

OACAO Newsletter

2021 SPRING NEWSLETTER

Message from the OACAO President Suzanne Teixeira

When I look at the date on the calendar the song from Dora the Explorer comes to mind.... We did it, we did it, we did it, YA! We did do it and I have to say, we rocked it! Sit back and think of all the phone calls you have made over the last year, how many zoom programs you have hosted, and at how this has all taught us resilience. Well, we all want to get back to our old normal, I congratulate you all, you took on the challenge to present a new normal for those who need us and rocked it!

As always, there are many busy things happening behind the scenes with OACAO. First off, I would like to welcome and introduce one newest Board member. Joining us is Karie Papillon from Aurora Seniors Centre as our new Central Region Staff Rep. Welcome Karie!

Sue has been hard at work advocating on our behalf! Once again the OACAO submitted a request as part of the **2021 Ontario Budget Pre-Budget Consultations**. We have asked the ministry to support the following three recommendations to strengthen the work that SALCs do for thousands of seniors in Ontario:

Recommendation #1: Increase and Expand the Seniors Active Living Centre Act Program to reflect the three items below:

- Annual modest increase to the base funding of the SALC Program, Maintenance and Operating funding, from \$42,700 to \$50,000
- Ensure that the full legislated amount of \$15,000 for SALC Special Grant be available for all who request funding.
- Recommendation for a SALC Program Expansion by opening up the funding program to 20 new Seniors Active Living Centres.

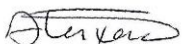
Recommendation #2: Continue funding the Seniors Community Grant (SCG) Program at the current or increased funding investment of \$4.5 million.

Recommendation #3: Support SALCs as COVID-19 Vaccination Hubs and highlighted the importance of COVID-19 vaccination support and availability for community seniors and the staff and volunteers that serve them.

Also, have you taken advantage of the wonderful virtual workshops and webinars that the OACAO has been offering? If not, no worries, we have more coming up. Please see pages 6 and 7 for our upcoming events.

Thanks to Sue, Lina, Fiona, the OACAO Board members and OACAO volunteers for all of your hard work on behalf of the association.

Bring on the warm weather!



Suzanne Teixeira
President

OACAO

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



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 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.

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,

As I look back on the last 12 months, I realize that we have gone from panic, to pivot, to mobilize and embrace. It has not been an easy year, but hope is on the horizon. With the increasing options for COVID-19 vaccinations, Canadian seniors and the staff and volunteers who support them, are starting to see the light at the end of the COVID tunnel. We cannot let our guards down just yet, but we can start planning for the post COVID era soon.

One of the achievements I am most proud of over the last three months includes the release of the [COVID-19 Resource Handbook](#) and [Webinar](#) we hosted to review this valuable tool. The OACAO Board of Directors Working Group and I worked closely with the Public Services Health and Safety Association (PSHSA) to develop this valuable tool which was launched in January 2021. Important COVID-19 related resources like this, can be found on the OACAO website at: <http://www.oacao.org/resources/covid-19-resources/>

Things are rapidly evolving with the COVID-19 vaccine availability, age, and group eligibility. Ontario seniors and other eligible groups can schedule their COVID-19 vaccine appointments by visiting English: <https://covid-19.ontario.ca/book-vaccine/>, FRENCH: <https://covid-19.ontario.ca/rendezvous-vaccin/> or by calling the Provincial Vaccine Information Line at 1-888-999-6488. The Provincial Vaccine Information Line is open Monday to Sunday from 8:00 am to 8:00 pm and can provide assistance in 300 languages.



CARP is hosting an educational event on COVID-19 vaccines, and why we can't forget about the flu, on March 25th and you are welcome to attend.

FREE HALF-DAY ONLINE EDUCATIONAL EVENT

THURSDAY MARCH 25TH 11:00AM — 2:30PM EST

To register <https://www.carp.ca/2021/03/16/vaccine-summit-march-25/>

We welcome 4 new member centres to the OACAO membership (page 4) and remind you that the **OACAO membership renewal process has started for the**

2021 – 2022 membership year. The OACAO Board of Directors are pleased to announce another year with no increase to the membership fees. As in the past few years, we are using the Wild Apricot Membership Management Software. You will receive emails from the system with information about OACAO membership renewal. We encourage all members to renew on-line and to please verify and update your centre profile information if necessary. Payments are due April 30th, but arrangements can be made if you require more time. Please contact Fiona Mueller at admin@oacao.org if you have any questions.

The OACAO continues to offer informative and timely virtual workshops and webinars to meet the evolving needs and interest of our members and SALCs across Ontario. This year, we are offering a very special virtual event in recognition of **National Volunteer Week**. This event is exclusively for OACAO member centre volunteers only. Please invite your volunteers to join us for this celebration with presenter Rosita Hall for **You've Got the Power – Me First for a Change on April 19th at 2:00 pm**. See page 6 for registration information. Limited tickets available.

The OACAO is supporting two great projects which provide learning opportunities for our members. We have been working closely with **Human Endeavour**, OACAO member, to offer **Technology Information and Knowledge Sharing** virtual learning events. The next event is scheduled for **Tuesday, April 6th from 10:00 – 11:30 am**. Learn about the **Technology Access and Support for Seniors (TASS) Project**, including the support you can receive to convert android tablets to be user friendly and accessible for your members; guidelines for selecting tablets; expanding the helpline (call centre) and learning about our Technology Advisory Table and its objectives. See page 7 for more information. We have also partnered with **Active Aging Canada** to support their **Virtual Passport to Healthy Living training opportunity** for twelve community leaders and a pilot workshop for ten – twelve older adults. The training sessions and pilot workshop take place in May and June 2021. Details about the project can be found on page 14. Both of these projects are funded by the Government of Ontario's Seniors Community Grants.

Our **Social Inclusion through Social Prescribing (SITS Rx)** project, which was scheduled to end in mid-March, has received an extension from the Government of Canada's, New Horizons for Seniors Program, to continue our good work on Social Prescribing into the Spring. We are excited to continue to support our SITS Rx participating centres and we encourage more centres to come on board and join us for our monthly Check-In session. The next session is scheduled for Monday, March 29th. Please email sue@oacao.org or see page 8 for more information.

I would next like to highlight a growing group of centres who continue to offer **Seniors' Centres Without Walls (SCWW)**, group telephone-based programs. We thank you for your innovation and creativity to support isolated seniors to stay connected and engaged in your centre and community. Our SCWW Provincial Hub Network has grown to well over 100 organizations. We have enjoyed supporting our SCWW Micro-grant recipients and will continue to offer monthly SCWW networking sessions over the next few months. See page 9 for more information. Although the weather is warming and some COVID-19 related restrictions are easing, we feel that the value and purpose of the SCWW programs will continue long into the future. Telephone and web-based programs will become part of your regular program offerings. Thank you to The Good Companions Seniors Centre for their foresight and compassion to support our sector with their leadership and resource sharing and thank you to the Ministry for Seniors and Accessibility for funding this important project.

One final point to highlight is the **OACAO advocacy work** that has been at the forefront of my work during the COVID-19 pandemic. The Ontario Government will be announcing their **2021 Ontario Budget** on March 24th and I am feeling honoured to be participating in the Embargoed Technical Briefing, to hear first-hand, how our government is recognizing the important work that the SALC sector is doing to keep Ontario seniors safe, active, and engaged now and into the future. I am hopeful that the government will recognize the need to increase the annual funding for Seniors Active Living Centres (SALCs), to continue to offer the Seniors Community Grants and continue to prioritize our sector and the seniors that we serve for COVID-19 vaccinations.

Please feel welcome to reach out anytime if you have questions about any of the OACAO's current projects. Be well,



Sue Hesjedahl
Executive Director

OACAO

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

Welcome to our New OACAO Members



Davenport-Perth Neighbourhood and Community Health Centre

1900 Davenport Road, Toronto, ON M6N 1B7

416-656-8025 • www.dpnchc.ca



The Glebe Centre – Abbotsford House

950 Bank Street, Ottawa, ON K1S 5G6

613-230-5730 • www.glebcentre.ca



Nigerian Canadians for Cultural, Educational and Economic Progress

3176 Walker Road, Windsor, ON N8W 3R5

519-988-6725 • www.Ncceep.com



Corporation of the City of Welland

145 Lincoln Street, Welland, ON L3B 6E1

905-735-1700 • www.welland.ca

MAKE SURE TO FOLLOW THE OACAO ON FACEBOOK AND TWITTER



@oacao



@TheOACAO

Renew Your 2021/2022 OACAO Membership

RENEW YOUR MEMBERSHIP

This is a friendly reminder that your membership with the OACAO is due for renewal and we ask that you kindly submit your payment by April 30, 2021. The OACAO membership year runs from April 1 – March 31st each year. In light of the COVID-19 pandemic, if you require more time to make your payment, or require an adjustment to your membership level due to a change in your annual operating expenditures, please contact Fiona Mueller at admin@oacao.org to discuss.

To renew or update your membership account for 2021-2022, please log into your membership profile at <https://oacao.wildapricot.org/Sys/Profile> using the email address and password of the contact person in your organization listed on the OACAO Wild Apricot System and follow the suggested actions on your profile screen. Don't know the password? Reset it at: <https://oacao.wildapricot.org/Sys/ResetPasswordRequest> and remember you must use the email address of the contact person listed in the system under your organization.

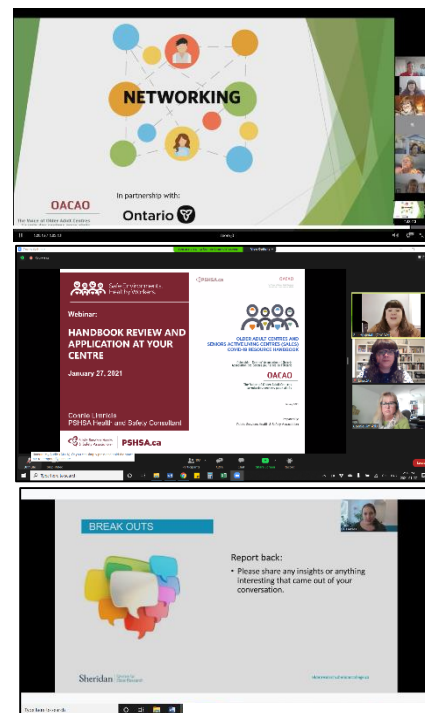
Any questions, or to request an invoice, please contact Fiona Mueller at admin@oacao.org or call 905-584-8125 or Toll Free at 1-866-835-7693.

OACAO Capacity Building Webinars RECAP

When the COVID-19 pandemic hit, the OACAO quickly adapted our regional workshops to virtual workshops and webinars in 2020 - 2021. We offered 9 very successful Capacity Building virtual events with the final one taking place on March 23rd. The timely topics were selected to meet the needs and interest of OACAO members and SALCs, and to support them through the ever-changing demands of the COVID-19 pandemic. We give a heartfelt thank you to the presenters who shared their expertise and knowledge on:

1. Fundraising in the COVID-19 Era and Beyond: Virtual Special Events as a Kickstarter to your Fundraising Efforts
2. The Importance of Building a Compelling Case for Funding Support
3. How to Pivot Your Volunteer Program During the "New Normal"
4. Mindfulness & Stress Response
5. COVID-19 Resource Handbook Review
6. Strategies for Self-Care as COVID-19 Continues
7. Social Frailty
8. Managing Through Change
9. Coffee Tea or the Right Volunteer Board or Committee

We were all inspired by this very success project which was funded by the Government of Ontario, Ministry for Seniors and Accessibility. We could not have done it without the support of the ministry, and the enthusiasm of our members.



Ontario

OACAO Spring Webinars

**In Recognition of National Volunteer Week
OACAO Volunteer Appreciation Event
OACAO Member Centre volunteers are invited to attend**

**You've Got the Power – Me First for a Change
Monday, April 19, 2021 2:00pm – 3:00pm EDT**

Presenter: Rosita Hall

The challenges of the past year have taken its toll, and all of us could use an emotional, mental, physical, and spiritual tune up with a little bit of laughter. During this lively fun-filled session, Rosita will remind participants that in order to better serve ourselves and others, we need to fill our own cups first. Many of us are gracious at serving others, but often fall short when it comes to self-care. Join Rosita as she debunks the myth that self-care is about carving out a designated amount of time in our daily schedules to care for ourselves. Rosita believes that self-care is a 24-hour, seven day a week process. Our health is our greatest resource, and the choices we make each day will determine how effective this resource will be. Rosita will walk you

through fun filled self-care techniques that if applied on a regular basis will decrease your stress level, re-awaken your heart and soul, increase your energy level and emotionally prepare you to meet the challenges of the day! Are you up for it? Fasten your seatbelts you're in for the ride of your life!

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



Free for OACAO Member Centre – volunteers

<https://oacao.wildapricot.org/event-4221346>

(Registration will open on March 29th at 9:00 am.)

BETTER SLEEP

Tuesday, May 18, 2021 12 Noon – 1:00pm EDT

Presenter: Claudia Picard-Deland, Sleep Canada

This session will provide answers to questions frequently asked about sleep and will discuss solutions to reduce sleep difficulties

- Why is sleep important for my physical and cognitive health?
- Will my sleep change with age?
- Is it O.K. to nap?
- What factors may contribute to sleep difficulties?
- What are the recommendations to sleep soundly as we are getting older?

Sponsored by:



Free for OACAO Members – staff and volunteers

<https://oacao.wildapricot.org/event-4221379>

(Registration in Advance.)

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

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Technology Information and Knowledge Sharing Virtual Workshop – PART 3

Date & Time: Tuesday, April 6, 10am-11:30am via Zoom & Toll free

Workshop Facilitator:

Noor Din, Founder and CEO, Human Endeavour / HOPE Resource Hub SALC.

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

Topics covered in this virtual workshop:

1) Feedback on converting tablets owned by 3 centres to Seniors Friendly Tablets (TASS format)

- Background,
- Our work and findings
- Limitations of various tablet brands
- Survey results and suggestions

2) Guidelines for selecting tablets for your centre

- Tablets selecting and purchasing guidelines
- Benefits to the organizations and the sector

3) Expanding helpline (call centre) for other organizations/seniors

- How tablets, remote access and helpline is integrated for TASS
- How can we expand helpline support by partnering with other organizations (a collaborative model)

4) Technology Advisory Table and its members

- Initial organizations (members) who have joined the advisory table
- Objectives

5) Question & Answer period

Free for Seniors Active Living Centres (SALCs), OACAO members and organizations serving seniors. (Register in Advance)

To Register Visit: <https://oacao.wildapricot.org/event-4228516>

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

**SOCIAL INCLUSION THROUGH SOCIAL PRESCRIBING (SITS RX)
OUR JOURNEY SO FAR***Submitted by Pat Spadafora, Kaleidoscope Consulting*

This is the third in a series of OACAO newsletter articles about the SITS Rx project. While the COVID-19 pandemic has had an impact on the rollout of the project, it has not dampened either the enthusiasm, dedication or perseverance of participating centres! Thank you to all participants.

For those who may have missed it, here is a quick reminder, from an earlier article, about social prescribing.

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

Following our SITS Rx Introductory Webinar on October 7th, 2020 and the SITS Rx Participating Centre Training Webinar on November 9th, 2020, the project gained traction. After the training, we launched bi-weekly, online check-in sessions, an informal time for participants to share updates about outreach strategies, Volunteer Link Ambassador (VLA) recruitment, challenges and successes. A core group of about 16 – 20 people participated in the check-in sessions; their willingness to readily share resources and ideas with each other demonstrated the extent to which they came together to support one another.

The project's latest virtual event, *Our Journey So Far*, was held on March 8th at which Arlene Ling and Mieke Mahood (Pembroke 50+ Active Living Centre), Katelynn Laarakker (WISE Mobile Active Living Centre, District of Muskoka) and Pete Marshall (Parkside Centre, Greater Sudbury) shared their experiences with the project. In addition, Almut Brenne-Davie N.P. and Dr. Dean Roehl, Primary Care Providers (PCP) from the Rexdale Community Health Centre (RCHC) in Toronto, joined the session to share their perspectives on social prescribing from their experiences at the RCHC.

What did we learn? These are just a few points. Please be in touch if you would like to learn more.

- Outreach can be challenging! It is not always easy to identify and reach the 'right' person within health teams who can promote social prescribing.
- The importance of creating the foundation (e.g. having your information packages ready, VLA's in place, virtual and/or telephone programs) before beginning your outreach.
- There is increasing support for and recognition of the benefits of social prescribing among PCPs.
- Many older adults are adapting to virtual programming, an approach which may continue even when face-to-face programs resume.

The value of social prescribing to reduce social isolation and/or loneliness cannot be underestimated. We recently gained approval from the Government of Canada to continue with this very important project into the new fiscal year. We remain committed to supporting centres who want to continue or begin social prescribing programs. New Centres are welcome to participate!

If you would like more information about how you can participate in the SITS Rx project, please email Sue Hesjedahl at sue@oacao.org or call 905-584-8125 toll free 866-835-7693.

This project is funded by
the Government of Canada.



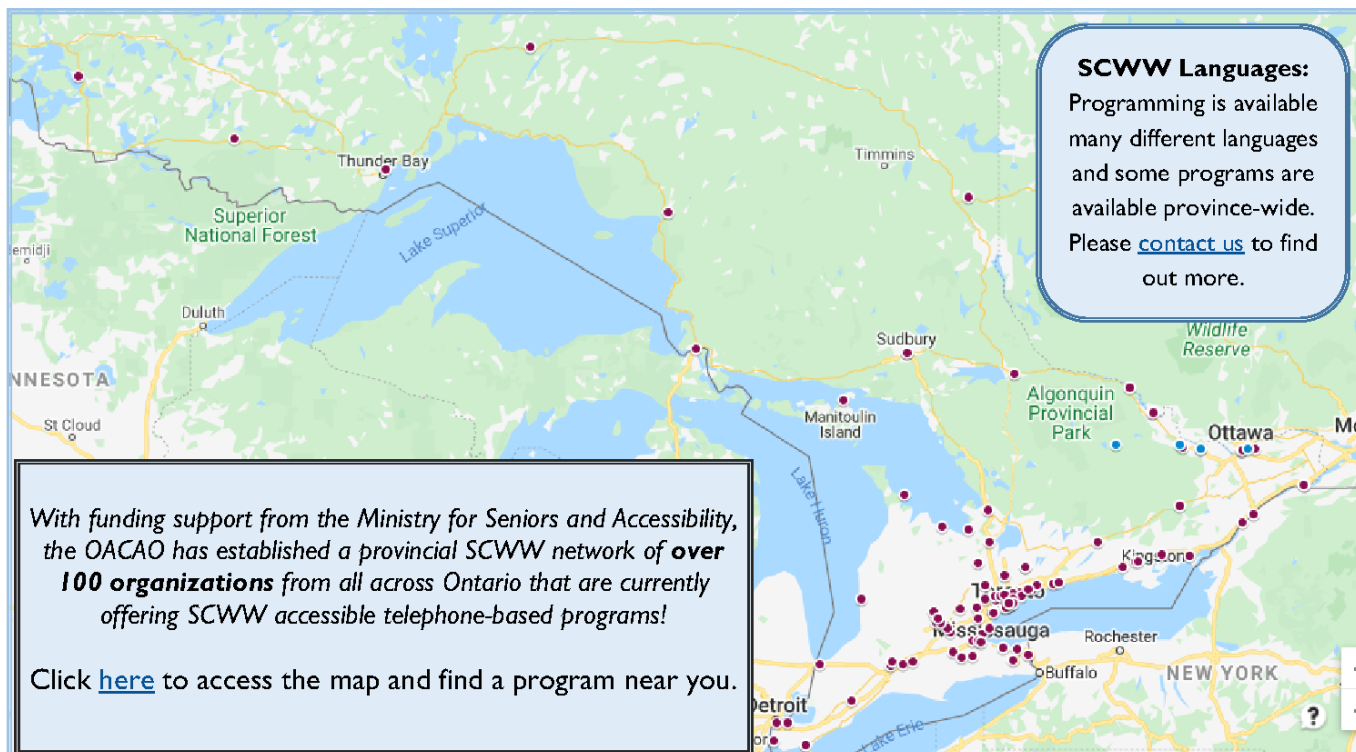


SENIORS' CENTRE WITHOUT WALLS



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.



SCWW programs access:

- SCWW Shared Resource Drive
- Monthly networking sessions
- Province-wide Presenter Contact list
- Ongoing support from the OACAO SCWW team

Recent and Upcoming SCWW Networking Session Highlights:

- ⇒ Participant Outreach and Retention & SCWW Volunteer Support
- ⇒ [Sheatre](#) Elder Abuse Prevention Podcast and Provincial Resources
- ⇒ *Without Walls: Accessibility and Inclusion for All*

All networking sessions are recorded and shared with the SCWW Network.

SCWW Micro-Grants

With funding support from the Government of Ontario, the OACAO has been supporting several diverse seniors serving organizations across Ontario to deliver the Seniors' Centre Without Wall program. Cultures and communities represented by our Micro-Grant recipients include Francophone, Indigenous, Rural and Northern Ontario as well as 28 other diverse cultures. Micro-Grant recipients have been participating on our monthly networking and training sessions and have gained knowledge from their peers in the SCWW Provincial Hub Network. The next SCWW Networking Session is on April 7th at 12 noon and will cover Accessibility and Inclusion. Please email SCWWHub@oacao.org for more information.

For more information: ✉ 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

The Government of Ontario's Community Building Fund



TUESDAY, MARCH 16, 2021

COVID-19 has had an overwhelming impact on the arts and culture, heritage, tourism, sport and recreation sectors. These sectors are critical to the social and economic fabric of Ontario and its communities and to support their broader recovery, the [Ontario government is investing \\$105 million through the Community Building Fund](#).

This fund will support arts and culture, heritage, tourism, sport and recreation non-profits and Indigenous communities that operate facilities and/or deliver experiences or programs for the public. The fund will enable organizations to remain viable so they can continue to improve quality of life and provide services, jobs, educational opportunities, and programming for Ontarians. This initiative is part of the 2020 Budget, [Ontario's Action Plan: Protect, Support, Recover](#).

The fund is being delivered by the Ontario Trillium Foundation across two distinct funding streams – Operating and Capital.

Information about the Capital stream will be available later in 2021.

Community Building Fund - Operating stream

- Applications will be accepted starting March 31, 2021.
- Application deadline is April 28, 2021 at 5 PM ET

Please stay tuned for more information about the Community Building Fund – Operating stream application resources and eligibility requirements being released March 25.

OACAO celebrates National Volunteer Week In Recognition of National Volunteer Week

OACAO Volunteer Appreciation Event OACAO Member Centre volunteers are invited to:

You've Got the Power – Me First for a Change

Monday, April 19, 2021 2:00pm – 3:00pm EDT

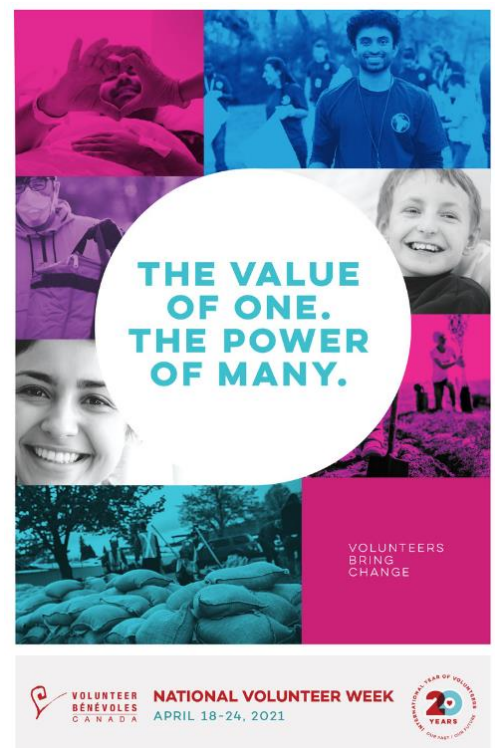
Presenter: Rosita Hall

Limited tickets available on a first come, first served basis.

Registration opens on March 29th at 9:00 am

<https://oacao.wildapricot.org/event-4221346>

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



FREE TOOLS & RESOURCES DESIGNED TO HELP YOUR WORKPLACE



Your health and safety are important to us, particularly during COVID-19. As your designated health and safety association, our mandate is to support you with your health and safety needs. We are reaching out to you to make sure you know the free tools and resources designed to help workplaces during this time. Additionally, we wanted to let you know about our classroom learning for your health and safety training requirements.

SUPPORTING YOUR CONTINUED HEALTH AND SAFETY LEARNING NEEDS

If you have ten or more employees to train, PSHSA can provide you with a session exclusive to your organization. Distance learning is available for most PSHSA courses. Face to Face in class training can also be pre booked for a future date when restrictions allow. Please contact PSHSA for details.

Some courses you may be interested in are:

- Certification Part 1
- Certification Part 2
- Certification Refresher
- Health and Safety for Leaders

<https://www.pshsa.ca/courses/health-and-safety-for-managers-and-supervisors-blended-distance-learning>

If you prefer to attend a regional training session, please see our regional training offerings [here](#).

Free IPAC Basic Awareness eLearning

Infection Prevention and Control at Work: Basic Awareness Training is now available from the Public Services Health and Safety Association. This free, 30-minute eLearning program will equip workers across all workplace sectors, with knowledge in infection prevention and control (IPAC) and why it is important; how infections are spread and what action workers can take to protect themselves and others from infectious agents that may exist in their workplace. The training can be accessed at www.pshsa.ca/ipacelearning

COVID-19 RESOURCES AND INFORMATION

PSHSA has worked with experts to curate and develop several resources to support workplaces in addressing the realities of operating a business during COVID-19. Visit <https://www.pshsa.ca/covid-19> to access free risk assessments, guidance documents, tools, and public health directives and information. You can also access materials to support a safe and sustainable return to the workplace.

SPECIALIZED SERVICE DELIVERY

PSHSA continues to support our clients with onsite Risk Assessments, Job Hazard Analysis, Cognitive and Physical Demands Analysis, Health and Safety Audits, Ergonomic Assessments and a variety of webinars including Return to the Workplace. Contact Connie Limnidis for more information.

PSHSA now accepting [Registration for our 2021 Excellence program](#)

Connie Limnidis

Health and Safety Consultant

Public Services Health & Safety Association

Email: climnidis@pshsa.ca





Elder Abuse Prevention (ON)
Stop Abuse - Restore Respect

COMMUNICATION in HEALTHY RELATIONSHIPS

Tea & Talk
with

Elder Abuse Prevention Ontario (EAPO)

Communication is the first building block of any healthy relationship. As we age, our roles, responsibilities and health will change, all of which can become difficult to discuss with our families. The ongoing C-19 pandemic affecting the global community has changed how we interact with others.

It is important that we continue to model effective ways to communicate, despite the lockdowns, social distancing and other restrictions impacting everyday life. Older adults need to ensure their wishes are clearly known and their needs continue to be met.

EAPO has been facilitating *Tea & Talk* workshops for older adults, for over 15 years, using a Toolkit, comprised of (8) topic specific modules:



- DATING AS AN OLDER ADULT
- SELF ESTEEM
- AGE DISCRIMINATION
- CAREGIVING
- HEALTHY COMMUNICATIONS
- PROTECTING YOUR FINANCES
- ELDER ABUSE 101
- SEXUAL HARM

These interactive presentations are free and can be stand alone sessions or tailored to your group's needs, as a series – your choice! Each module takes about an hour (flexible), with about 10-15 individuals taking part. Throughout the session, there are quizzes to promote discussion, tip sheets and listings of community resources (services and programs) to take away. Meant to inspire you, EAPPO will train others (in ½ day) to become facilitators, to be able to share these important messages with local community and seniors groups.



[Sign up for the EAPPO newsletter- CLICK HERE](#)



[To book YOUR "Tea & Talk" workshop- CLICK HERE](#)

The T&T Toolkit was originally developed through the efforts of the Kawartha Sexual Assault Center and local Peterborough service providers, with funding from the Canadian Women's Foundation. More recently it was adapted by EAPPO with support from the Ontario government.

Ontario

Contact us:
www.eapon.ca
(416) 916-6728

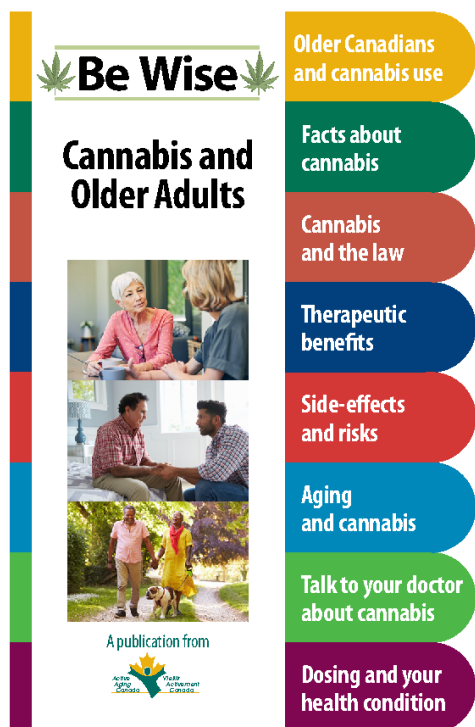


Need HELP Now?
Seniors Safety Line
24/7
1-866-299-1011



Cannabis and Older Adults

Factual information about cannabis for older adults.



8 Important Topics

Older Canadians and cannabis use

Facts about cannabis

Cannabis and the Law

Therapeutic benefits

Side effects and risks

Aging and cannabis

Talking to your doctor

Dosing and your medical condition

Published by Active Aging Canada with a grant from Health Canada, research has been gathered from across Canada and around the world about older adults and cannabis. The result of that work is presented in this comprehensive booklet.

Bright, easy to read, the facts about all forms of cannabis are discussed openly, and the information about cannabis is presented in an objective manner.

Authored using Active Aging Canada research, reviewed by experts, tested across Canada with older adults, the *Be Wise* booklet is designed to help older adults know the facts about cannabis before they decide whether or not cannabis use is for them.

In partnership with the OACAO, Active Aging Canada, will ship a bundle of 25 *Be Wise* booklets to your centre in April 2021, for distribution to your members when you are able. Additional booklets can be ordered free of charge from www.activeagingcanada.ca.



Virtual Training Opportunity for Rural and Northern OACAO Members

Active Aging Canada has worked with the OACAO on many projects over the years. We are pleased to be able to offer a new training program to **OACAO members who live in rural or northern Ontario**. We have received funding from the Government of Ontario, Seniors

Community Grant Program, to be able to offer a virtual facilitation training to **twelve community leaders**. The facilitation will be focused on our resource, *Your Personal Passport to Healthy Living*, but the skills are transferable to any workshop and training program you may offer. The *Passport* workshop takes an older adult on a healthy lifestyle journey. It is designed to provide the participant with

benefits that will last a lifetime.

COST

The cost for the course is only your time and commitment. The funding pays for the training costs and all resources, but you must commit to all the sessions.

TIME

The time of the virtual training is Tuesday and Thursday mornings from 9:30 – 12:00 EST from May 11th – June 29th. In total, it is a commitment of approximately 35 hours over two months.

LOCATION

From the comfort of your home or office, wherever you have a stable Internet connection.

PARTICIPANT CRITERIA

Twelve leaders will be invited to attend the training. Your geographical location must be **rural or northern Ontario**. If numbers permit, we may be able to accept two leaders from one centre, to allow co-facilitation of a future *Passport* workshop.

PARTICIPANT COMMITMENT

Attend and participate in all sessions.

Agree to offer one virtual workshop of *Your Personal Passport to Healthy Living* to your members within 2021.

As will all grant funding our time is short. If you are interested and would like more information please send an email to the address below by **Wednesday March 31st**, and you will receive additional details and a short application form.

Older Adult Participants Needed for Pilot Workshop

In conjunction with the facilitation training of community leaders using our *Passport* resource, we



are also in need of **older adult volunteers to participate in a virtual pilot** of our *Passport* workshop. This workshop resource has been tested and offered to hundreds of older adults over the years. The 6-week course is an informative and motivating experience, designed specifically for older adults who are interested in making a positive healthy lifestyle change in their current behaviour. The sessions are designed to be supportive of all individual's needs and goals. They learn to have success over time with small lifestyle changes of their choice.

COST

The cost for the course is only their time and commitment. The funding pays for the training costs and all resources, but they need to attend all six sessions.

TIME

The time of the virtual pilot *Passport* workshop is Tuesday and Thursday mornings from 9:30 – 11:00 EST from June 8th – June 24th. In total, it is a commitment of approximately nine hours over six weeks.

LOCATION

From the comfort of their home, or wherever they have a stable Internet connection.

PARTICIPANT CRITERIA

10 -12 older adults

Preferably from the same centre or geographical area.

Does not have to be in rural or northern Ontario. Preferred but not critical.

PARTICIPANT COMMITMENT

Attend and participate in six sessions

Provide feedback on the workshop, content and facilitation.

If you are interested and/or would like more information please send an email to the address below by **Wednesday March 31st**, and you will receive additional details and a short application form.

Patricia Clark

exdir@activagingcanada.ca

Active Aging Canada

National Executive Director



Save the Dates

OACAO 2021

Aging Well Conference

October 25 & 26, 2021

Conference format and details TBA

www.oacao.org/events/aging-well-conference/

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.

Newsletter Contributions from our Members

CENTRE CHARLES-EMILE-CLAUDE

Submitted by: Linda Newman



PLATFORME NUMÉRIQUE TON CERVEAU AU BOULOT !

NOUVEAU
31 MARS 2021

Une nouvelle plateforme numérique sera disponible pour les gens curieux de connaître ce programme. Cette plateforme est un outil de ressources et d'information pour les bénévoles-formateurs, les participants et le grand public. Elle permettra de connaître les points de service où le programme est offert dans l'est ontarien. Si vous désirez mettre en place ce programme, communiquez avec Linda Newman au lnewman@cceccornwall.com. Des ateliers de formations pour les bénévoles-formateurs seront offerts au printemps 2021. <http://www.moncerveauauboulot.ca>

CITY OF MISSISSAUGA

Submitted by: Jackie Ellicott, Recreation Programmer Fitness, Mississauga Seniors' Centre

Who Knew? – Partnership: Pearson International Airport and Sauga Connections with Older Adults (SCOAp)



MISSISSAUGA

Throughout the pandemic we have learned so much on how to respond and how to adapt in this ever changing climate. The older adults that participate with us in SCOAp have also learned so much. Every Tuesday and Thursday we host an educational virtual meeting with a guest speaker. There have been a large array of topics and the information we receive has been extraordinary (for staff included).

Through our many collaborations we have created a wonderful relationship with the Greater Toronto Airport Authority. Several times we have welcomed the airport team to present various topics to our virtual program group. Topics you would be surprised an airport would have to offer. It really is the best kept secret. Some of the topics offered have been:

- Wildlife Management at the Airport
- Runway 101: Learn how our runways work
- Pearson's Healthy Airport program: Learn how we're putting your health first
- Art at Toronto Pearson: Learn more as we showcase our collections

We have learned about the falconry that is at the airport and the way birds are trained to avoid wildlife interfering with flights. We discovered the art that has been commissioned for the airport and it's elaborate history. The methods in which the airport is protecting its patrons during the pandemic and in future was a very informative topic. And how the runways are situated to be sure the airport is run safely and effectively was very interesting. Each topic's presenter has spent a lot of time with the group to answer questions and include everyone in the discussion.

Who knew that there were so many facets of the airport? I know I have learned so much. We will continue to work with the airport and their team to discover so much more.

If you would like further information, please contact me at Jackie.ellicott@mississauga.ca



CITY OF RICHMOND HILL

Submitted by: Jennifer Ayres, Older Adult Program Coordinator, Community Services Department



The City of Richmond Hill was fortunate enough to get approval for a New Horizons for Seniors Program Grant in April 2019. Our project name is "Seniors Getting Connected" the goal of the project is to boost the confidence of our older adults through the use of technology. We hit the ground running with delivery of our first workshop in November 2019. Unfortunately, due to Covid 19 we had to stop the delivery of these workshops in March 2020. Determined to continue in some way, the City of Richmond Hill staff with the support of the Richmond Hill Computer Technology Volunteers (RH-CTV) went back to the table to determine how we would be able to deliver these workshops virtually. We have had a tremendous amount of success with over 400 older adults registering within hours of them being available. There are 9 different workshops being offered through the months of March and April. Some examples of these workshops are Genealogy-Getting Prepared for Your Family Tree, Fun & Challenging Brain Games, You Tube Video/ Music, and Managing Your Digital Photos. A full listing of the workshops available can be found <https://ca.apm.activecommunities.com/richmondhill/Home> as well as the RH-CTV website <https://sites.google.com/view/rhctv55/>.

With the support of the RH-CTV's, the City has been able to provide a way for older adults to stay socially connected through technology in a safe and friendly environment. We have all had to adjust this past year due to Covid 19 and the "Seniors Getting Connected" project has been a wonderful way to stay connected with our older adults. Everyone involved has learned new ways to use the technology – the older adults are benefiting as they are connecting with their social circle and staff and volunteers have learned new ways to successfully deliver programs.



HILLVIEW ACTIVE LIVING CENTRE

Submitted by: Matas Eimantas



Hillview Meal Program – Bringing Hillview Home

At the beginning of the year, The Town of Halton Hills received funding to support the lunch program at the Hillview Active Living Centres in Halton Hills from the Mississauga Halton Local Health Integration Network (LHIN). The grant is being used to provide subsidized meals through curbside drive thru to our members. These meals are provided by local restaurants and the program quickly became popular. Not only are the meals affordable and delicious but it is an activity that participants look forward to each week. For many, it is an opportunity to stay connected with the centres and the staff that they know and love. Many more enjoy being able to support local business and feel a sense of connection to the community as they discover and sample restaurants close to home. The program has become so popular that we are exploring the sustainability of it once the grant comes to an end. We are hoping to continue to partner with many of the businesses to continue the program at an affordable cost.

In conjunction with the meal program, Zoom is being used to connect with the members through weekly chat sessions and provide social engagement opportunities. These chats give members another avenue to stay engaged with their centre. Recently a YouTube series has been introduced that offers recipe ideas and instruction to showcase affordable and delicious meals that can be

incorporated into everyday life. The videos have become quite popular and members look forward to making the meals for themselves. While Covid-19 has limited our In-person programming, these initiatives have helped us to bring the essence of the centre back into our members' homes.

Link to video series:

https://youtu.be/-fFWz_9TGqA



HUMAN ENDEAVOUR

Submitted by: Noor Din, CEO



**Human
Endeavour**

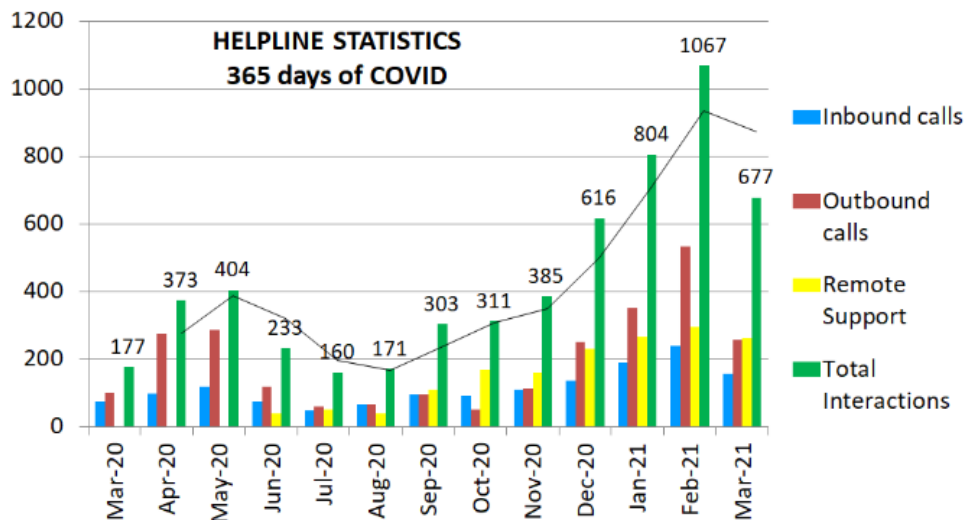
OACAO

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

365 Days of COVID & TASS - Technology, Access and Support for Seniors and Partners

Here is a summary of TASS direct help to seniors with membership of HOPE Resource Hub/Human Endeavour during the 365 days of pandemic (March 15-2020 - March 15, 2021)

1. Total number of seniors helped to come online = 481 (includes 380 seniors brought their own tablets, HOPE RH distributed 101 seniors friendly tablets to those without their own devices)
2. Total number of online programs offered = 611
3. Numbers of virtual attendances made by seniors = 16,403
4. Number of TASS Seniors Friendly Tablets distributed by Human Endeavour and Partner organizations = 419
Out of these 70% are cellular tablets with data, 30% are Wi-Fi tablets
5. Tech support calls + remote login support with seniors including from partner organizations = 5500+



March to June/July 2020 calls are mostly with HOPE Resource Hub seniors. July onwards calls are most with seniors of partner organizations using TASS senior friendly tablets

TASS is a collaborative initiative of Human Endeavour that has been supporting Human Endeavour's own clientele, seniors from partner organizations and building capacity of partners.

Through a Seniors Community Grant (SCG) funded by the Government of Ontario, Ministry for Seniors and Accessibility, partnership with a number of SALCs and seniors serving organizations and particularly with the OACAO, Human Endeavour has been conducting technology workshops to raise awareness about technical solutions to build the capacity of the sector.

With support from OACAO, we conducted two technology workshops that generated good interest, discussion and created a number of new partnerships. They have resulted in collective efforts that will benefit the SALC sector at large, immediately and for years to come. We thank those who are working closely with HOPE Resource Hub SALC/Human Endeavour and OACAO to setup sector wide collaborative initiatives. Next workshop is Tuesday, April 6th at 10:00 am.

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

NORTH BAY GOLDEN AGE CLUB

Submitted by: Maureen Bruce-Payne, RUOK / Fit For Life / Young at Heart, North Bay Golden Age Club

North Bay Golden Age Club



Our Club entertains a warm and friendly atmosphere. It is offered to those 50 and older and is classified as a 50+ Activity Centre. It is a not for profit, capital cost facility under the umbrella of the City of North Bay. A Club membership includes membership with the United Senior Citizens of Ontario (USCO) and the Older Adult Centres' Association of Ontario (OACAO) and offers reduced rates for club activities.

It is governed by a volunteer Board of Directors and managed by an Office Administrator with the help of many volunteers.

The Club receives some funding from the Ministry of Health and Long-Term Care, and from the City of North Bay. The City of North Bay also provides help through purchase of service agreements, however most of the Club's funds come from self-generated membership, and activity fees, donations, as well as our various fundraising activities.

Our 60th Anniversary is in 2021.

All though we are currently under lockdown we look forward to resuming our many activities once the Covid19 restrictions are lifted.

Stay well – Stay Safe

**135 Worthington Street West,
North Bay, ON P1B 8M6
Ph: (705) 474-6520,
Fax: (705) 476-0666,
Email: nbgac@hotmail.com
Website: www.northbaygoldenageclub.com**



January 2021 saw the launch of our centre's new logo (see above) developed for our 20th anniversary. RAFO was incorporated in 2001, twenty years ago. And we are still going strong, even with all the confinement rules and regulations that keep us from holding our activities in person.

Our Web site (www.rafo.ca) has also been redeveloped with added features aimed at making life easier for our members. We now have an integrated on-line store linked to our activities' Calendar, called "Mon compte" (My account), where members can register for an activity, and also pay for it if fees are required, all by themselves, without the assistance of our employees. All they must do is sign-in with their membership card number and password, choose the requested activity and add it to their cart.

This year, we are continuing with the virtual programming that we started last year, such as virtual conferences, exercise classes and committee meetings. We are planning to add some visual art classes, painting courses, as well as cooking instruction classes very soon. For those who do not have the Internet or who are uncomfortable with on-line activities, we offer a program called "Mon RAFO à distance" (my RAFO at a distance) where participants use their telephone line to join in regularly scheduled group discussions on a variety of matters of interest to elders. This program is growing steadily as new participants join in every week.

In January, we also wrapped up a special writing project that had been on-going for most of last year. Ten participants, without knowing who the other writers were, continued the storyline proposed by the previous anonymous writer. The end product was a 120-page book entitled "Un matin pas comme les autres", a thriller which sold-out (100 copies) in just two weeks with all the proceeds going to RAFO.

A good number of projects and activities aimed at keeping our members active will be added to our program schedule during the year, virtually, of course.

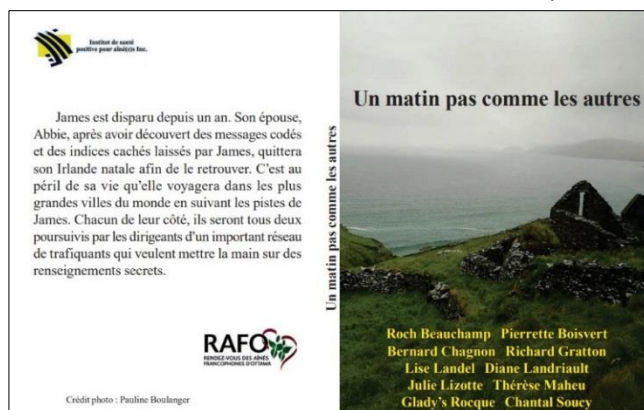
En janvier 2021, nous avons présenté le nouveau logo du centre (voir ci-dessus). Celui-ci a été créé dans le contexte du 20^e anniversaire du RAFO. En effet, le RAFO a été incorporé en 2001, il y a de cela 20 ans déjà. Il est toujours présent et poursuit ses activités et ce, malgré tous les règlements de santé publique qui nous empêchent de tenir nos activités à l'intérieur en présence de nos membres.

De plus, notre site web (www.rafo.ca) a également été refait et comporte de nouveaux outils visant à faciliter les interactions des membres avec le centre. Nous avons maintenant un magasin en ligne lié directement à notre Calendrier des activités. Il s'agit de "Mon compte" que les membres peuvent utiliser pour s'inscrire aux activités et les payer lorsque des frais sont exigés, tout ça sans l'aide de nos employés. Ils n'ont qu'à ouvrir leur compte en utilisant le numéro de leur carte de membre et un mot de passe, choisir l'activité à laquelle ils veulent s'inscrire et l'ajouter à leur panier.

Nous poursuivons cette année la programmation virtuelle que nous avons établie l'an dernier, c'est-à-dire les conférences virtuelles, les classes d'exercice physique et les réunions de comités. Nous prévoyons offrir très bientôt des cours d'art visuel, de cuisine et de peinture. Nos membres qui n'ont pas de service Internet ou qui ne sont pas friands des activités en ligne peuvent s'inscrire à un programme que nous appelons "Mon RAFO à distance". Ils peuvent utiliser leur téléphone pour participer à des discussions de groupes sur une variété de sujets d'intérêt pour les aînés. Ce programme est de plus en plus populaire avec de nouveaux participants qui s'y joignent chaque semaine.

Toujours en Janvier, nous avons terminé un projet spécial d'écriture de roman que nous avons commencé en mai 2020. Dix rédacteurs, sans connaître les autres membres du groupe, ajoutaient un bout à l'histoire menée par le rédacteur anonyme précédent. Le produit de ce projet a été la publication d'un livre intitulé "Un matin pas comme les autres". Les 100 exemplaires de ce roman policier se sont écoulés en deux semaines. Tous les fonds recueillis ont été remis au RAFO.

D'autres projets et activités viendront s'installer dans notre programmation durant l'année, pour tenir nos membres actifs durant cette période de confinement.



REXDALE COMMUNITY HEALTH CENTRE

Submitted By: Wendy Caceres-Speakman, Manager, Services for Seniors



Rexdale Community Health Centre (SALC) Partners with Humber College Institute of Technology and Advanced Learning, Faculty of Health Sciences and Wellness to Offer A Virtual Health Fair:

In November 2020, Rexdale CHC was approached by the Community Placement officer from Humber College Institute of Technology and Advanced Learning, Faculty of Health Sciences and Wellness with a request to support a placement for nursing students (Second Semester) with an opportunity to present a virtual Health Fair for older adults.

Rexdale CHC was very excited and interested to participate in this great opportunity, not only to support the students but also as a viable option to continue our tradition of offering an annual Health Fair event for our community.

The student placement involved working with two groups of eight - second semester Bachelor of Nursing students and their two clinical instructors.

There was very minimal commitment required from RCHC for this placement as the students worked alongside their clinical instructors. Apart from two scheduled meetings (between Dec 2020 & March 2021) with the Clinical Instructors and one with the students to discuss the project and the presentation topics, all of the preparation and work was done by the students under the guidance of their instructors.

The theme chosen for the RCHC Virtual Health Fair was 'Head To Toe.'

The students worked in pairs to develop eight presentations which focused on the areas of the body from 'Head to Toe.'

Presenting on a broad variety of health promotion topics including; mental health, vision and oral health, digestion, nutrition, falls prevention and risk, physical activity, handi - crafts, which included a demonstration on how to knit using three pieces of yarn and tape, and an amazing guided meditation session.

The presentations were pre recorded on video or via Power Point and uploaded to the Zoom platform.

The students also created informational flyers / brochures to support each of their presentations and these resources were gathered in a zip file and sent out to the registered participants by RCHC prior to the event.

The format chosen for the two hour event was presentations by each team followed by an interactive Q & A session.

On March 4th 2021 from 9:30 a.m. – 11:30 a.m. RCHC hosted its first Virtual Health Fair with 55 seniors in attendance.

The event was a HUGE success. We received great feed back from our seniors, students and their instructors. We weren't sure how a two hour event would be received, but our seniors stayed actively engaged throughout the whole session.

Would we do this again, ABSOLUTELY! It was definitely a Win - Win for all involved.

For any other organization interested in supporting this student placement please contact:

Simone Volpe
Placement Officer, Community - BN, PN, PSW
Office of Experiential Learning, K201
Faculty of Health Sciences and Wellness
Humber College Institute of Technology & Advanced Learning
205 Humber College Boulevard, Toronto, ON M9W 5L7
Office: 416-675-6622 ext. 4026 | Mobile: 647-614-2682
simone.volpe@humber.ca

Come join us on
March 4, 2021

Lower Limbs Foot Care, Mobility, & Falls Risk

Presented by: Kerri-Ann Haye-Donawa & Justine Reynolds

Rexdale
Community
Health Centre:

Virtual
Health Fair

"Head-to-Toe"



We will share how to:

- Do simple exercises at home
- Care for the nails and soles of feet
- Reduce swelling and aches in your legs
- Decrease your risk of falling

Come learn how to improve your strength, stability, mobility, and overall wellness using healthy foot-care practices.

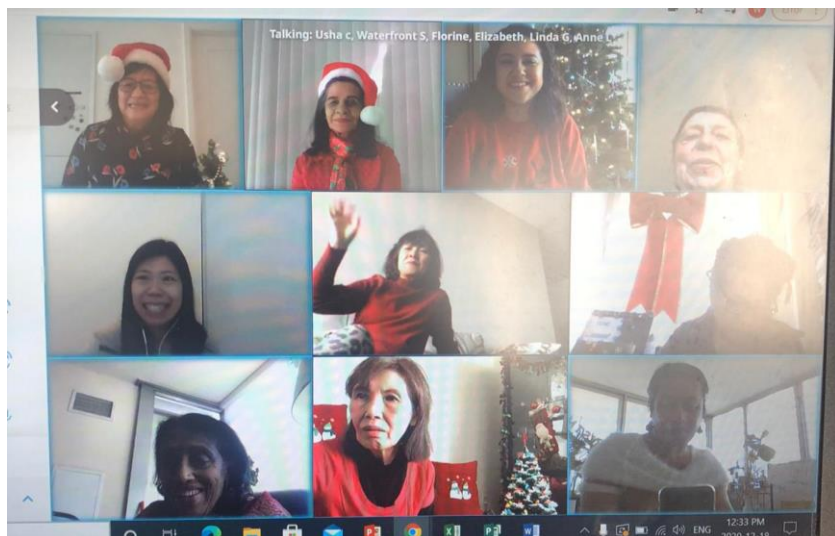


As we navigate through this pandemic, it has been noted that there are key themes and factors that keep programs running smoothly and the seniors engaged. Adaptability, innovation, patience, and teamwork are

some of the many themes that have been observed to have a large impact on the success of programming and events that have been held during these difficult times.

Phone calls and virtual platforms such as Go Meet and Zoom were utilized to host programs and events such as Self Care Management, Men's Health sessions, Community Kitchen and Valentines Party to name a few. Providing different outlets for content consumption increased turnout rates.

Keeping our community spirit alive, during our Black History Month Social Media Series



we featured 3 of our seniors who are black leaders aged between 74-92 along with younger seniors aged 55 +.

With the partially indoor/outdoor Harvest/Garden Party that took place in November, great participation was recorded as the opportunity to attend workshops, learn about Indigenous cultures and the option to purchase vegetables.

Our Tea & Social Programs implemented health promotion and awareness days/months such as Breast Cancer Awareness etc.

Our art Studio held virtual art tours: AGO and ROM while delivering art activity kits

to senior's homes during the Holiday Season was also a highlight.

Our latest event "Every Day is Earth Day by the Waterfront" covered topics on Zero Waste, and other successful programs. A discussion and overview of our organization's solar panel installation and LED lighting



Retrofit Project which included a CBC news segment was also featured in the event.

Staff continue to roll out security and wellness check-ins for our most isolated seniors but to all seniors in general, as we talk about mental health, ways to deal with stress and possible referrals to programs and other resources that would help increase self-esteem and reduce isolation.

As food security programs continue, tasks including grocery shopping, assistance with ordering online through the local food market operating inside WNC due to renovations.

As the COVID-19 Vaccination Roll-out continues, we continue to work as a team for a safe return to the Waterfront Neighbourhood Centre and extend a long and overdue welcome back to our senior participants.



WISE MOBILE ACTIVE LIVING CENTRE

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



be WISE Without Walls. Through this telephone program, we continue to deliver the health and wellness education; general interest topics; and fun, interactive activities we always have, just in a different format. Samples of upcoming topics include Tips for Keeping Active and Positive, Meal Preparation and Planning, Managing Cholesterol, improvisational storytelling, friendly debates, and much more! While we previously considered launching a virtual program, the pandemic prompted us to put the idea into action. Now we plan to continue WISE Without Walls even after we resume in person programming as a way of bridging participation barriers.

We have continued to offer art and cultural information through our weekly Virtual Village Zoom program. Virtual partnerships with organizations such as the Royal Ontario Museum and the National Gallery of Canada have provided participants with access to information that would have otherwise been hindered by travel distance. By mailing supplies to participants prior to programs, we are able to virtually host watercolour and crafting workshops.

We have also developed creative ways to motivate our participants to incorporate movement into their day. In the summer and fall, we ran two separate walking challenges where participants tracked their walking minutes and achieved weekly goals for the chance to win a prize. In December, we held an Advent Activity Challenge, featuring a different physical activity for participants to complete each day leading up to Christmas. This Spring, we plan to play Fitness BINGO. Each participant will be sent a BINGO card complete with physical exercises instead of numbers. We will email or phone participants with the daily exercise, which they must complete prior to marking it off on their card. The first participant to mark off two straight lines will win a prize.

Our program calendar also featured intergenerational programming prior to the pandemic. We have been brainstorming ways to connect children and older adults despite the need to remain physically apart. In December, we hosted an Intergenerational Holiday Cooking program over Zoom. Our next intergenerational project is "Letter Learners." Children and older adults will be matched as pen pals, writing letters to one another using guided prompts.

While we are excited for when we can return to in person programming, WISE Mobile Active Living Centre is determined to continue providing engaging and holistic programming through creative means until and beyond that day.

Intergenerational Cooking Program: Learning to cook in the comfort of your own home never looked more fun for these two!



THE PRINCE EDWARD COUNTY COMMUNITY CARE FOR SENIORS ASSOCIATION

Submitted by: Debbie MacDonald Moynes, Executive Director



Prince Edward Community Care is made up of 8 board members, 8 staff members, 6 foot care nurses, and over 400 volunteers. We've learned a lot about ourselves and about each other in the months since the pandemic began. Our agency has been providing Community Support Services since 1977 and in 2018 we became a SALC.

In April of 2020 we moved all of our active living programs online and onto the telephone. Programming has been growing. We are using Art Your Service for some of the events and other events are set up by our own staff. In March 2021



we have 57 virtual events through zoom and 4 telephone chats. We have just purchased the toll-free number for zoom so that people can call into webinars should they wish to do so.

Through the Seniors Community Grant

Program we established a partnership with Moonhorse Dance Theatre to offer 4 classes with professional dancers. A second partnership with the Prince Edward Arts Council sees us match 15 artists with 15 clients to chat on the phone for a few weeks and then the artist will use the conversation as inspiration for a work of art in their medium of choice. The culmination will be an online Art Show later in March. The seniors will receive the art works to keep. **All of our active living programs focus on addressing the very real social isolation seniors are experiencing during the pandemic and especially during lockdowns.**



These comments from one of our members sums up what we hear: "Hello! I would like to express my thanks for the support I am receiving as a member of your organization. Two days ago, I received a phone call from one of your volunteers who asked if we were doing ok during these troubling times. I appreciated his phone call very much, and afterwards, I felt a sense of comfort knowing how our PEC community cares for their seniors. Today we watched the virtual tour of Main Duck Island with Terry Sprague. This was a wonderful presentation and we enjoyed it very much. We would love to see more of these! Thank you very much for all your efforts in caring for and catering to our Golden Age group."

The Community Care team has together ridden the waves of ambiguity. We have felt our way through the fog that is this pandemic. We know we're not alone and with this team on duty, seniors in Prince Edward County are not alone either. Things change day after day and sometimes hour by hour. We keep moving forward because we all know that our efforts help seniors live – safely – at home.

www.communitycareforseniors.org

debbie.moynes@communitycareforseniors.org

Newsletter Contributions from our Platinum Business Partners

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MAINTAINING FRIENDSHIPS DURING COVID-19



Did you know that friendship can boost your health and extend your life? Staying connected is especially important for Canadian seniors. Says Heather Palmer, Amica's Cognitive Well-Being Advisor, "Even before COVID-19, it was predicted that within the next 10 years loneliness will be the No. 1 risk factor for death among seniors — a greater risk factor than heart disease." Here's how seniors can stay safely social.

Grow friendships online

Ottawa seniors have connected online during virtual exercise classes, trivia nights, cocktail hours, cooking lessons and art sessions. "One resident at Amica Westboro Park hadn't seen a pal from her seniors' club for over a year," says Erin Courtney, Community Relations Director. "You should have seen their glowing faces when they saw each other in an online session for the first time."

Contact your [local Amica residence](#) about virtual events or plan an online watch party with a friend (try [webinars for Seniors](#) or [art activities through the AGO](#)).

Safely connect at a distance

Depending on restrictions in your area, consider visiting friends for a masked driveway visit. Amica has been [proactively exceeding COVID-19 safety protocols](#) while helping residents stay engaged, but nothing compares with seeing loved ones in person. You might also consider [window visits](#), which helped reunite one Amica resident with his best friend of 80 years.

Make the call

Don't underestimate the benefits of planning regular calls and video chats. Check in on friends and neighbours, discuss books you're reading or a virtual workshop you joined. Your friend will get as much from the connection as you do.

[Schedule a tour](#) to learn more about inspiring lifestyles for seniors including exceptional dining, amenities, activities and personalized care.

AMICA
SENIOR LIFESTYLES

Exclusive benefits for members of OACAO



Arbor Alliances Program

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4%[†] savings

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

5%[†] savings

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

10%[†] savings

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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.

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1.877.289.3997

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

Hearing Health: What's the big deal?

Some people believe wearing a hearing aid is all that is needed when suffering from hearing loss. In fact, there are many other strategies to improve hearing.

When communication is not optimal it can lead to anxiety, withdrawal, loneliness, depression, and other symptoms.

Canadian Hearing Services (CHS) is a leading organization that supports all of your hearing health concerns, including providing our Hearing Care Counselling Program (HCCP) to people aged 55+, audiology clinics, communication devices and more.

CHS provides information and support on topics such as hearing health, coping with the impact of hearing loss, and communication strategies to keep you connected.

New program launching

CHS is launching a new program called Sound Advice on Hearing Health, delivered virtually in one-on-one or in small groups. Topics to be discussed include:

- The impact of hearing loss
- Communication strategies
- Coping and responding to difficult listening situations
- Maintaining a social lifestyle with hearing loss, including using various strategies, technology, apps and platforms

Sound Advice on Hearing Health will launch April 2021. For more information head to **CHS.ca** or contact:

Julia Hudson:

jHUDSON@chs.ca
1-866-518-0000 ext. 4160

Joyce Haynes:

jHAYNES@chs.ca
1-866-518-0000 ext. 4155



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Humask Pro Vision mask

Masks make communicating difficult for people with hearing loss. Help friends, family members, and customers understand you better with the Humask Pro Vision mask.



- Health Canada Level 2 face mask
- Antifog window makes mouth visible
- Structure allows speechreading, freedom of movement and does not lessen the sound of the voice
- Filters out 98% of bacteria
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Visit **CHS.ca/shop** for more products or contact us at **sales@chs.ca**.



Five Million Spare Bedrooms

Five million spare bedrooms. That's how many spare rooms there are in Ontario alone, according to a report issued by the Canadian Centre for Economic Analysis in 2017. **Some of those spare bedrooms are in the homes of members of your Older Adult Centre -- maybe even**

yours! What are they being used for now? In many cases they still hold your kids' stuff. Or have they become storage space for things you know you should get rid of, but don't have the time or the heart to do it?

Have you ever considered what you are paying every month for this space? If you have a 2000 sq ft house, and say you're paying about \$2000 per month for your mortgage, taxes, utilities, home insurance, etc., that works out to \$1 per sq ft. A 10 foot x 12 foot bedroom is 120 sq ft; that means you are paying \$120 a month for storage space!

What about, instead, turning that room into a source of income --with the added benefit of having someone around the house to share a meal with, to help with the dishes, and to have fun with! It's what I call **"Golden Girls Living"**!

It's all about finding people you like and respect, whose lifestyle is compatible enough that you are comfortable living together. That's the definition of a good home-mate developed by Annamarie Pluhar author of the book *"Sharing Housing."*

Five million spare bedrooms is equal to 24-years-worth of affordable housing construction! There are lots of good folks – **perhaps other members of your Older Adult Centre** -- in need of affordable housing who could be an ideal home-mate.

To arrange an online presentation of **"Introduction to Home-Sharing"** for your Older Adults Centre, or to register for one of our monthly Zoom workshops **"A Golden Solution to Your Housing Crunch."** contact Golden HomeSharing Connections at 416-550-4015, hello@goldengirlscanada.ca or go online at www.goldengirlscanada.ca.



www.GoldenGirlsCanada.ca
Golden Home Sharing Connections



How Heart to Home Meals is Making Independent Living Easier for Seniors

Living at home improves seniors' quality of life, keeps them safe, and allows them to maintain their independence. When living at home, having access to nutritious food is essential and Heart to Home Meals makes it easy by delivering healthy and delicious meals, made with the nutritional needs of seniors in mind, right to their homes.

Life should get easier for people as they age, and yet as people advance in age, new challenges can arise that make maintaining an independent lifestyle more difficult.

Shopping for one gets harder and cooking is not as rewarding as it once was. Heart to Home Meals handles the prep work and the cooking so seniors can receive deliveries of convenient, nutritious, and delicious meals. Heart to Home Meals plays a big part in making living life at home easier, and that is what gives us the motivation every day to go out and do what we do.

Simply order meals online or by phone – like our Traditional Pot Roast or Hunter's Chicken – and one of our friendly, trusted delivery team members will deliver your meals straight to your door (for free!)

More about Heart to Home Meals

Heart to Home Meals is a compassionate and friendly service that delivers nutritious frozen meals that accommodate special dietary needs directly to customers' *homes*.

With a menu designed by a chef and a dietician, it offers convenient, healthy, and delicious food. With over 200 selections to choose from, all Heart to Home Meals' menu items are designed with seniors in mind. The meals are delivered in a safe, contactless manner by friendly delivery teams.

To learn more about Heart to Home Meals, call 1 (844) 554-5278 or visit www.hearttohomemeals.ca.



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**A \$20,000
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See reverse for details.

Have you heard of the new Energy Affordability Program (EAP) from Save on Energy?



EAP is a new Ontario-wide energy conservation program that offers comprehensive energy-saving measures

FREE OF CHARGE

to income eligible Ontarians.

Depending on your eligibility you may receive different energy-saving products and services. You can qualify for a

FREE HOME ENERGY NEEDS ASSESSMENT

conducted by a trained energy professional or a free energy-saving kit containing energy-saving measures (i.e. LED lighting, timers, weather-stripping tape, etc.).

To participate or for more information visit

SaveOnEnergy.ca/EAP or call 1-855-591-0877



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

Offers shown are available until May 31, 2021 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 Promotional price of \$10/month home phone service plan fee applies with a 2-yr term and is only available to existing wireless customers. Home Phone device required and is sold separately. Some conditions apply, call 1-866-887-0851 for details or visit simplyconnect.ca/oacao for details.

Newsletter Contributions from our Gold Business Partners



April Programs over Zoom:

Friday April 2 at 2:00 - Film Music: Alfred Hitchcock and Bernard Hermann – a Long Lasting Partnership (Daniel Aonso)

Friday April 9 at 2:00 - The Dawn of Western Music (Joseph Sharon)

Friday April 16 at 2:00 - What is Health? A Journey into Wellness (Dr. David Chandross) -

Friday April 23 at 2:00 - Andy Warhol: The 15 minutes that Changed the World (Paul Dias)

Friday April 30 at 2:00 - Film Music: Hans Zimmer and the Storytelling Music Score (Daniel Aonso).

Please contact us for details and registration.

What Our Clients say:

“Our residents love to hear the music as the stories behind it. They feel uplifted at the end of the program...”

Michelle Grimmer, Activity coordinator, Village Manor Retirement Home, Waterdown, ON

“With the ‘music appreciation’ class not only can I enjoy something that has been recently lacking in my life, but it also serves as much needed stimulation for my brain”.

Johanna Wachtendorf, Resident, Evergreen retirement Community, Mississauga. ON

Who Are We?



Circles Enrichment was founded in 2001 to meet the demand for ongoing learning and cultural enrichment in the retirees' sector.

To that end, the company develops and delivers a wide range of entertaining and educational presentations on a variety of subjects – Art, music, history, politics and more.

Get In Touch With Us

Call: (416) 418.4622 Email: joseph@circlesenrichment.com

www.circlesenrichment.com

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To learn more about life at Parkland or to book a tour, contact us today!

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905-424-9369

experienceparkland.com



Insects and buds, breezes and mud – can you feel it? Spring is in the air! RBG's garden areas have reopened to enjoy in-person, including our new Forest Bathing Walk at the Rock. Paved with accessible paths and wheelchairs available to borrow, this new self-guided tour will deepen your senses, connect you with nature, and provide a relaxing experience.



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

Spring highlights:



Join us from home for an engaging virtual program – [Signs of Spring](#), [A Garden for Monarchs](#), or [Needle Felt Paint](#) your own version of the Rock Garden. [There is much to explore.](#)

Public safety continues to be a top priority for RBG as we return to programming. Masks are required for all indoor and outdoor programming, we continue to run our programs in smaller group sizes and do our best to encourage physical distancing using signage onsite.

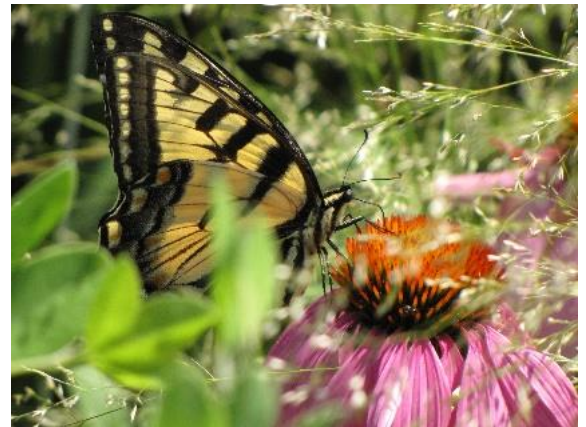
The [trails](#) are open to be explored – but safely – masks on please!

For more information about these and other programs at RBG, contact, [Nadine Nesbitt](#).

Interactive and Engaging Virtual Programs via Zoom:

Now's the time to get those seeds started so you are ready to plant outside in the spring. Need some help with starting those seeds? Don't want to use a peat pot? Why not try your hand at an origami plant pot! Discover an easy way to transplant your indoor plants so they are ready for a little fresh air when it's warmer. Will your garden be ready to support the wide variety of 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](#).



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](#).



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Thank you to our 2020-2021 Business Partners



NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2021 Summer Newsletter – June 2nd, 2021

2021 Fall Newsletter – September 1st, 2021

2021-2022 Winter Newsletter – December 1st, 2021

Please send your submissions to admin@oacao.org

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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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