUR 2** âgé de 50 ans et plus présente au moins une affection à haut risque : **OBÉSITÉ, DIABÈTE, ASTHME, MALADIE CARDIAQUE, MALADIE PULMONAIRE OBSTRUCTIVE CHRONIQUE (MPOC), CANCER OU ACCIDENT VASCULAIRE CÉRÉBRAL (AVC).**\*

Ces affections sous-jacentes rendent les adultes de 50 ans et plus à risque élevé de complications liées à la grippe, telles que :



Aggravation de la maladie rénale et du diabète



Risque accru de crise cardiaque et d'AVC



Aggravation de l'asthme/de la MPOC, de la bronchite et de la pneumonie



Risque accru d'hospitalisation et de décès liés à la grippe

La vaccination est le moyen le plus efficace de vous protéger contre la grippe.

Consultez le site [myflushot.ca/fr](https://myflushot.ca/fr) pour en savoir plus et pour trouver une clinique près de chez vous.

La vaccination ne protège pas 100 % des personnes. Des effets secondaires et des réactions allergiques peuvent se produire. Communiquez avec votre médecin ou votre pharmacien pour savoir si le vaccin contre la grippe vous convient.

\* Estimation réalisée en 2015.



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SANOFI PASTEUR 

# Understanding Mental Health and Well-Being in Later Life

**OACAO**

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

A Workshop Series

**camh**  
mental health is health

**The OACAO and CAMH want to hear from *you!***

The Older Adults Centres' Association of Ontario has partnered with the Centre for Addiction and Mental Health (CAMH) to develop online educational resources regarding mental health and wellness for older adults.

To accomplish this mission successfully, we've co-developed a needs assessment for community members who work with older adults, as well as health service providers and facilitators of the CAMH PSSP Understanding Mental Health and Well-Being in Later life workshop series.

## ***How long will the survey take?***

Depending on responses, the survey will take 5-10 minutes to complete.

## ***How will this data be used?***

Responses will be used to generate a summary report for the OACAO regarding knowledge resource needs of i) older adult clients and ii) the health service providers and community staff that serve them.

## **Interested in participating?**

Complete the needs assessment at:

<https://www.surveymonkey.com/r/OACAOneedsassessment>



The C-19 pandemic, has had an overwhelming impact on the quality of life and well-being of older adults across the globe. Whether service professionals or care partners working with them, everyone is finding it increasingly challenging to provide supports to so many in need. With the changes in provincial restrictions and the resulting increase in isolation, it is important that community partners work together, to find new ways to stay connected with those in need. That also means sharing important information with older adults so that they can stay safe. Our organization is working closely with partner organizations, like OACAO, as part of our community outreach, to deliver up-to-date information and resource materials to anyone interacting with or supporting older adults in the province and Canada.

Over the past ten months, Elder Abuse Prevention Ontario (EAPO) has responded to the many requests for training and workshops to provide that information. We continue to host numerous webinar series, with subject matter experts from all sectors participating and sharing their insights. These webinars are free of charge and open to everyone. The topics feature a wide variety of topics and are presented by professionals in their field.

In the month of November for example we featured our Indigenous Series as well as several Financial Literacy sessions. During November 22 – 28th EAPO celebrated the resilience of Victims and Survivors of Crime and acknowledged the contributions of dedicated Elder Abuse Network volunteers in Ontario who work tirelessly to support seniors at-risk or experiencing abuse.

**Sign up for the EAPO newsletter:**



**Book a training session or workshop:**



**Contact us:**  
**[www.eapon.ca](http://www.eapon.ca)**  
**(416) 916-6728**



**Need HELP Now?**  
**Seniors Safety Line**  
**24/7**  
**1-866-299-1011**

# Newsletter Contributions from our Members

## ACCESS ALLIANCE

Submitted by: Shaheda Azami, Seniors Programs Coordinator, Access Alliance MHCS

### Snow Removal Program for Eligible Seniors and Shovellers' Recruitment Period: November 15, 2020- March 31, 2021

#### PROGRAM BACKGROUND:

The **Snow Removal Program** is a long-existing service of **Access Alliance MHCS** that offers snow removal services to qualifying house owners in four City Wards in East and North York (**14: Toronto-Danforth, 15: Don Valley West, 19: Beaches-East York, 20: Scarborough South-West**). The program aims to ensure and preserve independent living for seniors and individuals who are living with disability by maintaining continual safe home access through the removal of snow, and decrease social isolation through occasional check-in.



Experienced and reliable shovellers help maintain your safety! We screen, interview and train shovellers you can always rely on!

**Free registration is required –Register today!**

**We link you to a local shoveller and you pay them only when they work.**

**\* No expensive seasonal contracts needed!**

**\* Service for only \$20 /an hour.**

**\* A one-hour minimum payment is required per assignment.**

**For more information or to register please contact Shaheda at 416 699 7920 Ext.4226 or [sazami@accessalliance.ca](mailto:sazami@accessalliance.ca) 3079 Danforth Avenue Scarborough, ON, M1L 1A8**

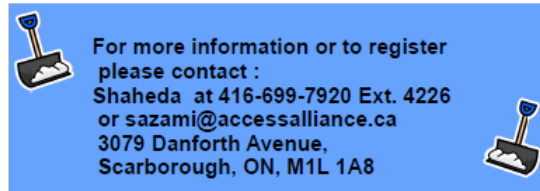


Access Alliance is recruiting student and adult Snow Shovellers to serve seniors in our community.

Rate: \$20 per hour (travel time unpaid), with minimum of one hour pay per assignment.

We've been operating a snow removal program for eligible seniors and other residents since 2003!

Please join us if you are interested in making a difference in the lives of others in your community!



**For more information or to register please contact : Shaheda at 416-699-7920 Ext. 4226 or [sazami@accessalliance.ca](mailto:sazami@accessalliance.ca) 3079 Danforth Avenue, Scarborough, ON, M1L 1A8**



#### SNOW SHOVELLERS' RECRUITMENT:

This **Snow Shoveller position** spans from **November 15 to March 31** of each year, on an on-call, as needed. A good opportunity for anyone interested to earn few bucks during winter season basis.

Rate: \$20 per hour directly paid by the seniors (travel time unpaid), with minimum of one hour per assignment.

#### RESPONSIBILITIES:

Reporting to the Seniors' Programs Coordinator, the Snow Removal Shoveller will:

- Be assigned to an agreed-upon number of program participants
- Be available and respond to general service calls within 12 hours of snow fall, and flexibility to respond to urgent calls within 6 hours, as required.
- Remove snow around participants' houses, consisting of one door, path to door, and front sidewalk. For additional requests, fees may be negotiated between participants and shovellers.
- Check-in socially with program participants during service calls
- Keep accurate records of service and report to the Coordinator regularly
- Maintain professionalism and confidentiality at all times
- Maintain and practice public health instructions related to Covid-19

#### REQUIREMENTS:

- Reliable, flexible, and responsive to service calls
- Demonstrated ability to maintain a courteous and professional demeanour
- Strong interpersonal skills and ability to work with diverse groups of people, particularly seniors and persons with disabilities
- Experience with snow removal and salting around houses
- Awareness of and ability to follow safety guidelines while shovelling snow
- Physically able to shovel snow for several houses continuously, in possibly severe weather
- Access to full winter apparel such as coat, boots, gloves, and hat to work outdoors in winter weather
- Access to vehicle or public transit for travel to participant houses
- Strictly follow all Pandemic health instructions : social distancing; hand sanitizing and wearing masks

**Interested and qualified persons are asked to contact Shaheda Azami at 416-699-7920 Ext. 4226 or forward a resume in one Word document to [sazami@accessalliance.ca](mailto:sazami@accessalliance.ca)**



## CALEDON SENIORS' CENTRE

*Submitted by: Beverley Nurden, Manager, Caledon Seniors' Centre*



## CALEDON SENIORS' CENTRE CELEBRATES THEIR 25<sup>TH</sup> ANNIVERSARY

### BRIEF HISTORY OF THE CALEDON SENIORS' CENTRE

*Through the years...*

Rotary Place was the vision of the Rotary Club of Bolton in the early 1990's and with hard work and determination the building was constructed and opened in November 1995 and then given to the Town of Caledon as a capital asset in June of 2011.

The Caledon Seniors' Centre organization has provided programs for the older adult for the past 25 years at Rotary Place. We have seen an ever-increasing membership, an amazing volunteer presence through the years, and with good leadership and foresight we continue to grow opening up in five satellite locations in 2018 in Caledon, Caledon East, Caledon Village, Inglewood, Alton and Mayfield West. Without the support of Rotary, The Town of Caledon and the Provincial Government Grants and the community at large none of this would be possible, and of course the OACAO has been there as a guiding light.

Our goal continues to be one that provides the opportunity for older adults to come together to fulfill many of their social, educational, cultural, and recreational needs. Programming over the years may change with the times and technology, social media, virtual programming is now part of the norm!

The Caledon Seniors' Centre at Rotary Place celebrates its accomplishments and looks forward to the future providing more programs with the expected expansion, doubling our program space, slated to start in 2021.



## PAFO 2020 PROGRAMME D'APPUI AUX LANGUES OFFICIELLES

Novembre 2020  
Volet Communautaire et culturel

### DÉVELOPPEMENT PÉDAGOGIQUE ET SOUTIEN AUX BÉNÉVOLES

Le Centre Charles-Émile-Claude a reçu du financement au montant de **31 900 \$** pour développer du matériel pédagogique et une plateforme web pour l'expansion de son programme *Ton cerveau au boulot* !

Le projet s'échelonne du 15 octobre 2020 au 31 mars 2021. Le centre Charles-Émile-Claude a développé au fil des ans, une expertise dans la mise en place d'ateliers destinés aux personnes âgées de 50 ans et plus sur la vitalité du cerveau.

Les bénévoles-animateurs auront accès à différents guides pédagogiques répondant aux besoins personnalisés de leur clientèle. Les outils pédagogiques développés qui enrichiront le programme sont: un cahier d'exercices du module 1 s'adressant plus spécifiquement aux réalités franco-ontariennes; un guide pédagogique adapté du module 1 pour les personnes ayant des difficultés en lecture et ayant des handicaps visuels ainsi qu'un nouveau guide pédagogique pour l'élaboration d'un nouveau module 2.

Les organismes communautaires qui désirent offrir les ateliers par le biais des bénévoles-animateurs auront accès à des sessions de formation qui auront lieu en mars 2021 et l'accès à la plateforme électronique.

La plateforme électronique permettra l'échange d'idées et l'accès aux participants à plus d'outils, le partage nos ressources à tous les centres qui désirent intégrer un nouveau programme au sein de leur centre de vie active pour les aînés.



RESSOURCES  
PÉDAGOGIQUES  
TON CERVEAU AU BOULOT

**Pour de plus amples informations:**

**Personne-ressource**

**Linda Newman**

**[lnewman@cceccornwall.com](mailto:lnewman@cceccornwall.com)**

**Tél.: 613-932-1035**



# CENTRE LAJOIE DES AÎNÉ(E)S FRANCOPHONES DE PEMBROKE

*Submitted by: Sonya Loubier, Agente de liaison, Centre culturel francophone de Pembroke*



Lundi le 2 novembre 2020

Bonjour à tous,

L'année 2020 restera marquée comme le commencement de nouveaux programmes visant l'inclusion sociale de nos membres. Depuis mon entrée en poste je m'affaire à trouver des formations qui me permettront de vous offrir des programmes avec peu ou sans contacts. Après avoir exploré plusieurs scénarios, les objectifs sont d'inclure les jeux de cartes, les discussions de groupes et des ateliers d'arts. Pour ceux et celles qui ont accès à l'internet, j'aimerais faire des sessions zoom ou des capsules vidéo publiées sur notre page Facebook. La bibliothèque reste accessible aux emprunts de livres.

Il y a 4 gros projets à mettre en place.

## **1. SCWW (Senior's Centre Without Walls - programmation en français pour le comté de Renfrew)**

On pourra débiter avec des rencontres de groupes de 30 minutes par téléphone en décembre. Vous aurez un code d'accès et nous aurons différentes activités. Il y aura des instructions simples et pour ne pas vous fatiguer, il sera bon de mettre votre téléphone en mode mains libres. Voici des exemples d'activités qui seront offertes: Yoga sur chaise et méditation, Bingo avec un jeu de cartes à jouer, discussions à partir d'un sujet. La fréquence de ces rencontres dépendra de l'intérêt des participants, participantes.

## **2. Popotte roulante**

J'ai complété les certifications nécessaires pour que nous puissions préparer des plats à emporter. Une fois par mois ou aux 2 semaines vous pourrez venir chercher sur rendez-vous des repas préparés sur place puis surgeler.

## **3. Soins des pieds**

Afin de remettre en place le service des soins des pieds, le Centre Lajoie des aînées, aînés francophones de Pembroke va participer aux coûts des soins de pieds. Les membres du CA ont décidé de défrayer la moitié des frais pour les membres.

## **4. Les «prescriptions sociales»**

Le centre de santé de Renfrew et l'hôpital de Pembroke auront nos calendriers d'activités et pourront diriger les francophones, qui se sentent isolés ou seuls, à participer à nos activités, ce qui augmentera le nombre de nos membres. Les gens ont un besoin grandissant de socialiser de façon sécuritaire.

Merci de votre collaboration, avec votre participation de la maison nos programmes se feront connaître avec le «bouche à oreilles». Parlez-en à vos amis.

Sonya Loubier

*Agente de liaison*

*Centre culturel francophone de Pembroke*

*Centre Lajoie des aîné(e)s francophones de Pembroke*

*303 rue James, Pembroke (Ontario) K8A 4V1*





## UNDERSTANDING THE CHANGING NEEDS OF MEMBERS

The challenges of COVID-19 are certainly different amongst the various socio-demographic groups, however the pandemic continually proves to mostly affect older adults. Due to COVID-19, the City of Hamilton's Senior Services section was forced to cancel/postpone a significant number of well-loved older adult recreational programs and services. Cards, choir and wind instruments quickly became non-existent and many other physical/social activities could only be implemented with the most stringent of health and safety protocols. These unprecedented times certainly require us all to rethink and relook at how we can continue to provide services while keeping our members and staff safe and engaged.

For older adults aware of the City of Hamilton's extremely successful "Seniors' Centre Without Walls" project, (SCWW) there is an opportunity to participate virtually, every day at several times. Participants can enjoy a wide array of activities such as educational speakers, trivia, chair yoga, story break with the Hamilton Public Library and more. What about those members who normally attended the Centre and might not be aware of the SCWW program? How could we reach them? While several of our older adult Centres are still operational, due to the pandemic however, some members noted they just didn't feel safe to return yet.

With a significant decrease to the number of COVID permissible activities taking place, staff were provided some additional time and a unique opportunity to reach out to our members. We were happy to do so! "Wellness Checks" are currently being conducted on several thousands of our members. So far, our members have been extremely happy to hear from us! Many noted our call was "the highlight of their day." Members enjoyed sharing stories and informing us regarding how they personally have been coping during these trying times. Others liked hearing what we've been up to, and/or how their friends from the Centre were doing. Phone calls ranged anywhere from several minutes, to approximately 20 minutes in length. Before closing off, staff confirm if the member would like to know more about the SCWW program, receive additional Centre updates, or added "wellness checks". Information received is documented for future follow-up.

During our chats, we often hear how much they sorely miss the Centre and the social aspect. They also miss the opportunity to take part in their much loved instructional programs, services and special events.

We don't know how long this pandemic will last, but we do know that taking the time to make these phone calls has meant so much for so many. With patience, and understanding, we will get through this together. Please continue to remain positive, safe and strong everyone!



## CITY OF BRAMPTON, FOR THE FLOWER CITY COMMUNITY CENTRE.

*Submitted by Katie Smith, Coordinator of Community Programs for the Senior's Centre.*



# BRAMPTON Flower City

Every year the City of Brampton celebrates Seniors Month in June by hosting a large Springfest event which incorporates great food, dancing and a trade show. While this event is very successful, we understood that this year the celebrations would look a little different. The Mosaic Project was created as a way to recognize and celebrate seniors in the community during Seniors month. The project started off by having kits delivered to seniors all over the community. Each kit contained a white ceramic tile, paint brush and paints. Every recipient was encouraged to use the supplies provided to paint a message or illustration on the tile that centered around the theme of "Community Friendship". Over 1000 tile kits were distributed and to date 200 tiles have been returned (with a few more continuing to trickle in). These tiles were put together and framed to showcase beautiful mosaics. It is wonderful to look at these bright tiles and see that during challenging times people were able to find joy and express themselves creatively. Shortly the tile project will be available for viewing on City of Brampton Social Media platforms so that participants and members of the public will have an opportunity to view these wonderful creations. We look forward to displaying these tiles for many years to come as a reminder of the strong community of seniors that call Brampton home!



# COMMUNITY OF FRIENDSHIP

## DIXON HALL NEIGHBOURHOOD SERVICES

*Submitted by: Carmen Benoit, Senior Health and Wellness Program Co-ordinator and Sindi Yoo, Adult Enrichment and Wellness Program Co-ordinator*



# New Tablet Program at Dixon Hall

## EVERYONE IS ZOOMING... OR MAYBE NOT?

As we enter the 9 month of COVID 19 more and more information, programs are going online and many assumptions out there that seniors have a cell phone, computer or tablet. At Dixon Hall we have realized how this is not the situation with many of our clients. We received funding to distribute 14 tablets to our clients and teach them the basics. We know that just teaching how to turn on the tablet, charging it, learning how to use a stylus pen is all very new. One of our staff created a very basic manual and we had one session and had our schedule set for the next 4 weeks... then Toronto went into lockdown! We had a very well organized, 6 feet apart, masked, reviewing all the Toronto Public Health guidelines with prescreening questions, checking temperatures etc. and our first session went really well on November 18. Now we are being creative and will attempt to use the Mercuri Conference call system to try to teach from the phone and our goal is to teach all about Zoom so that more seniors will have access to programs online.

For Dixon Hall it is about access to our clients and that is why we started this program.

---

**Dixon Hall Neighbourhood Services 188 and 192 Carlton Street Toronto**

# RETRAITE ACTIVE DE PEEL

Submitted by: Elaine Molgat



décembre 2020

## La Covid-19 apporte des changements mais ne nous arrête pas!

Dans l'esprit d'apprentissage tout au long de la vie, Retraite active de Peel relève le défi d'offrir à ses membres une gamme d'activités intéressante et adaptée aux règlements sanitaires. Selon l'évolution des règlements, nous avons offert certaines activités en mode «hybride» (visioconférence et petit groupe en personne) et d'autres uniquement via visioconférence. Depuis le confinement annoncé pour la Région de Peel en novembre, toutes les activités, sauf la marche nordique, se font par visioconférence...même des recettes de cuisine...



- Le premier AGA virtuel fut un franc succès et l'invitée spéciale, Madame Édith Dumont, Vice-rectrice aux partenariats, aux collectivités et à l'international de l'Université de l'Ontario français (UOF), a mis le vent dans les voiles des participants.
- Chaque semaine, les amateurs de marche se réunissent en petit groupe soit à Mississauga ou à Brampton. Toutes les conditions sanitaires sont respectées et ne gâchent aucunement le plaisir. Des nouvelles raquettes permettront de profiter au maximum de la neige. Le temps froid a mis fin aux parties de golf, mais les adeptes attendent avec impatience de reprendre au printemps.
- Le confinement n'empêche pas la mise en forme, et les sessions hebdomadaires de Pilates continueront d'être offertes par visioconférence pendant l'hiver.
- Pour le temps des Fêtes, le Club de tricot est fier d'offrir des dizaines de poupées, tuques et foulards à la Banque alimentaire de Mississauga. Pendant l'hiver, grâce à un don de laine, le groupe se lancera dans la confection de couvertures.
- Le confinement a libéré plus de temps pour la lecture, et les membres du Cercle de lecture ne manquent jamais de sujets de discussion stimulants.
- Nous continuons à offrir des occasions pour d'approfondir nos connaissances et échanger sur des sujets variés: santé physique; santé mentale; sujets juridiques, en collaboration avec le Centre francophone du Grand Toronto; et invités spéciaux.
- Et il ne faut pas oublier les arts: ateliers de théâtre de mise en lecture, et confection de cartes de souhait.
- Lorsque les conditions permettront de reprendre des rencontres en petit groupe, les cybercafés, si utiles pour partager et parfaire ses connaissances technologiques, reprendront également.

Nous sommes toujours heureux d'accueillir de nouveaux membres. Pour plus d'information, consultez notre site web :

[www.retraiteactivepeel.ca](http://www.retraiteactivepeel.ca) ou écrivez-nous à [info@retraiteactivepeel.ca](mailto:info@retraiteactivepeel.ca)



## SENIORS ASSOCIATION KINGSTON REGION

*Martha Vignacourt, Programs, Seniors Association Kingston Region*



# SOUND ESCAPES

Four times a year the Seniors Association Kingston Region (SAKR) holds a concert series entitled, "Sound Escapes". It's an afternoon where our members can truly lose themselves in the local music scene with sultry jazz, 10-piece swing bands, lively choirs or rowdy New Orleans style bands.

Anywhere between 60 and 150 people attend the Sound Escapes concerts where every toe is tapping and occasionally as the afternoon goes on, dancing follows. The songs heard by members are as familiar as their youthful days. As they sing along, you can tell from their faces it's bringing up wonderful memories of days gone by, while simultaneously creating a sense of camaraderie.

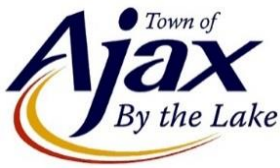
Of course, Covid-19 has eliminated our in-person concerts, but our members need music and engagement more than ever, and our local musicians need support too. SAKR attempted its first Facebook Live Sound Escapes Concert in the summer. While not exactly the same, it was a chance for people to escape, from the comfort and safety of their own homes. Our second concert was in November, and we had great success. The goal of the series is enjoyment, engagement, and reducing isolation in very isolating times. While we don't charge for the event, we do ask listeners to consider donating.

We are very pleased to announce our January concert, where a well-known local artist will have people dancing in their kitchens with his eclectic mix of old standards and tunes from the 60's and beyond. Unite with us Thursday January 28<sup>th</sup>, by visiting [www.kingstonseniors.ca](http://www.kingstonseniors.ca) for a direct link. Perhaps you too will escape, even if only for a couple of hours.



## TOWN OF AJAX

*Submitted by Robbie Prochilo, Community Recreation Supervisor, Recreation, Culture & Community Development*



As part of the Town of Ajax, a number of programs have been implemented in partnership with the Ministry of Seniors and Accessibility to continue to allow residents to stay engaged and busy during these times.

The funding has allowed low cost to free program opportunities which include daily SCWW (Senior Centres Without Walls) programming, monthly craft with curbside pick-up, and zoom based programming which includes monthly lunch and learns and weekly library programming.



Lunch and learns include guests and topics affecting older adults in our community including happiness, financial planning, frauds and scams, nutrition and exercise, historic happenings and more!

With our monthly Craft Crate residents can unleash their creative side with craft projects that include step-by-step instructions and all required supplies.



*Town staff handing out November Craft Crate Kits curbside*

## TOWN OF AURORA, AURORA SENIORS CENTRE

*Submitted by: Karie Papillon*



The Aurora Seniors Centre team began delivering twice a month activity packages, called **Seniors Centre in a Bag**, to older adults in the Town of Aurora. Our first delivery day in September saw 50 packages go out. In December that has grown to over 100 packages every 2 weeks. Thanks to New Horizons and the Canada Covid Relief Fund, these fun packages provide puzzles, trivia and



other brain stimulating activities. Also included: a wellness letter, Aurora Seniors Centre newsletter, often a special treat such as tea or chocolates, and a bi-weekly calendar with jokes and fun facts. In December we also debuted a surprise book of the month! Participants can sign up for a mystery or a romance novel and the books are delivered to their door. This program is proving to be a success and we look forward to seeing it grow.





## WISE MOBILE ACTIVE LIVING CENTRE

*Submitted by: Katelynn Laarakker, Seniors Programs and Services, The District of Muskoka*



As the number of COVID-19 cases fluctuate and the weather turns chilly, WISE Mobile Active Living Centre (WISE) continues to program virtually and over telephone. This has been a season of skill-building, both for staff and participants.

Participants have been busy expanding their technology skills. Through New Horizons for Seniors Program funding, WISE partnered with Senior Tech Services to provide participants with one on one virtual technology support. When asked about her experience with the service, one of our participants shared, “Together [my instructor and I] covered Zoom, Facebook and other social apps. The instructor was knowledgeable, considerate, and understanding... I am now able to talk to my family using Zoom and take part in other Zoom presentations offered by outside parties.” Through this program, participants have been empowered to connect with their families and community.

In addition, WISE also offered a new ‘Gateway to Computers’ program in partnership with our local YMCA. The group, six-part workshop series was hosted live over Zoom and included topics like basic computer functioning, internet use, and social media applications. Participants had fun with interactive exercises such as practicing mouse skills on the Zoom whiteboard and a typing speed race.

Participants haven’t been the only ones learning new skills in this world of virtual programming. Staff at WISE have learned to modify in person programs to a virtual environment. For example, we trialed our handbell choir over Zoom in November and December. Participants picked up or were delivered packages containing their bells and music prior to the start of rehearsals. Conducting participants (as would have been done in person) was not an option over Zoom. Instead, we developed a PowerPoint to use through screen share to cue participants when it was their turn to play. Participants were taught to adjust their audio settings to achieve the optimal musical sound quality.

We look forward to continuing to expand our virtual programming by building on programs like Gateway to Computers, Virtual Handbell Choir, and many other workshops in the New Year.







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## THE BEST ONLINE CLASSES FOR SENIORS

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### Go back to school

- Founded people at Harvard and MIT, [edX](#) offers [free online courses](#) from 140 top educational institutions. Study Spanish, robotics, Shakespeare or analyze Beethoven's use of string quartets.
- Try [Coursera](#) for [free courses](#) such as "Seeing Through Photographs" (Museum of Modern Art) or "The Science of Well-Being" (Yale).
- At [Khan Academy](#), choose free courses in world history, finance, computer animation (from Disney's Pixar animation studio), etc.

### Hone your cooking

- The New York Times offers free [cooking guide videos](#).
- At [TheKitchn.com](#), tackle 20 free virtual lessons, each [highlighting a different technique or ingredient](#).
- At [Rouxbe.com](#), watch free video tutorials about various cooking and baking techniques.

### Learn from a master

- [MasterClass](#) gives unlimited access to high quality videos from more than 80 [experts](#) including astronaut Chris Hadfield, conservationist Dr. Jane Goodall and author Margaret Atwood (\$240/year).
- [Workshop](#) offers [video seminars](#) for about \$17 each on topics like cake design, woodworking and calligraphy.

### Upgrade your tech skills

- Visit [GCF LearnFree](#) to access [free short videos](#) on topics like using Gmail, online safety, and tutorials on smartphone and tablet features.
- [Tech Boomers](#) has free courses [aimed at seniors](#) with step-by-step tutorials about texting, passwords, etc.

### Virtual learning for hands-on activities

- Browse [Skill Share](#) for [free video classes](#) on houseplants, photo composition, piano, watercolours, woodworking, crocheting, leathercrafting and many more (just click the "Free" filter button; other videos are available for a fee).
- Dip into the [free online courses](#) from the Berklee College of Music to learn songwriting, guitar for beginners, music for wellness, etc.

*Visit [Amica.ca](#) for free webinars from national experts on sleep, memory, downsizing and more.*

# Exclusive benefits for members of OACAO



## Arbor Alliances Program

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

**4%<sup>†</sup> savings**

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

**5%<sup>†</sup> savings**

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

**10%<sup>†</sup> savings**

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

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

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



**Alliances**  
by Arbor Memorial  
arboralliances.ca

**OACAO**

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

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



## Personalized home care services



- ~ FREE IN-HOME CONSULTATIONS
- ~ NO NEED FOR LONG TERM CONTRACTS
- ~ BONDED & INSURED CAREGIVERS

**Bayshore®**  
Home Health

- ~ Personal Care
- ~ Caregiver Relief
- ~ Nursing
- ~ Companionship
- ~ Meal Preparation
- ~ Medication Reminders
- ~ Light Housekeeping
- ~ Palliative / End of Life Care
- ~ In-Hospital Assistance

At Bayshore Home Health we believe home care is the safest option for care. All of our caregivers wear Personal Protective Equipment (PPE), self screen and pre-screen clients for COVID-19 prior to starting care and follow clinical guidelines to ensure your safety.

With local offices across Canada, Bayshore is here to support you and your family through every step of the care process.

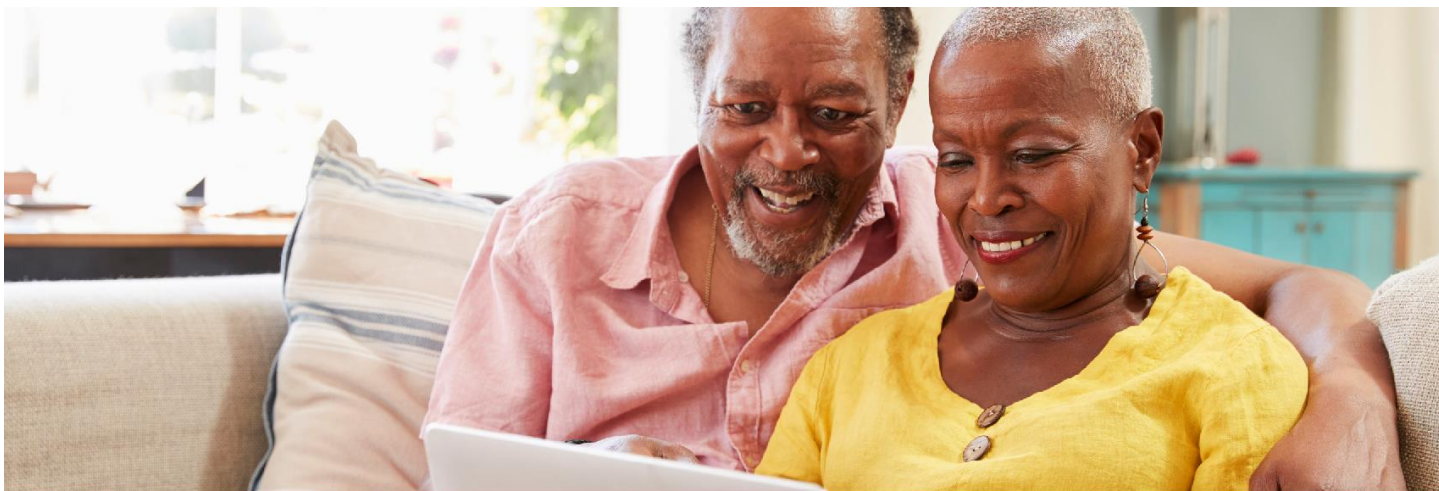
**Support is just a phone call away.**

**1.877.289.3997**

[clientservice@bayshore.ca](mailto:clientservice@bayshore.ca)

Bayshore Home Health is a division of Bayshore HealthCare, a leading provider of home and community health care services. As a Canadian-owned company, Bayshore has been enhancing the quality of life, well-being, dignity and independence of Canadians since 1966. All our caregivers are bonded, insured and supported by a nurse, 24/7.

[bayshore.ca](https://bayshore.ca)



## Canadian Hearing Services offers Free Virtual Counselling Services!

If you are 55 years of age or older, have hearing loss or suspect hearing loss, you can take advantage of **free virtual counselling services** offered by Canadian Hearing Services. The program helps individuals improve communication, stay involved in social activities and remain independent at home.

### WE CAN HELP YOU:

- Understand your hearing loss
- Learn communication strategies for managing difficult listening situations
- Select specialized devices for improved communication, safety and independence
- Understand how to use your hearing aids

#### HOW TO REQUEST HEARING CARE COUNSELLING SERVICES:

E-mail Address: **[hearingcarecounselling@chs.ca](mailto:hearingcarecounselling@chs.ca)**  
Phone: **1-866-518-0000**  
TTY toll free: **1-877-215-9530**



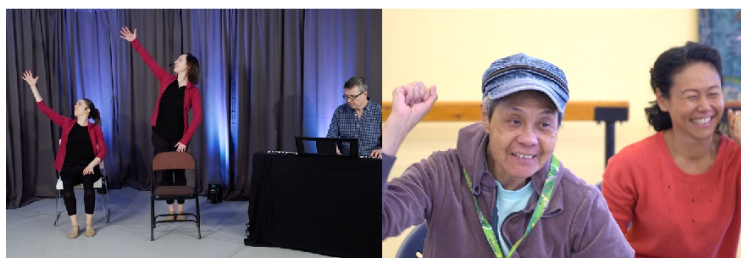
## Bring more dance into your life!

At Canada's National Ballet School (NBS), excellence, access and inclusion fuel our belief in sharing the transformative power of dance to change lives for the better. NBS knows how dance affects our bodies, minds and souls. We know it because we live it and help others live it every day. People of every age, ability and aspiration have a transformative experience waiting for them in dance.



### Why dance?

Dance is a powerful, yet underutilized tool for health and well-being across all spectrums of Canadian society. Creative movement has the unique ability to connect people and provide comfort during challenging times. Research also suggests that dance is an exciting new direction in the study of aging and cognitive neuroscience, offering a unique combination of physical, mental and social benefits for seniors at home, in retirement and care facilities and with age-related illnesses like Parkinson's disease and dementia.



The physical benefits of dancing in older adulthood may include:

- improved aerobic power
- increased muscle endurance
- greater strength and flexibility
- improved balance and gait
- reduced risk of falls

Dance may also be emotionally and socially beneficial for older adults by helping to reduce isolation, encouraging a sense of community and providing a space for creativity and artistic expression.

*"When I dance, I feel free, ageless and euphoric."* – Participant

### Discover dance – at home!

Baycrest and Canada's National Ballet School (NBS), industry leaders in geriatric care and dance training, are offering FREE six-week dance courses for older adults, which can be accessed at home or wherever you are. Online classes are taught by professional dance teachers from NBS, are accompanied by a live musician, and include a variety of movement options to suit participants' needs. Classes are 20 minutes in length and both seated and standing course options are available.

Dancers can join any time and engage in these fun, creative and musical classes at their own pace. No dance experience required!

Visit [www.nbs-enb.ca/sharingdanceseniors](http://www.nbs-enb.ca/sharingdanceseniors) and start dancing today!

### Bring dance to your community!

Baycrest and Canada's National Ballet School want to help organizations keep their communities active and engaged through dance.

Email [sharingdance@nbs-enb.ca](mailto:sharingdance@nbs-enb.ca) to learn more about opportunities to bring dance to your community.

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





## A Golden Solution to your Housing Crunch

Is your Older Adult Centre looking for new  
program ideas for your members?

**Golden HomeSharing Connections**

is pleased to offer

## An Introduction to Home-Sharing

A one-hour virtual program exploring the  
benefits of this way of living as a golden solution  
to the issue of housing affordability and the  
epidemic of loneliness afflicting so many.

For more information or to book a free session  
offered via Zoom or Conference Call

Contact Golden HomeSharing Connections at

[hello@goldengirlscanada.ca](mailto:hello@goldengirlscanada.ca) 416-550-4015



[www.GoldenGirlsCanada.ca](http://www.GoldenGirlsCanada.ca)  
Golden Home Sharing Connections



## HEART TO HOME MEALS – MADE FOR SENIORS

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

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

Food is more than just something to eat when you're hungry. It can be a gateway to healthy living, a key to mental wellness, and a major boost to your quality of life. This is especially true for seniors, who have unique dietary concerns that aren't always considered. It seems like a lot of the info out there is targeting middle aged and younger folk, and that's something Heart to Home Meals wants to change. In this spirit, we've created a new eBook called ***15 Senior Nutrition Myths Debunked: Your no-nonsense guide to healthier eating***. This book takes a look at misconceptions people have about food, and the relationships seniors have with it. Download your FREE copy at [www.hearttohomemeals.ca/seniorfoodfacts](http://www.hearttohomemeals.ca/seniorfoodfacts)

Simply order meals online or by phone—like our Homestyle Meatloaf or Hunter's Chicken and one of our friendly, trusted delivery team members will deliver your meals straight to your door (for free!) Our contact free delivery helps to ensure you don't have to choose between staying safe and eating well. There are no contracts or obligations and you can order as much or as little as you like.



Our menu includes a wide variety of entrées including beef, chicken, pork, fish, vegetarian and breakfast options. We have several soups to start and tempting desserts to satisfy your sweet tooth.

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

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

## EXCLUSIVE OFFER FOR OACAO MEMBERS

You can receive exclusive rates with  
your Auto & Home Insurance Program



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**905-238-0668 / 1-800-243-9379 x 2337**

**File Down Your Insurance Rates  
NOT Your Coverage!**

[www.insuranceland.ca](http://www.insuranceland.ca)



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insurancelandca

## ENTER TO WIN **\$5,000!**

By calling in for a free quote, you will be entered to win  
one of 26 prizes of \$5,000.

The contest runs September 1st - March 31st. You do not need to make a purchase for entry. Only 1 entry per OACAO member.



# TAKING CARE OF THOSE WHO TAKE CARE OF OTHERS.



Dear OACAO Member,

We hope that you are staying safe and healthy.

As we all adapt to the changes necessary due to COVID-19, car and home insurance should be the last thing you have to worry about. That's why we can depend on our friends at Johnson Insurance to help make things easier with great savings and benefits, caring and compassionate service, plus:

- ❁ Preferred rates for OACAO members
- ❁ Save up to 20% when you bundle home and car insurance\*
- ❁ First Claim Forgiveness
- ❁ AIR MILES® Reward Miles†
- ❁ 24 Hour Claims Service

Johnson puts OACAO members first, so give them a call today at **1.855.616.6706** and mention group code **04** for your preferred rates, or visit [Johnson.ca/healthcare](https://johnson.ca/healthcare).

Stay Safe,

JOHNSON INSURANCE

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**JOHNSON**   
**INSURANCE**  
HOME • CAR

Johnson Insurance is a tradename of Johnson Inc. ("JI"), a licensed insurance intermediary, and operates as Johnson Insurance Services in British Columbia and Johnson Inc. in Manitoba. Home and car policies primarily underwritten, and claims handled, by Unifund Assurance Company ("UAC"). Described coverage and benefits applicable only to policies underwritten by UAC. Car insurance not available in BC, SK or MB. Home and car insurance not available in NU. JI and UAC share common ownership. Eligibility requirements, limitations, exclusions, additional costs and/or restrictions may apply, and/or may vary by province or territory. \*Bundled savings applied to home (building and contents) insurance policies where home and car policies are underwritten by UAC. †AIR MILES® Reward Miles awarded only on regular home and car insurance policies underwritten by UAC. At the time the premium is paid, one (1) Mile is awarded for each \$20 in premium (including taxes). Miles are not available in SK or MB. ®TM Trademarks of AM Royalties Limited Partnership used under license by LoyaltyOne, Co. and JI (for UAC).

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

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

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

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

### **Free upgrades can include:**

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

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

On January 1, 2021, the Save on Energy Home Assistance Program will be replaced by the Energy Affordability Program (EAP). The new EAP will have expanded eligibility to help eligible consumers save on energy costs and increase home comfort, through the replacement of inefficient equipment and appliances and weatherization. In the meantime, support remains available under the HAP until the end of this year.

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

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

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

**To get started**, sign up or learn more about the current and/or new program, call 1-855-591-0877 or email [hap@greensaver.org](mailto:hap@greensaver.org). For full eligibility details, visit [saveonenergy.ca/HAP](https://saveonenergy.ca/HAP).

**OACAO**

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

**SimplyConnect**



**Exclusive discounts for OACAO members**

**10% OFF**

Talk & Text plans<sup>1</sup>

**15% OFF**

Smartphone plans<sup>1</sup>

**Affordable** and **reliable** wireless service to always keep you connected

### Talk & Text Plan

~~\$25~~ **\$22<sup>50</sup>** /month<sup>1</sup>

- Unlimited minutes
- Unlimited messages

+



Moto E  
for \$0<sup>2</sup>

#### Why choose this plan and phone?

- ✓ Provides peace of mind at home and on the go
- ✓ Stay in touch when you need it the most
- ✓ Browse the internet with Wi-Fi

### Smartphone Plan

~~\$45~~ **\$38<sup>25</sup>** /month<sup>1</sup>

- 6 GB of data
- Unlimited minutes
- Unlimited messages

+



Moto G Stylus  
for \$0<sup>2</sup>

#### Why choose this plan and phone?

- ✓ Browse the internet and access email on the go
- ✓ Do more with the built-in stylus
- ✓ 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 **"OACAOSAVE"**

Offers shown are available until **January 31, 2021** or while quantities last and are subject to change without notice. <sup>1</sup> 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. <sup>2</sup> 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. Some conditions apply, call 1-866-887-0851 for details or visit [simplyconnect.ca/oacao](https://simplyconnect.ca/oacao) for details.



## GOING VIRTUAL FOR THE WINTER?

LET US HELP



**JOIN A NETWORK OF CENTRES FROM AROUND NORTH  
AMERICA CREATING AND SHARING VIRTUAL PROGRAMS  
FOR THEIR SENIORS**

EMAIL: [INFO@MYSENIORCENTER.COM](mailto:INFO@MYSENIORCENTER.COM)

CALL: 866-739-9745



Get outdoors this winter at RBG or enjoy a virtual program from the warmth and comfort of home! This winter season ahead brings much to explore. The gardens may be put to bed, but the muted colours, interesting textures, and exposed forms of RBG's plant community are striking in the winter months!

### Winter highlights:



The holiday season brought [Winter Wonders](#) to RBG, a fantastic display of lights to spark the imaginations of everyone young and old. Our [RBG at Home](#) series continues to deliver free, fun, and educational content from our many experts.

The [trails](#) are open to be explored – but safely – masks on please!

[Programs](#) are adapting with many new virtual programs including a monthly [Afternoon Tea and Talk!](#) For more information about these and other programs at RBG, contact, [Nadine Nesbitt](#).

### Interactive and Engaging Virtual Programs via Zoom:



Have you ever wondered where **chocolate** comes from? When you are out walking, are you curious about the **trees** that you're seeing? What sort of plants would you like to add to your garden to attract **pollinators**? These are just some of the questions that can be answered during one of the many live, engaging programs that we offer all year round.

Participate in programs (\$140 each) from your centre, from the comfort of your home or both!! We offer a variety of stimulating and informative programs focusing on the amazing natural world around us – indoors and outside! Check out our list of available [Adult programs](#).

Are your members uncertain about Zoom? Why not schedule a short Zoom call with us so that they can get some experience joining a call. It's free!

Looking for something in particular or would like more information, don't hesitate to contact [Karin Davidson-Taylor](#).

### Winter featured plant:

Witch Hazel! With over 81 individual plants represented by 27 different types in our collection, Witch Hazel is a unique plant to discover. This shrub is a fall and winter wonder, whose fragrant, yellow flowers, appear as a spidery surprise as early as October. As insects disappear or fall asleep into diapause (insect hibernation!) for the winter... the mystery remains... who is pollinating these winter beauties?!





# STARKMANS

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or delivered to your door*

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Use coupon code: **OACAO**

### www.starkmans.com

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## OACAO Business Partners 2020-2021

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Access Abilities [www.accessabilities.ca](http://www.accessabilities.ca) 905-825-5335  
Amica Senior Lifestyles [www.amica.ca](http://www.amica.ca) 416-487-2020 / 1-888-264-2299  
Arbor Memorial Inc. [www.ArborAlliances.ca](http://www.ArborAlliances.ca) 416-763-3230 / 1-877-301-8066  
Bayshore Home Health [www.bayshore.ca](http://www.bayshore.ca) 1-888-959-1082  
Canadian Hearing Services [www.chs.ca](http://www.chs.ca) 1-866-518-0000  
Canada's National Ballet School [www.nbs-enb.ca/Home](http://www.nbs-enb.ca/Home) 416-964-3780 ext 2152  
Circles Enrichment [www.circlesenrichment.com](http://www.circlesenrichment.com) 416-418-4622  
Golden Girls Canada [www.goldenhomesharingconnections.ca](http://www.goldenhomesharingconnections.ca) 416-550-4015  
Heart to Home Meals [www.HeartToHomeMeals.ca](http://www.HeartToHomeMeals.ca) 1-800-786-6113  
Insuranceland [www.insuranceland.ca/oacao](http://www.insuranceland.ca/oacao) 905-238-0668 ext 2337 or 1-800-243-9379 ext 2337  
Johnson Insurance [www.johnson.ca/oacao](http://www.johnson.ca/oacao) 1-800-563-0677/group code: O4  
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Royal Botanical Gardens [www.rbg.ca](http://www.rbg.ca) 905-527-1158  
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SimplyConnect [www.simplyconnect.ca/oacao](http://www.simplyconnect.ca/oacao) 1-888-499-5459  
Starkmans Health Care Depot [www.starkmans.com](http://www.starkmans.com) 416-534-8411

**Thank you to our 2020-2021 Business Partners**



### NEWSLETTER DEADLINES

*Please note the following deadline for submissions:*

2021 Spring Newsletter – March 3<sup>rd</sup>, 2021

2021 Summer Newsletter – June 2<sup>nd</sup>, 2021

2021 Fall Newsletter – September 1<sup>st</sup>, 2021

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

# OACAO Board of Directors

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## EXECUTIVE

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

## REGIONAL REPRESENTATIVES

<b>Central</b>	<i>Staff</i>	Kim Bradley	<a href="mailto:kbradley@pickering.ca">kbradley@pickering.ca</a>
	<i>Senior</i>	Tom McNown	<a href="mailto:tom.mcnown@gmail.com">tom.mcnown@gmail.com</a>
<b>Eastern</b>	<i>Staff</i>	Monique Doolittle-Romas	<a href="mailto:mdoolittle-romas@thegoodcompanions.ca">mdoolittle-romas@thegoodcompanions.ca</a>
	<i>Senior</i>	Nellie Kingsbury	<a href="mailto:kingsburynb@xplornet.ca">kingsburynb@xplornet.ca</a>
<b>Golden</b>	<i>Staff</i>	Julie Pennal	<a href="mailto:Julie.pennal@oakville.ca">Julie.pennal@oakville.ca</a>
<b>Horseshoe</b>	<i>Senior</i>	Ted Lambert	<a href="mailto:erllre13@hotmail.com">erllre13@hotmail.com</a>
<b>Grand River</b>	<i>Staff</i>	Jaye Kuntz	<a href="mailto:jaye.kuntz@waterloo.ca">jaye.kuntz@waterloo.ca</a>
	<i>Senior</i>	Vacant	
<b>Metro</b>	<i>Staff</i>	Vacant	
	<i>Senior</i>	Leslie Olsen	<a href="mailto:lolsen10@gmail.com">lolsen10@gmail.com</a>
<b>North West</b>	<i>Senior</i>	Don Pawlett	<a href="mailto:donpawlett@gmail.com">donpawlett@gmail.com</a>
	<i>Senior</i>	Elaine Mannisto	<a href="mailto:mannisto@tbaytel.net">mannisto@tbaytel.net</a>
<b>North Central</b>	<i>Staff</i>	John Richer	<a href="mailto:john.richer@greatersudbury.ca">john.richer@greatersudbury.ca</a>
	<i>Senior</i>	Lyne Way-White	<a href="mailto:lybell55@yahoo.com">lybell55@yahoo.com</a>
<b>South West</b>	<i>Staff</i>	Karen Pyatt-Westbrook	<a href="mailto:kpyatt@bgclondon.ca">kpyatt@bgclondon.ca</a>
	<i>Senior</i>	Martha Mackintosh	<a href="mailto:mackintoshmartha@gmail.com">mackintoshmartha@gmail.com</a>

## COMMITTEE CHAIRS

<b>Awards</b>	Kim Bradley	<a href="mailto:kbradley@pickering.ca">kbradley@pickering.ca</a>
<b>OASSIS Liaison</b>	Bill Krever	<a href="mailto:w.krever@victoriavillage.ca">w.krever@victoriavillage.ca</a>
<b>Membership</b>	Kim Evans	<a href="mailto:evansk@whitby.ca">evansk@whitby.ca</a>
<b>Conference Chair</b>	Sue Hesjedahl	<a href="mailto:sue@oacao.org">sue@oacao.org</a>
<b>Finance</b>	Bill Krever	<a href="mailto:w.krever@victoriavillage.ca">w.krever@victoriavillage.ca</a>
<b>Nominations</b>	Nancy Beddoe	<a href="mailto:nbeddoe@cogeco.ca">nbeddoe@cogeco.ca</a>
<b>Business Partners</b>	Shirley Glauser	<a href="mailto:sglauser@oacao.org">sglauser@oacao.org</a>

For more information about the  
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# OACAO Business Partners

## Platinum Business Partners



## Gold Business Partners

