

OACAO Newsletter

2021 SUMMER NEWSLETTER

Message from the OACAO President Suzanne Teixeira

Summertime is here! I'm so excited to get out to the local Farmer's Market and dive into all the fresh Ontario produce coming our way.

June is a month full of celebrations and reflections. Happy Seniors month, Happy Pride, National Aboriginal History month, Italian Heritage month and many more. May the celebrations and reflections you are observing be filled with love and appreciation.

Times certainly have been busy and they seem like that are about to get busier and maybe back to normal. It's exciting news to know that many of us can now get an accelerated second dose of the vaccine and that we have moved into step 1 of the Ontario Re-opening Plan. Before you know it we will all have our haircut and ready to get safely back to our Centres and welcoming our members once again.

Lots going on to tell you about:

1. Once again, an OACAO Conference Committee has been formed and ideas are starting to flow! Be sure to look for some teasers coming out shortly and remember to mark October 25 and October 26, 2021 in your calendars
2. An exciting new funding announcement about the Seniors Community Grant. Projects can be funded up to \$25,000.00. Due date is July 15, 2021. Here is the link for more information:
<https://www.ontario.ca/page/available-funding-opportunities-ontario-government#section-19>
3. By now you have received your hard copy of the OACAO COVID 19 Resource Handbook. Special thanks the Re-opening Committee for their hard work in putting that together. For ease of reference, it is also on the OACAO website and can be found here - <http://www.oacao.org/wp-content/uploads/2021/01/OACAO-COVID-19-Resource-Handbook.pdf> but if you would prefer it in French, it can be found here - <http://www.oacao.org/wp-content/uploads/2021/05/FRENCH-COVID-19-HANDBOOK.pdf>

OUR VISION

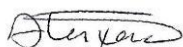
A world in which adults are aging successfully, continuing to contribute, remaining engaged, and where their contribution to society is recognized and valued.

OUR MISSION

To be a recognized leader in the development of quality services, resources and supports for our network of community based older adult centres.

A very special thank you to our amazing staff at OACAO, Sue, Lina and Fiona, you gals rock. As well to our dedicated OACAO Board members and OACAO volunteers, thank you for all of your hard work on behalf of the association. I would like to welcome and introduce Lisa Tobio from York-Fairbank Centre for Seniors as our new Metro Region Staff Rep. Welcome Lisa!

One final thought, with all that is happening in Canada and Ontario, I want to take a moment to acknowledge the lives lost at the residential schools and the London family that was targeted on a Sunday walk because of their beliefs. These could be our friends, family, co-workers above all these are people who deserved better from their fellow citizens. Let kindness and acceptance guide you in your actions.



Suzanne Teixeira
President

OACAO

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



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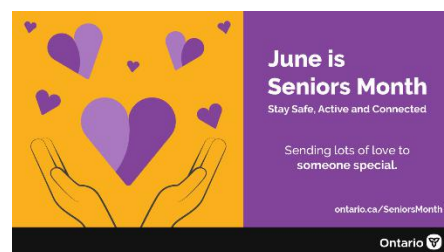
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Message from the OACAO Executive Director Sue Hesjedahl

Hello OACAO valued members, supportive partners, and caring friends.

Although Ontario is moving towards the end of the third wave of the pandemic, COVID-19 vaccinations are becoming more widely available, and the province has eased into Step One of Re-Opening the province, we are not out of the woods yet. Public health authorities continue to closely monitor the prevalence of variants, namely the Delta variant B.1.617, with the hope of preventing a 4th wave of the pandemic. Only time will tell, but SALCs should take a conservative approach to the reintroduction of in-person programming, to ensure the health and safety of their older adult members, staff, and volunteers. Virtual programming, both web-based and telephone-based, will continue to be delivered in a hybrid model alongside safe outdoor and eventually small indoor programs, for at least the next several months. The bottom line is that SALCs continue to be adaptive and agile, meeting the ever-changing public health policies and regulations, and the OACAO plans on supporting you every step of the way, just as we have been doing for the last 15 months.

As we approach the end of June 2021, we acknowledge that this has been the second year of celebrating **Seniors Month** during the pandemic. Members created fun and innovative virtual programs, drive-thru picnics and even a car rally, to celebrate this special month. The OACAO worked closely again with the Ministry for Seniors and Accessibility (MSAA), to ensure our members and SALCs were aware of all the Seniors Month resources available at <https://www.ontario.ca/page/celebrating-seniors-ontario> and to join together to celebrate with Hon. Raymond Cho, Minister for Seniors and Accessibility, and MPP Daisy Wai, Parliamentary Assistant to the Minister, by hosting **two Seniors Month Virtual Town Hall events**. The first event on June 10th, was for staff and volunteer leaders from Seniors Active Living Centres (SALCs) across Ontario, and the second event on June 23rd, was for older adults and seniors from SALCs all across Ontario. Both events included Question and Answer periods with questions submitted by participants in advance. Our own Nellie Kingsbury made us proud with her presentation on her volunteer achievements in her community and as an OACAO Board member. One of the highlights of the first Town Hall



was when Min. Cho announced the **launch of the 2021 – 2022 Seniors Community Grant** with a submission deadline of July 15, 2021, at 5:00 pm EST. For more information please visit: <https://www.ontario.ca/page/information-seniors-organizations>

The OACAO is excited to host our Annual **2021 Aging Well Conference** virtually this year. Please hold the dates of October 25 & 26, 2021 for this inspiring event. We are thrilled to have a dynamic group of OACAO board members, volunteers and staff planning the event. You can look forward to panel presentations, keynote speakers, breakout sessions, as well as cool networking and social events that will keep you engaged and involved in this interactive event. More details will be available soon. The **OACAO 2021 Awards** will be presented at the Conference this year. Watch for nomination details later this summer.



We are pleased to welcome **13 new members** (pages 4 & 5), and **6 new Business Partners** (pages 8 & 9) to the OACAO. It seems that the word is out that the OACAO is pretty amazing!!!

I want to thank Lina Zita, our OACAO Development and Marketing Coordinator, for working closely with our Business Partners to put together a wonderful new resource for our members. Please find attached as a separate document, a special resource for OACAO Members and your older adult and senior members who attend and participate at your centres. The **OACAO 2021 Membership Discounts and Centre Benefits from our Business Partners** handout, is a new resource that highlights all of the OACAO Business Partners and the **discounts and benefits they offer to your members**. Please share widely!

We have added a new section to the newsletter highlighting the upcoming **OACAO Regional Meetings**. We thank our OACAO Board Regional Representatives for hosting zoom meetings throughout the pandemic for their regional members. These have become widely popular events. If you have not attended one and would like more information, please contact your Regional Rep listed on page 5. If you are not sure which region, you are in, please reach out to Fiona at admin@oacao.org and she can help you out.

On another note, the OACAO was successful in securing New Horizons for Seniors Program funding for a 2021 – 2022 project titled: **Pandemic Proof Programming for Older Adult Centres (PPP4OACs)**. The project will launch this summer, and we are hiring a Consultant/Facilitator to support the project. See Page10 for the posting.

My final update is about our **Social Prescribing** projects. We will be winding down our **SITS Rx** project (page 13) over the summer and ramping up a new 3-year **Links2Wellbeing: social prescribing for older adults project** (page 14 and attached) in partnership with the Alliance for Healthier Communities by September. Thank you to all the participating centres. We look forward to expanding the project over the coming months. We welcome Dena Silverberg as our Links2Wellbeing Project Coordinator. Dena is a past OACAO Board member who worked for 22 years at Better Living Health and Community Services, most recently as their VP of Health and Wellness. Welcome back Dena!

Sue Hesjedahl

Sue Hesjedahl
Executive Director



Welcome to our New OACAO Members



City Of Mississauga's 10 additional centres that are now OACAO members for a combined total of 12

905-615-3200 • www.mississauga.ca

Burnhamthorpe Community Centre

1500 Gulliden Drive, Mississauga, ON L4X 2T7

Churchill Meadows Activity Centre

3801 Thomas Street, Mississauga, ON L5M 7G2

Clarkson Community Centre

2475 Truscott Drive, Mississauga, ON L5J 2B8

Erin Meadows Community Centre

2800 Erin Centre Blvd., Mississauga, ON L5M 6R5

Frank McKechnie Community Centre

310 Bristol Road East, Mississauga, ON L4Z 3V5

Huron Park Recreation Centre

830 Paisley Blvd., West, Mississauga, ON L5C 3P5

Malton Community Centre

3540 Morning Star Drive, Mississauga, ON L4T 1Y2

Meadowvale Community Centre

6655 Glen Erin Drive, Mississauga, ON L5N 3L4

River Grove Community Centre

5800 River Grove Ave., Mississauga, ON L5M 4R8

South Common Community Centre

2233 South Millway, Mississauga, ON L5L 3H7



Eastern Ontario Christian Senior Citizen Cooperative Inc.

220 Viewmount Drive, Nepean, ON K2E 7M5

613-225-5110 • www.220-224Viewmount.ca



The Council on Aging of Ottawa

217-185 St. Laurent Blvd., Ottawa, ON K1H 6K9

613-789-3577 • <https://coaottawa.ca>



Walden Senior Citizens & Pensioners Inc.

B15 Kin Drive, Lively, ON P3Y 1M9

705-692-5591 • no website yet



Thank you to our 2021/2022 OACAO Members



We would like to sincerely thank all of you that have renewed your OACAO Membership and to Welcome all of our New Members for this year!

If you ever need to update your information in 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. If you do not remember your password you can reset it at: <https://oacao.wildapricot.org/Sys/ResetPasswordRequest> and remember you must always use the email address of the contact person listed in the system under your organization.

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

OACAO Regional Networking Zoom Meetings

During the pandemic, OACAO Regional Board Reps have been hosting virtual meetings on zoom for Regional members to join together, network, share ideas and support each other. For your convenience, we have listed below the dates for the upcoming OACAO Regional Meetings along with the Regional Representative and their email address. Please contact your representative to get full meeting details.

REGION	REPRESENTATIVE	EMAIL ADDRESS	NEXT MEETING
Central	Karie Papillon	kpapillon@aurora.ca	Tuesday, August 10 th at 10:15 am
Eastern	Monique Doolittle-Romas	mdoolittle-romas@thegoodcompanions.ca	Thursday, July 8 th at 11:00 am
Golden Horseshoe	Julie Pennal	julie.pennal@oakville.ca	Tuesday, August, 24 th at 3:00 pm
Grand River	Jaye Kuntz	jaye.kuntz@waterloo.ca	Tuesday, July 20 th at 1:00 pm
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, July 13 th at 9:30 am
Northern Regions	John Richer	john.richer@greatersudbury.ca	Thursday, August 19 th at 2:00 pm
South West	Karen Pyatt-Westbrook	kpyatt@bgclondon.ca	Thursday, July 22 nd at 1:00 pm

Ministry for
Seniors
and Accessibility

Ministère des Services
aux aînés et de
l'Accessibilité



Minister

Ministre

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

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

June 21, 2021

We are nearing the end of another successful Seniors Month celebration, and I wanted to thank all the wonderful Senior Active Living Centre (SALC) programs that hosted events remotely this year.

I would particularly like to thank the Older Adults Centres' Association of Ontario for your help with coordinating our attendance at those virtual events. You have done a marvelous job of hosting the Senior Active Living Centres programs and Seniors Townhalls. I appreciate the important work you do in supporting seniors across this province.

Along with my Parliamentary Assistant, Daisy Wai, I was thrilled to attend so many virtual events this Seniors Month. It is encouraging to see the efforts being done to support our seniors and to battle social isolation.

During these challenging times, Ontario's older adults need our help more than ever. They have been greatly impacted by the COVID 19 pandemic, which has led to an increase in social isolation for many. Through prioritization of vaccines for seniors and increases in SALC funding, we are protecting older adults against COVID-19 and combating social isolation. These initiatives ensure our seniors are one step closer to living their normal lives again.

Let's all continue to do our part in helping to keep our seniors safe, active and connected to their families, friends and the community.

Thank you again for all the good work done throughout this pandemic and during Seniors Month.

Sincerely,

Raymond Cho
Minister for Seniors and Accessibility

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



The Great Canadian Giving Challenge through Canada Helps, challenges Canadians to donate to their favourite Canadian charity, so that the charity can be entered into a draw for a chance to win \$20,000. The Challenge takes place during the month of June each year.

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

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

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

Thank you to the following champions who have supported our Great Canadian Giving Challenge campaign so far: Anonymous Donor, Fiona Mueller, Sue Hesjedahl, Grant & Sheila McLaughlin

There is still time to donate - until June 30th! Thank you for your generosity!

<https://www.canadahelps.org/en/charities/older-adult-centres-association-of-ontario/>

With sincere thanks for your support!



CONFERENCE HIGHLIGHTS

- KEYNOTES
- PANEL PRESENTATIONS
- LIGHTNING TALKS
- NETWORKING & SOCIAL EVENTS
- OACAO AWARDS



OACAO Annual Conference
AGING WELL
COPE • ADAPT • THRIVE
October 25 & 26, 2021 • *Virtual*

**Stay Tuned for
more details
to follow!**

MAKE SURE TO FOLLOW THE OACAO ON FACEBOOK AND TWITTER



@oacao



@TheOACAO

Welcome to our New OACAO Platinum Business Partners



CUSTODIA SENIORS SUPPORT

Custodia connects older adults and families with Custodia Helpers for companionship, home maintenance, yard work, odd jobs, and assistance with household tasks. Sign up for free, use on-demand.

OACAO members get 25 Custodia Bucks and one friend gets 50 Custodia Bucks to spend toward their home and yard maintenance. Visit <https://custodia.com> or call us to learn more: 1-833-410-HELP (4357)



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At Delmanor, we recognize that there is more to retirement than just putting in time. We believe in a caring community that allows you to enjoy the retirement you've worked hard to achieve.

Our Tridel inspired retirement communities offer a superior lifestyle. Delmanor provides the ultimate in independent and assisted living accommodations across the Greater Toronto Area (GTA).

Every Delmanor community provides full-service residences, with attention to culinary excellence and hotel style service and amenities. Delmanor offers unique programs like LivingWell, an individual empowerment and coaching service. We're focused on delivering dependable, personalized service you can count on – the way friends count on each other. We call this The Delmanor Experience. We invite you to discover more at delmanor.com.



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Factory Direct Medical is a online home health care and mobility retailer that has been offering

coast-to-coast service in Canada for close to 30 years. Having remained steadfast to its original mission of offering low prices through direct factory sales, Factory Direct Medical has developed into a national retailer that offers a wide inventory of medical aids and products, including its own EZee Life brand, on its expansive e-commerce platform.

Factory Direct Medical considers our customers to be our most important asset, and is committed to providing affordable solutions for value-conscious consumers.

OACAO member promotion: 5% discount, free shipping across Canada (remote areas excluded), and Air Miles Rewards Program.

Please visit our website: <https://www.factorydirectmedical.com/>

Contact us directly at: info@factorydirectmedical.com

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Ontario Society of
Occupational Therapists

ONTARIO SOCIETY OF OCCUPATIONAL THERAPISTS

The Ontario Society of Occupational Therapists (OSOT) is the professional association of over 4750 occupational therapists working in the province of Ontario. The Society works to advance the profession of occupational therapy

in the province to contribute meaningfully to the health of Ontarians and the effectiveness of our provincial health care system. Occupational therapists (OTs) are regulated health professionals who work with people who experience health related barriers to managing the day-to-day activities of daily

living/occupations that are important and meaningful to them. OTs work with individuals and organizations and communities that support them to find solutions that enable maximum function and independence, participation in activities and relationships that are important to them, and improved quality of life. Occupational therapists help make the everyday possible! Learn more about occupational therapy at www.OTOntario.ca or how occupational therapists support seniors through the transitions of older age at www.En-AGE.ca.

Contact the Ontario Society of Occupational Therapists at osot@osot.on.ca or call toll-free 1-877-676-6768 and visit our website at www.osot.on.ca. The Society's [Find-an-OT online service](#) can support your search for an occupational therapist in a location near you.



THE HEALTH DEPOT PHARMACY

The Health Depot Pharmacy is the preferred pharmacy of the OACAO. We are a family-owned pharmacy that aims to bring the entire pharmacy to you, wherever you are, by offering FREE prescription delivery anywhere in Ontario including your work, home, or cottage. Visit the online store with more than 10,000 health essentials and home healthcare products (eg.

diabetic supplies, braces, etc) that can be delivered with your prescriptions at no extra cost, to provide you with a one-stop shop for everything pharmacy.

The Health Depot wants to save you time and money, this is why we are offering OACAO members a preferred dispensing fee rate and even waive the Ontario Drug Benefit (ODB) plan copay for seniors from ~~\$6.11~~ down to **\$2.99 per prescription!** We have an exceptional team of customer service representatives and Pharmacist Specialists (Certified Geriatric, Respiratory, and Diabetes Educators) who are one call away, eager to provide all patients with extraordinary patient care. Chat with our team on the phone, online chat, or video chat wherever you are, whenever you need to!

Transferring is easy, we do it all for you. Give it a try, risk FREE.

Additional OACAO Member discounts: Use OACAO20 for 20% off your first health store order. Also receive 5% off all future health store orders.

Toll FREE phone: 1-855-844-2242

For more details visit: <https://thehealthdepot.ca/pages/oacao>



WINTERGREEN LEARNING MATERIALS

Physical and mental activity are vital for older adults and is a life affirming challenge. It can also give you more energy, boost self-confidence, protect your

brain, and help you stay independent. Although Wintergreen traditionally works with schools and students, many of our products are used by seniors such as games, arts and crafts and physical activity products. Wintergreen has put together a list of the top selling "must have" products for older adults. All of these products have helped seniors live an easier, happier, safer and more independent life. Please visit www.wintergreen.ca/seniors-items-for-older-adult-lifestyles to see our top products!

The added benefit of purchasing from Wintergreen is the full guarantee on all of our products. If you are not completely satisfied with your purchase, we will do whatever it takes to make it right!

Contact us by phone at 1-800-268-1268 and talk to one of our Customer Service Representatives in French or English.

OACAO Member discount: Free shipping on any order. Promo code: OACAO2021

Older Adult Centres' Association of Ontario (OACAO) - Job Posting

Position Title: Consultant/Facilitator – Pandemic Proof Programming Project
Position Type: Part-time, Contract
Project Timeframe: mid-July 2021 – April 2022
Compensation: \$6,000 consulting fee
Reports to: Executive Director

Reporting to the Executive Director, the Consultant is responsible to:

1. Conduct outreach/research to gather information on innovative and adaptable pandemic proof programs and/or events (web-based, telephone-based and “pandemic safe” in-person programs), that are inclusive, focus on diversity of culture and ability, reduce social isolation, improve health and wellbeing.
2. Support OACAO staff to work with 8 senior regional volunteers on the Project Advisory Committee (PAC). Organize and host regular PAC meetings.
3. Develop webinar presentation content, tools, resources on pandemic proof programs to be shared at regional webinars across the province.
4. Work collaboratively with OACAO staff, volunteers and regional board members to facilitate 7 regional webinars (dates to be determined) and plan a Virtual Showcase Event (target date late October 2021).
5. Create a Resource Toolkit highlighting project shared resources.
6. Project evaluation with outcomes reported and analyzed for Final Report. To be completed by April 20, 2022.

Qualifications:

- University degree or college diploma in a related field, along with a minimum of 5 years' related experience.
- Experience working in an older adult centre or seniors focused organization is an asset.
- Strong writing, presentation, public relations and relationship-building skills.
- Project coordination and group facilitation skills and experience.
- Time management skills with the ability to manage numerous tasks simultaneously.
- Solid organizational and problem-solving capabilities.
- Proficiency in quantitative data analysis.
- Excellent working ability with Microsoft Office Applications, Survey Monkey and Zoom.

Interested applicants must submit a cover letter and resume to Sue Hesjedahl, Executive Director at sue@oacao.org. Please include “Consultant – Pandemic Proof Programming OACAO Project” in the subject line. **APPLICATION DEADLINE:** Wednesday, July 7, 2021.

Funding for this position has been provided by the New Horizons for Seniors Program.

Only candidates to be interviewed will be contacted. No phone calls please.

Posting date: June 11, 2021

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

P.O. Box 65, Caledon East, ON L7C 3L8
toll free: 1-866-835-7693 local phone: 905-584-8125 fax: 905-584-8126
www.oacao.org

OACAO Capacity Building Webinar



TRAINING



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KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT

Balanced Diet, Balanced Life: How to Get the Most Out of Your Meals Thursday, July 22, 2021 at 10:00am – 11:00am

Presenters: Hana Dakkak and Safura Syed (doctoral students)

This webinar will help the audience understand the components of frailty and their negative impact on health. It will allow individuals to recognize the importance of good nutrition and diet for promoting healthy aging. We will help identify the risk factors and impact of malnutrition on older adults.

Register at: <https://oacao.wildapricot.org/event-4371050>

Free for OACAO Members only (staff and volunteers)

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



OACAO presents

Patty Clark

Executive Director
Active Aging Canada

Virtual presentation:

Register at:

<https://www.oacao.wildapricot.org/event-4353873>

Tuesday September 14, 2021
11:00-12:00 noon.

Cannabis and Older Adults

Patty will tell us about the new booklet Active Aging Canada has produced.

The **Be Wise** booklet is factual information about cannabis and its uses.

Be Wise is written specifically for older adults and is based on the latest scientific research into cannabis, its benefits and risks.



Cannabis and Older Adults



A publication from



Older Canadians
and cannabis use

Facts about
cannabis

Cannabis
and the law

Therapeutic
benefits

Side-effects
and risks

Aging
and cannabis

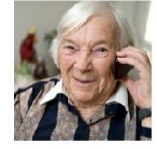
Talking to
your doctor

Dosing and your
health condition

Receive a free copy of the **Be Wise** booklet when you attend!



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 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 a provincial SCWW network of over 150 organizations from all across Ontario! This includes 37 SCWW Micro-Grant recipient programs.

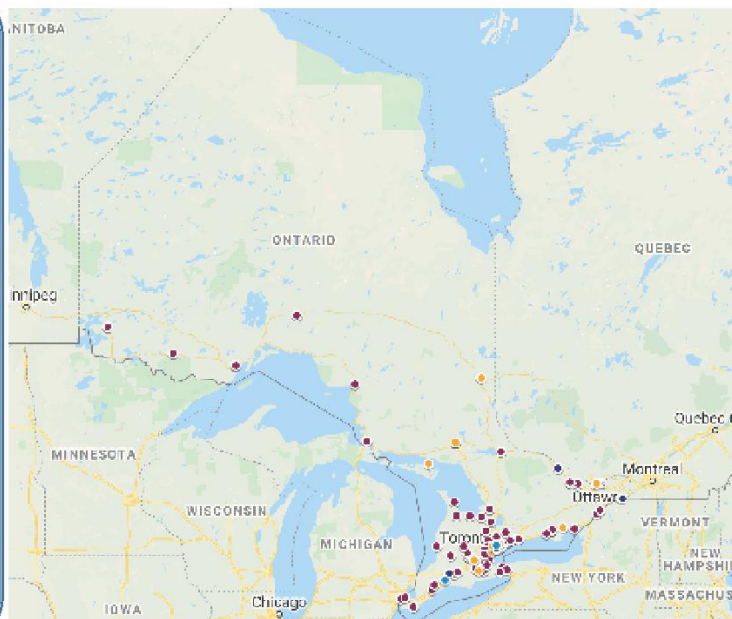
Collectively, these SCWW programs have engaged over 25,500 participants in Ontario!

The map below represents current active SCWW programs.
Click [here](#) to access the map and find a program near you.

SCWW Languages:

Programming available in **21 languages** and several of these programs are available province-wide:

- Arabic
- Cantonese
- Douala
- English
- French
- Hindi
- Italian
- Korean
- Mandarin
- Mohawk
- Ojibway
- Oneida
- Pidgin English
- Portuguese
- Punjabi
- Russian
- Spanish
- Somali
- Tamil
- Tibetan
- Urdu



Join the SCWW Provincial Network!

If you are already offering **telephone-based programs**, or if you would like to learn more about starting one, please visit the [OACAO SCWW Webpage](#), or contact us directly to learn more.

(See the information at the bottom of this page)

SCWW programs access:

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

Recent SCWW Networking Session Highlights:

- ⇒ [Sheatre](#) Elder Abuse Prevention Podcast and Provincial Elder Abuse Prevention Resources
- ⇒ *Without Walls: Accessibility and Inclusion for All*
- ⇒ SCWW Language Expansion resource sharing
- ⇒ Open Networking in smaller groups

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

For more information ✉ SCWWHub@oacao.org



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

OACAO

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

Ontario

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

**SOCIAL INCLUSION THROUGH SOCIAL PRESCRIBING (SITS RX)
TRANSITIONS AND NEW OPPORTUNITIES***Submitted by Pat Spadafora, Kaleidoscope Consulting*

This is the fourth and final in a series of OACAO newsletter articles about the SITS Rx project. That is, it is the final article about social prescribing through the lens of SITS Rx! The exciting news is that, with new three-year funding and our partnership with the Alliance for Healthier Communities, the social prescribing initiative will transition, evolve and grow. The new project is titled Links2Wellbeing – social prescribing for older adults. Please refer to the full media announcement elsewhere in the newsletter.

Transitions provide us with a wonderful opportunity to reflect on where we have come from, where we are now and where we are going. When I look at where we have come from on the SITS Rx journey, these descriptive words come to mind when I think about the participating centres – perseverance, innovation, commitment, optimism, resilience and collaboration.

Like a train heading out of the station, we started out slowly, gaining speed as the journey progressed. We began with a webinar in October 2020 that introduced social prescribing and the opportunity to participate in the SITS Rx project. At that time, we didn't know how much traction we would get – would centres want to participate in the journey? The short answer is that, yes, they did and we were on our way. In the beginning, we checked in with participating centres bi-weekly and, as more centres became involved, our check in sessions grew. These check in sessions have highlighted all of the words I used to describe the participating centres.

Recognizing opportunity but sometimes faced with challenges, the centres demonstrated such commitment to coming up with innovative solutions, showed perseverance in their outreach efforts and supported one another through their willingness to share resources.

Where are we now? Right now, we are in the in-betweens! Although we presented a project update during a webinar on March 8th, centres continue to come forward expressing an interest in participating in the project. We continue to share with one another during our now monthly check in sessions.

Where are we going? We are working collaboratively with the Alliance for Healthier Communities, our journey is picking up speed and looks to be an extended one! As we plan transitional details, all participating SITS Rx centres are invited to continue with the Links2Wellbeing project. The three-year funding also provides the way forward additional centres to become involved! We could not be more excited about being able to introduce social prescribing to more older adults, more centres and more health care providers across the province.

In closing, I would like to extend my profound thanks and gratitude to the current SITS Rx centres and the Project Advisory Team (PAC) members for your belief in the value of social prescriptions to enhance quality of life and to promote the social inclusion of older adults. I would also like to acknowledge the funding support from the federal government's New Horizons for Seniors Program.

This project is funded by
the Government of Canada.



Supporting older adults who face health impacts from isolation with connections to social and recreational opportunities

Alliance for Healthier Communities and Older Adult Centres' Association of Ontario partner on new project to address loneliness and impact of pandemic measures

TORONTO – June 14, 2021 – The [echo pandemic](#). A rising tsunami of mental health and addictions issues. Isolation epidemic. Fraying of social fabric. [Frantically busy helplines](#). Whatever we name it, whatever the headlines call it, evidence abounds of the impacts of COVID-19 on people's mental and physical wellbeing, and how significant the resulting challenges will be as we emerge from the acute stages of spread of the deadly virus. Among older adults, there's rising awareness that measures taken to protect older people from the virus – isolation, lack of physical contact, loss of communal gathering spaces, reliance on unfamiliar technology – have also taken significant tolls on their mental, cognitive, and physical health, and will require deliberate and coordinated actions at the local level to help people reconnect – to services, to community, and to each other. Solutions, designed and implemented hyper-locally, will need to be novel, tailored to population needs, and intensive enough to match the level of isolation and disconnect people have faced, and continue to face.

This is why we're excited to share with you that the Alliance for Healthier Communities, which led the way with our member health organizations to introduce social prescribing as a concept to Ontario, is partnering with the Older Adult Centres' Association of Ontario (OACAO). The partnership is called **Links2Wellbeing**, a project designed to help connect socially isolated older adults with community programs and services offered by Seniors Active Living Centres (SALCs) across Ontario, available through people's primary health care providers. Physicians and nurse practitioners, alongside other providers, will work over the three-year project to further develop the framework by which they "prescribe" and refer older adults to a range of tailored, non-clinical services available through their local Seniors Active Living Centre.

The process of social prescribing recognizes that not all health and wellbeing needs are primarily medical in nature, and the process of social prescribing aims to address people's needs in holistic ways. For older adults emerging from the pandemic, these supported connections to community services are vital to ensure people can truly have more control of their own health and wellbeing again.

"During our social prescribing pilot program, we found that people were really able to co-create and connect with programs and supports that decreased their sense of loneliness significantly. With Links2Wellbeing, we hope to build on what we've learned and focus on connecting older adults to their communities in new ways, with an increased sense of belonging."

- Sarah Hobbs, CEO, Alliance for Healthier Communities

"Our experience with social prescribing has demonstrated the benefits of referring older adults to their local Seniors Active Living Centres (SALCs). They meet with a peer volunteer to determine which programs are of most interest to them. It is empowering to make those decisions while creating a strong sense of belonging in their communities. Given the levels of isolation we have witnessed over the past year, it is critical we listen closely to our older adults."

- Sue Hesjedahl, Executive Director, Older Adult Centres' Association of Ontario

To learn more about **Links2Wellbeing**, the health organizations and Seniors Active Living Centres involved, or to schedule an interview with project leaders and organizers for your article or segment, please contact:

Jason Rehel

Alliance for Healthier Communities

Jason.Rehel@AllianceON.org 416-817-9518



Alliance for Healthier Communities
Alliance pour des communautés en santé

OACAO

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



Technology Information and Knowledge Sharing Virtual Workshop

Tuesday, July 6, 2021

10:00am-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

Cyber Security: Part Two

Topics covered in this Virtual Workshop:

1) Comparison of default Cyber Security features in Apple / Android tablets, and Apple / Microsoft based operating system computers.

2) Online banking & shopping for seniors

This is a sensitive topic that needs good discussion among the workshop participants

- Online banking
- Online shopping through apps (for example: instacart, uber-eats, uber/taxi services)

3) Question & Answer period

4) Next capacity building workshop and areas of focus

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

To Register Visit: <https://oacao.wildapricot.org/event-4359879>

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

Ontario Launches Applications for 2021-22 Seniors Community Grant Province's program will help improve the lives of older adults

June 10, 2021

[Seniors and Accessibility](#)



TORONTO — The Ontario government is investing \$5 million in the 2021-22 Seniors Community Grant program to help enable municipalities and local organizations to deliver programs for older adults to stay active in their communities.

This funding is an increase of \$1 million from last year's grants, allowing the province to help more grass-roots organizations positively impact the lives of older adults.

The [Seniors Community Grant program](#) focuses on projects that align with four pillars which help improve the lives of older adults in the province:

- Enabling Aging- at-Home and in Communities
- Safety and Security
- Remaining Healthy, Active and Socially Engaged
- Participating in the Labour Market and Economy.

"The Seniors Community Grant program helps enrich the lives of older Ontarians by helping them combat social isolation and anxiety through safe and community-based activities, many of them being virtual during the pandemic," said Minister Cho. "These grants recognize and empower the incredible work being done in communities across Ontario to help our seniors live active, safe and connected lives."

Successful applicants will receive a grant of between \$1,000 and \$25,000 to provide programs, learning and social opportunities for older adults to safely enjoy as Ontario continues to meet the challenges of the COVID-19 pandemic.

Beginning Friday, June 11th, applicants can apply through Transfer Payment Ontario (formerly Grants Ontario) online at [Ontario.ca/GetFunding](https://ontario.ca/GetFunding). The deadline for all applications is July 15, 2021 at 5PM EST.

Quick Facts

- The Seniors Community Grant program was established in 2014 and has provided more than 2,000 grants benefitting older Ontarians.
- Older adults are the province's fastest growing demographic, and by 2023, there will be 3 million Ontarians over the age of 65.
- Research indicates that 80% of older adults prefer to age in their homes and communities and will require a range of supports to meet their unique needs and circumstances.

Additional Resources

- [Apply for a Seniors Community Grant](#)
- [Community Supports for Seniors](#)
- Age-Friendly Communities [Planning](#) Guide



Multilingual Mental Health Resources for Older Adults and their Health Providers

The Provincial System Support Program (PSSP) at the Centre for Addiction and Mental Health (CAMH) is pleased to share that we will be debuting a set of multilingual mental health resources for older adults and their health service providers on June 22, 2021. After this date, a set of mental health promotion resources relevant to the COVID-19 pandemic will be available for older adults and their health service providers on EENet.ca. We will also have two new educational modules, available to facilitators of the Understanding Mental Health and Well-Being in Later Life workshop series, regarding health equity in older adulthood and in long-term care facilities, respectively.

We hope you will consider reviewing these materials on our website:

<https://www.eenet.ca/initiative/mental-health-later-life#about>

If you have any questions, feel free to reach out to us at olderadults@camh.ca

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 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

U-First!® Providing Essential Skills for Care Partners of People Living with Dementia



U-First!® is an innovative education program of the Alzheimer Society for all members of the care team that are supporting people with behaviour changes due to dementia or other cognitive impairment, including health care providers and care partners (family and friends). The U-First!® Framework is a person-centred approach to looking at the whole person and helps create a common knowledge, language and approach to care for the whole care team.

Now more than ever, U-First!® education is essential to supporting care partners, in perhaps some of the most challenging times they have ever faced. This year, the Alzheimer Society of Ontario shifted many of our programs, including U-First!® to an online format. This means learners still have access to skill building that helps them respond effectively to behaviour changes caused by dementia that have increased as a result of the pandemic.

U-First!® for Care Partners is a 6-hour program (offered in one day or in 2 or 3 sessions) with a goal to increase care partner confidence and skills to understand and respond to behaviour changes. Care Partner participants learn with one another, share experiences, and try out the strategies for care in active ways. Participants value the takeaway tools that they can use in their day-to-day provision of care. 4-months following the training:

- 89% reported increased ability and confidence to identify and respond to behaviour changes
- 82% reported increased ability to identify risks
- 89% reported increased ability to have positive interactions with the person they are supporting
- 85% reported increased ability to have positive interactions with other care partners
- 75% reported increased wellbeing for themselves (including reduced stress) and the person they're supporting

If you or someone you know is interested in learning more about U-First!® for Care Partners, let us know here:

[http://on.alz.to/site/Survey?ACTION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=8269].

Newsletter Contributions from our Members



ARNPRIOR SENIOR ACTIVE LIVING CENTRE

Submitted by Dana McCabe, SALC Program Co-Ordinator

SALC Arnprior June 2021

Keeping Our Seniors Safe, Active and Connected!

We are a **thriving** community of Active Seniors here in the little town of Arnprior “**Where The Rivers Meet**” (Where the mighty Ottawa River and the beautiful Madawaska River connect), only a 35 minute drive from The Nation’s Capital.

Our **Seniors Active Living Centre (Arnprior)** and our **Men’s Shed** have turned this town and McNab-Braeside Township into a **Destination Station** for Older Adults who are seeking to remain active and enjoy a *High Quality of Life*. June is a **BIG** month for Seniors (aka Seen-Agers) in Arnprior and we are doing our best to help them **Stay Safe, Active and Connected!**

1. **Community Gardens at The Galilee Centre:** Situated high on a bluff over-looking the Ottawa River is where our beautiful Community Gardens are located. The Galilee Gardens are open and our gardeners are busy cultivating the soil in their Raised Beds (built by our very own Men’s Shed) and planting yummy veggies!
2. **Arnprior Rocks!** This inspiring, wee movement began last year at the beginning of the pandemic, to encourage folk to remain optimistic and positive. Our members are encouraged to paint brightly coloured rocks with messages of Hope and Inspiration (from the comfort of their own homes) and then sprinkle these beautiful rocks around town, on walking trails, gardens, close to shops, the Hospital, etc...
3. **Outdoor and Virtual Programming:** The following virtual programs have been offered to members **Free-of-Charge** to ensure that no one feels isolated and everyone stays motivated. Plans are in the works to build a new Outdoor Space for programming by mid June.
 - Chair and Mat Yoga
 - Salsa Dancing
 - Pilates
4. **Outdoor Little Lending Libraries (LLL):** These **gorgeous** wooden outdoor libraries (built by our Men’s Shed) add serious charm to our community by encouraging folk to walk around town and share books. SALC Members are encouraged in June to walkabout and see how many of these LLL can they find!?!
5. **That’s Not All!** Additionally, we offer:
 - Seniors Centre Without Walls 2-3 times/week
 - Weekly Email Updates
 - Monthly Newsletters and Calendars via Snail Mail
 - Quarterly ‘The SALC Scoop’ Newsletters;
 - Monthly Birthday Shout-Outs to Each Member



For more information, please visit us at:

The Seniors Active Living Centre – Arnprior <https://www.facebook.com/salcseiorsactive>

The Men’s Shed - <https://www.facebook.com/The-Mens-Shed-102606784957663>

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

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

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

ALL PROCEEDS WILL SUPPORT

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

WE NEED YOUR HELP

Bowmanville
Older Adult
Association 

**SEND US YOUR FUN
HAIR DAY PHOTOS!**

To be shared in an upcoming project...



Thank you in advance!

Bowmanville
Older Adult
Association



Any and all support at this time is appreciated: Mail Cheque to 26 Beech Ave Bowmanville ON L1C 3A2

OR VISIT OUR WEBSITE: www.bowmanvilleolderadults.com/donate

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

Big Thanks:

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

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

- Chelsea Wolf, Team BOAA

events@bowmanvilleolderadults.com



Bowmanville Older Adult Association



@BowmanvilleOA



Bowmanville Older Adult Association



@bowmanvilleolderadults



CITY OF HAMITON

Submitted by Katelyn Burns, Recreation Coordinator – Grants Partnerships

The City of Hamilton Recreation Division adopted the Seniors' Centre Without Walls program model in 2019 offering 4 programs per week for 20 unique users. By Summer 2020, SCWW was offering 20 sessions per week for over 150 unique older adults, growing almost 8-fold from the previous year. Given the ease of accessibility, the program quickly filled a need for social interaction, community information, and weekly routine.

As we begin to plan for the reopening of programs and services, there was a need to evaluate the program to gain a better understanding of the long-term need for remote programs. We conducted an evaluation to learn more about the participants and provide them an opportunity to share their experiences over the past year, their capacity to participate in other remote programming options (i.e. virtual video classes) their comfort level in returning to in-person services.

With 80% response rate, the results provided very valuable feedback that will help us plan for future programs. We have compiled the survey results and are happy to share the highlights with you today. If you have any questions or would like more information, please feel free to reach out by phone at 905-526-4084 or email at scww@hamilton.ca.





CLUB ACTION 50+ EAST FERRIS

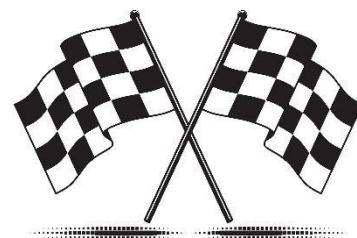
Submitted by: Lyne Way-White

Car Rally

Two years ago the municipality of East Ferris announced that the village of Corbeil and the municipality of East Ferris were going to celebrate their 100 Anniversary in 2021.

Cecile Barham our 1st Vice President and our representative on the 100th Anniversary committee approached the board and we discussed what type of event we wanted to hold in celebration of the 100 Anniversary. June being Senior's month we definitely wanted to have a special event in June and after discussions, we planned our first Car Rally. Turns out this was an excellent choice as it was an event we could hold outdoors with very little contact with others. Our goal for this rally was to get people out of their homes in a safe environment and to offer residents some history about the municipality of East Ferris. 31 cars with a driver and navigator registered for the event held June 17th, 2021. The route planned involved following 61 detailed instructions and answering quiz questions as they encountered various areas of our municipality. The entire route was about 95 km throughout our municipality, depending on how many wrong turns you took! We had some beautiful cars who joined the rally and the weather was remarkably bright and warm. The rally included a bag lunch with water, where participants could stop and picnic along the way.

Upon the drivers and navigators return, we received many compliments on the route and the lunch, participants had fun and had smiles on their faces. What a great success! We will definitely make this into an annual event. Many thanks to Cecile's volunteer committee for doing such an impressive job. Stay tuned for next year's Car Rally event.



Rights Don't Get Old

June 15th

World Elder Abuse Awareness Day (WEAAD)



Each year on this day, we come together with the global community, to raise awareness of the continued tragic consequences of Elder Abuse and why the basic rights of older adults must be upheld and protected.

It is indeed a concerted, global movement, with the World Health Organization (WHO) launching its Campaign to Combat Ageism and the UN declaring 2021-2031 as the Decade of Healthy Aging. The momentum is growing in all corners of the world!

In 2006 the UN General Assembly with Resolution 66/127 designated June 15th as World Elder Abuse Awareness Day and this year is the 16th Anniversary - another milestone of which EAPO is proud to be a part of.

Elder Abuse is a public health AND Human Rights issue. As demographics shift, the number of older adults in the world is expected to reach 1.4 Billion by 2030. Research suggests that between 4 - 6% of older adults suffer from some form of abuse (physical, emotional, financial, sexual and neglect) and that many more go unreported!

We cannot allow this to continue, we must work together, each playing OUR part in ensuring that older adults can live a life of dignity, respect and free from harm – the kind of quality of life they deserve. We witnessed during the C-19 pandemic this past year, how Human Rights of older adults, were gravely challenged and undercut. Its time to tackle Ageism and the issues arising from it!

Aging with Rights: Ending Elder Abuse in Canada



#RightsDoNotGetOld
#WEAAD2021

National Webinar Event
Tuesday, June 15, 2021
1:00 - 2:30 pm Est



This year for World Elder Abuse Awareness Day, [EAPO](#), [CNPEA](#) and [CanAge](#) are teaming up on June 15th to focus the national conversation around elder abuse prevention and what each of us can do to uphold and protect the rights of seniors in our communities.

> REGISTER NOW

"Rights Don't Get Old" is this year's theme
#RightsDoNotGetOld #WEAAD2021

Join us and be part of this national conversation, as our interactive panel of special guests and invited dignitaries address these important topics: elder abuse prevention, safe housing, quality healthcare and access to justice.

As the day draws to a close, look for prominent Canadian landmarks, including the CN Tower, to light up in purple and signal to the world - **Rights Don't Get Old** and that now we must ALL help **Stop Abuse and Restore Respect**.

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



Stay in the KNOW :
Sign up [HERE](#) for EAPO's newsletter.

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



EGANVILLE & DISTRICT SENIORS

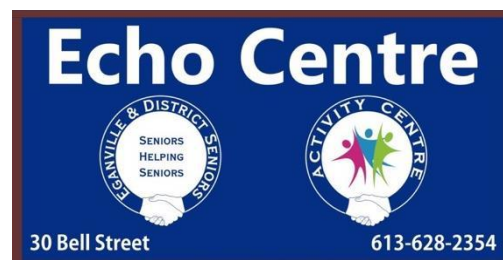
Submitted by board members Johanna Zomers (Marketing Chair) and William Enright (President).

Eganville & District Seniors (EDS) says farewell to Executive Director, Nora Shay, who is retiring in June after a decade of dedicated service to the staff and clients. Among other achievements, it gave Nora great satisfaction this year to see the placement of an agency vehicle located at our centre which will serve our Home Support services and our community well for many years. We thank Nora for her dedicated service and wish her and her husband, Joey, an enjoyable retirement.



Eganville native, Kayla Menkhorst, will join the EDS on June 7th, 2021 as our new Executive Director. Kayla first volunteered at the EDS as a teenager, was instrumental in starting up the Golden Age Activity Centre in Renfrew and has enjoyed a successful career in the Federal Government in Treasury Board of Canada Secretariat, Department of Justice, Health Canada and Transport Canada. She brings a wealth of relevant experience to the position of Executive Director and looks forward to making a positive difference in the community.

Despite the challenges of COVID-19, the EDS continues to serve the senior residents of our mostly rural catchment area with varied programming delivered by Zoom or with COVID-19 precautions in place. To encourage more participation in SALC programming by younger “seniors” (who don’t yet identify as seniors!), we changed our building name from Seniors Centre to Echo Centre in 2020.



Because it is located in the same building complex, the Echo Centre served as an easily accessible site for the two dose COVID-19 vaccination program earlier this spring for the forty residents of Fairfields, our neighbouring not-for-profit seniors’ assisted living residence. Last fall we were also able to host a flu vaccine clinic for the wider community.

To replace our monthly Diners’ Club and to help with fundraising, during COVID-19 we created a very popular monthly “Drive Thru Dinner” which provided a variety of catered meals to the public who reserved dinners in advance and received take out service directly to their vehicles by EDS volunteers. These dinners have been extremely successful with up to 250 dinners reserved each month. As well as being a fundraiser, they also raised public awareness of the EDS, provided work to local caterers and an alternative meal choice to the public. Other on-going fundraising efforts include the sale of our very popular annual raffle tickets.

EDS also offered our annual volunteer based free tax service to seniors and low-income clients with distanced and telephone consultation. Thanks to increased subsidies from the provincial government, our Meals on Wheels/Frozen Meals service doubled during the pandemic lock downs. Transportation to medical appointments continued with safety shields added to the cars of volunteer drivers. We initiated lunch time Zoom trivia every two weeks which provided intellectual and memory stimulation for the participants. Our Facebook page, an improved website and a monthly column in the Eganville Leader regularly reminded seniors of what was on offer, in person or virtually. Our board and committees continued to meet virtually and to plan for future improvements to our facility and our programs, including a wheelchair accessible fully lighted walkway connecting the Echo Centre to a new nearby housing development which is popular with seniors and newly retired people. Last but not least, we took advantage of the lock down to have the entire Echo Centre repainted in contemporary tones of serene greys. We move forward with two new summer students and with renewed hope for an eventual return to more on-site programming.

Signed, Sealed, Delivered – OSCC55+ celebrates Volunteer Month, Virtually!

The pandemic caused us to press pause on the in-person volunteer program however, as Volunteer Month approached, we wanted to reach out to this very special group of people. Our very first “Virtual” volunteer event was planned on the Friday afternoon of National Volunteer Week with a simple premise: Connect, Support, and Thank.

Staff logged on the zoom line about 10 minutes before the event and we had a bit of a mini dance party Stevie Wonder’s song – ‘Signed, Sealed, Delivered, I’m Yours’. Staff have been busily working from home and in the community throughout the pandemic; the chance to move & groove for a few minutes before the event started put us all in a good mood.

When volunteers entered the zoom (accompanied by Pharrell William’s song ‘Happy’), there were waves, big smiles and greetings all around. Our agenda started with brief greetings and thanks, but then got right to the business of connecting socially. Staff prearranged ‘breakout rooms’ allowing the volunteers select their Branch room of choice. Volunteers were also able to hop from room to room, connecting with different staff branch teams and fellow volunteers from other locations. After an hour we met back together to close the event – but the volunteers didn’t want to leave! It was meaningful for us all to see each other – even over zoom – to celebrate the very special people who make our branches a home away from home for seniors and staff alike.



News from RAFO – mai 2021

This winter, from January to March 2021, in partnership with the *Conseil des écoles publiques de l'Est de l'Ontario (CEPEO)*, the Rendez-vous des aînés francophones d'Ottawa (RAFO) initiated a program called **Virtual Intergenerational Conversations** with first and eighth grade students from *Louise Harbour Primary School*. These conversations united generations and became precious learning and discovery events. First graders and elderly participants talked about winter sports, today and yesterday. Eighth graders discussed urban development and changes through time in their Ottawa neighborhoods. Friendships were created and important values were shared.

RAFO has established a strong virtual program for its members. All its activities require the presence of capable hosts on the virtual platform. To this end, RAFO has recruited four co-op students from the University of Ottawa who will each provide 20 hours of volunteer work from now till the end of June. They will be hosting virtual programs, helping to prepare our safety and security training, and providing support to different projects such as « la fête de la St-Jean ».

It is important for RAFO to ensure the safety and sanitary security of not only its employees but of all those in charge of activities and its members. A Safety and Security Training Program is in the works. Once established, it will be delivered to the members of the Security Patrol who will be on the front line when other members start to come back to their activities. All volunteers in charge of activities will also receive this training.

RAFO is preparing for a progressive and safe return to its in-house activities, which will be good news for all its members. To this end, RAFO encourages everyone to get vaccinated as soon as possible so that we may return to a more active and socially normal life.

Des nouvelles du RAFO – mai 2021

Au mois de janvier 2021 et jusqu'en mars, en partenariat avec le Conseil des écoles publiques de l'Est de l'Ontario (CEPEO), le RAFO a amorcé des **Conversations intergénérationnelles virtuelles** avec des classes de première et de huitième année de l'École Louise Harbour. Ces conversations, en plus d'unir les générations, constituaient des moments de découverte et d'apprentissage. Le thème pour la première année était les sports d'hiver d'hier et d'aujourd'hui. Avec la huitième année, ce fut le développement urbain et les changements dans les quartiers d'Ottawa à travers le temps. Ce fut une belle façon de créer des amitiés et de partager des valeurs.

Le RAFO propose un important programme virtuel à ses membres. Toutes nos activités exigent à tout moment des animateurs ou des animatrices sur notre plateforme virtuelle. À cette fin, le RAFO a recruté quatre stagiaires de l'université d'Ottawa qui offriront 20 heures chacune de bénévolat d'ici la mi-juin. Elles assureront l'animation d'activités virtuelles, aideront à préparer la formation en santé et sécurité et offriront leur soutien à divers projets tels la fête de la St-Jean, entre autres. Un gros merci à nos stagiaires.

Comme il est important de veiller à la sécurité sanitaire non seulement de ses employés, mais aussi de ses responsables d'activités et de ses membres, le RAFO travaille actuellement à l'établissement d'un programme de formation en santé et sécurité. Celle-ci sera offert aux membres de l'équipe de patrouille qui guidera les membres qui reviennent à leurs activités. Elle sera aussi offerte aux bénévoles responsables des activités.

Le RAFO se prépare à la réouverture progressive du centre, pour le plus grand bonheur de ses membres. À cette fin, il encourage la population à se faire vacciner dans les plus brefs délais en vue d'un retour à une vie active et sociale plus normale.

Le Conseil des écoles publiques de l'Est de l'Ontario et
Le Rendez-vous des aînés francophones d'Ottawa (RAFO)

VOUS INVITE À PARTICIPER À SES

CONVERSATIONS INTERGÉNÉRATIONNELLES VIRTUELLES!

Une **CONVERSATION**
qui unit les générations
Un **MOMENT**
de découverte et
d'apprentissage
Une **OCCASION**
de partager.

📅 Jeudi 28 janvier 2021
🕒 13 h 10 à 14 h
Thème : Les sports d'hiver
Lien : Inscrivez-vous à info@rafo.ca

Conseil des écoles publiques de l'Est de l'Ontario

RAFO

FARFO

Des nouvelles de Retraite active de Peel

Confinés? Qu'à cela ne tienne! Grâce aux merveilles de la technologie et l'habileté acquise rapidement par notre présidente et nos membres nos membres sont restés branchés et connectés virtuellement pendant toute l'année et ont participé avec enthousiasme à une magnifique brochette d'activités stimulantes organisées par une équipe de bénévoles hors pair.

Par le biais des tomes *Les remarquables oubliés* du regretté Serge Bouchard, des lectrices et lecteurs ont voyagé dans le temps et découvert des personnages et peuples qui ont contribué à l'histoire du pays et du continent. Le club de tricot a continué à offrir un excellent moyen de tisser des amitiés et remonter le moral.

Malgré les fermetures, les séances hebdomadaires de pilâtes et d'exercices de musculation en douceur ont permis de maintenir une bonne forme physique. Une série d'ateliers nous a mieux fait comprendre la santé mentale et le bien-être chez les aînés. Des sessions régulières sur la santé nous ont mieux informés sur le vaccin contre la COVID-19, les vitamines et suppléments, l'ostéoporose et la santé du cerveau, entre autres.

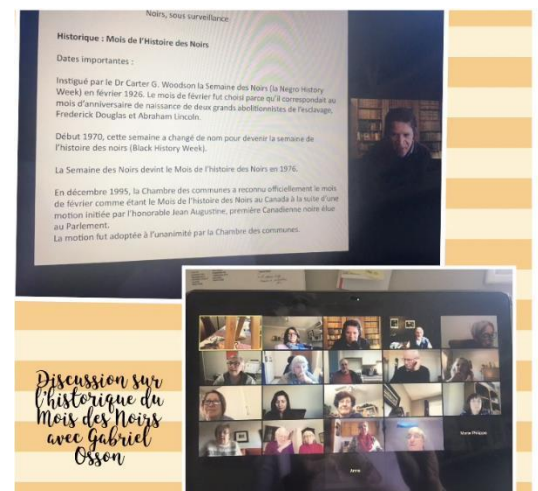
La recherche démontre l'importance des arts au bien-être des aînés, et cette dimension n'a pas été négligée : nous avons découvert l'œuvre de Clément Bérini et d'autres artistes visuels francophones de l'Ontario; fait du collage et de la linographie; participé à des lectures dramatiques ; et ce printemps Christopher Hall, musicien et comédien, nous a fait rire régulièrement en nous initiant à la musique classique.

Les bénévoles animées du Royal Ontario Museum nous ont révélé les trésors du musée. Nous avons profité des webinaires du Royal Botanical Gardens, appris et échangé sur une variété de sujets tel que le racisme, cuisiné et partagé des recettes et célébré la journée internationale des femmes, tout cela sans quitter notre chez nous.

RAP est très reconnaissant de l'appui financier du PNHA, de l'AFO et de nos partenaires communautaires qui nous ont aidé à offrir une si belle gamme d'activités. Après une pause pendant les mois d'été, la programmation reprendra en septembre.

Venez découvrir tout ce qu'offre Retraite active de Peel en parcourant notre site web - www.retraiteactivepeel.ca ou en nous écrivant à info@retraiteactivepeel.ca Nous sommes toujours heureux d'accueillir de nouveaux membres.

Elaine Molgat
Vice-présidente, RAP



The Municipality of Port Hope and the Ruth Clarke Activity Centre for Seniors

Canada and Ontario invest in the construction of a new multipurpose centre in Port Hope

On March 18th, 2021, our Federal and Provincial governments announced that the Municipality of Port Hope was successful in their application for funding for the expansion of the Town Park Recreation Centre.



The Government of Canada is investing more than \$1.2 million in this project through the Community, Culture and Recreation Infrastructure Stream of the Investing in Canada plan. The Government of Ontario is providing more than \$1 million, while the Municipality of Port Hope is providing over \$800,000 toward this project.

The project involves the expansion and rehabilitation of the existing Town Park Recreation Centre, with the addition of three multi-purpose rooms, a large gathering area, storage space, as well as rehabilitating the existing kitchen, increasing room sizes, and creating a new parking lot.

The existing Ruth Clarke Activity Centre for Seniors is a facility that raises concerns for accessibility standards and has an aging infrastructure. With the continuous growth in the membership numbers, we have recognized the need for more available program space. The addition at the Town Park Recreation Centre will be the new home to our 55+ membership and will provide improved access to the community and recreation activities.

All orders of government continue to work together for the people of Ontario to make strategic infrastructure investments in communities across the province when they are needed most.



Abbotsford at the Glebe Centre: Ever Present, Ever Changing



Here we are just over one year after COVID-19 changed our day-to-day way of life.

Abbotsford Seniors Centre is no exception. We were planning our usual spring registration when, like everyone else, we came to understand the need to shut down with little or no warning. We all had to deal with the growing reality of the severity of the virus and its effects on society and, in our case, on seniors in community.

The verb 'pivot' has become the mantra of almost all businesses and organizations over the past year. And pivot we did!

As we began to realize that we would have to 'live with' COVID-19 for quite some time, it became apparent that we had to reach our members where they were...at home!

Isabel Gonzalez is one of Abbotsford's *many instructors* who initiated a way to keep our members engaged and fit. It started with a Zumba Gold workout video by Isabel that we could share on our website. While it was a new format, it was also so familiar for our patrons to have Isabel take them through familiar routines.

Isabel who is originally from Chile has also been facilitating Conversational Spanish classes for Abbotsford for many years. She and her students were keen to continue practicing their language skills. That interest and willingness paved the way for our first set of virtual programming using Zoom.

Zoom, like Google, has become its own very particular verb. We 'Zoom' with our family and friends and now we Zoom to practice Spanish, write memoirs, take art courses, dance, perfect our yoga positions and engage in a myriad of fitness classes.

Virtual programming is far from perfect and cannot entirely replace the connection, socialization and spontaneity of in person interaction, but it certainly does help keep us connected and motivated.

Stay safe, active and connected...definitely a motto to live by!



THUNDER BAY 55 PLUS CENTRE

Submitted by Lisa Galon, Programming & Marketing Coordinator

Providing services through a pandemic

Like many Older Adult Centres, the Thunder Bay 55 Plus Centre has had to pivot in order to provide services to seniors through lock downs and changing pandemic restrictions.

The River St Café has been able to offer take out only services providing hot, nutritious meals at an affordable price. Since January, they have provided over 2100 fresh or frozen meals, plus numerous soups, sandwiches and desserts, as well as food security for seniors in the area. The Centre is also a Good Food Box site, offering fresh produce for reduced cost to approximately 40 families monthly through curbside pick up.



The income tax program, for low income seniors, provided services through drops off or telephone appointments. With the commitment and support of 13 volunteers and 2 Centre staff the program completed 746 tax returns in 6 weeks.

The Support Services Program has seen changes since the beginning of the pandemic. The Friendly Visiting and Walk a Bit programs have shifted as in-home visiting has ceased due to Covid restrictions. The volunteers of these programs have continued to visit their clients through the Telephone Assurance Program (TAP). TAP has increased substantially with over 125 new clients and volunteers connecting weekly for telephone calls. These calls provide socialization, friendship and help alleviate the sense of loneliness and isolation.



The Lunch and Learn Program is being offered by teleconference, allowing seniors to participate in health presentations related to stroke, sleep issues, CBD Oil, and other topics. "Understanding Mental Health in Later Years," is a virtual workshop series covering 12 topics including depression, anxiety, dementia, and medications. Sessions from this workshop were also provided to volunteers of the Support Services Program. Sit and Be Fit, has been offered weekly by teleconference, all that's required is a telephone and a stable chair. A free Thera band was provided to each participant from the Age Friendly Committee.



We look forward to when we can reopen to the public but until then will continue to reimagine programming to best suit the needs of those we serve.

Looking back over the last sixteen months during the pandemic the term resiliency comes to mind for us at WISE Mobile Active Living Centre. Resiliency from not only our staff and centre to adapt and change but most importantly the resiliency of our participants to embrace new types of programs. Whether it be attending a program over the phone at one of our WISE Without Walls programs, connecting into Zoom for our weekly Virtual Village program, or breaking a sweat during an online fitness class or daily activity challenge, the ability to adapt to the “new normal” has been tremendous.

Recently added to the WISE Mobile Active Living Centre program schedule this spring were a series of evening programs aimed at combating isolation for older adults. Many participants commented that these evening programs were a welcome addition to our already robust program schedule during regular business hours. Programs offered in the evening coincidentally came at a time when new lockdown measures came into effect yet again. Programs offered included an art series, two dinner, documentary and discussion programs, and an evening program will continue in June with a virtual escape room.



Reducing stress and embracing the meditative process of Zentangling, artwork by Andrea K. (participant)



Taping into the spring spirit with acrylic folk art, artwork by Jeanne G. (participant)

June is also a time to celebrate Senior's Month in Ontario. Our centre is taking the province's theme of Stay Safe, Active and Connected and offering a virtual speaker series to help celebrate the contribution of seniors in our community. The series will feature programs inspired by this year's theme: Stay Safe- a talk about vaccines, Stay Connected- a talk on choosing the right tech devices, and Stay Active- participants will enjoy a fun line dancing class.

With summer on the horizon, WISE Mobile Active Living Centre will begin looking at how a return to in-person programming will look based on emerging guidelines on how to do so safely.

YMCA HAMILTON SENIORS ACTIVITY LIVING CENTRE 55+

Submitted by Robin Mech, Supervisor, Health & Wellness Programs



YWCA Hamilton Seniors Active Living Centre 55+

Sentiments of thanks, including memories and stories from our YWCA Hamilton SALC volunteers were received following National Volunteer week (April) when volunteers were acknowledged with a handwritten note and certificates of recognition for years of service. The pandemic has altered our way of celebrating, however, it has not altered the desire and drive to help others. YWCA Hamilton Active Living Centre 55+ staff continue to connect with our community through telephone calls and by offering over 32 virtual classes and programs per week on Zoom including: Meditation, Pilates, Bones+, Stretch & Strength, Dance, Balance & Core, Line Dancing, Mind Busters and Social Chat. Our free Wellness Wednesday virtual monthly programs have proven to be a fun and engaging way to provide education and nutrition information to folks, with new people joining each session. June will be the launch of a new series of virtual learning, enhancing digital literacy through workshops ranging from *Digital Security* to *How to safely navigate online shopping and entertainment*. Through the Ontario Seniors Community Grant Fund, we are able to provide 40 more individuals with tablets and the training required to use them. While our community continues to work towards higher vaccination levels and a safe reopening of our community, it is wonderful to regularly hear the positives that are happening within our membership. The most touching experience I have heard of is acquaintances from the centre have now become friends, who are connecting with each other regularly – often daily - to check in and chat. It will be wonderful to one day gather again in person. What that looks like is still to be determined, however, we know there will be a gratefulness and an appreciation of being together once more.



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TIPS FOR EFFECTIVE COMMUNICATION WHILE WEARING A FACE MASK

While face masks play an important role in keeping us safe from the spread of COVID-19, they can also be a barrier to effective communication, especially for the Deaf or hard of hearing.

Masks can present several challenges, including muffled sounds and the inability to speech read and see facial expressions. In addition, masks can be uncomfortable for people wearing hearing aids or cochlear implants and increase chances of losing devices while removing a mask.

Here are some useful tips to help you overcome these challenges and improve communication while wearing a face mask:

- Face the person you are speaking to
- Move to a quiet place to reduce background noise
- Talk louder and slower and enunciate as best as possible
- Rephrase instead of repeating
- Use your hands and body language to emphasize points
- Write it down or use a speech to text app/smartphone
- If you wear hearing aids, consider using otoclips or eyeglass holders to ensure you don't lose your hearing aids while removing your mask
- Inform others of your communication needs

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If you are 55 years and older and have suspected or confirmed hearing loss, you may be interested in enrolling in our free “Sound Advice on Hearing Health” virtual workshops. The goal of the workshops is to help you improve communication skills, increase confidence, and decrease social isolation.

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Heart to Home Meals emphasizes that life should get easier as you age. When independently living at home, having access to nutritious meals is an essential aspect of maintaining a healthy lifestyle. Experiencing the aging process can be challenging for seniors, as maintaining an independent lifestyle may pose certain barriers.

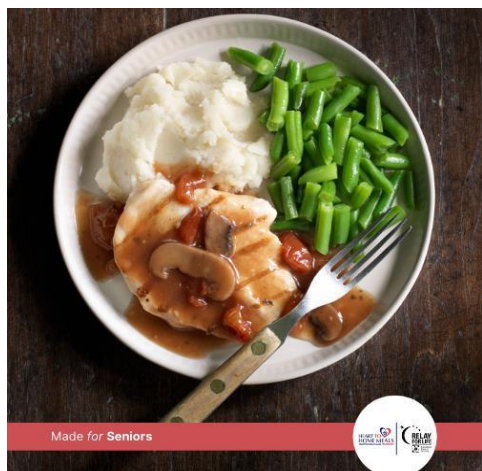
Frequent trips to the local grocery store, accompanied by long hours in the kitchen, can become tiresome and discourage one from maintaining a nutritious diet. Heart to Home Meals is here to make life easier by implementing a food delivery service that keeps your nutritional needs in mind, alleviating the burden by providing delicious frozen meals right to your doorsteps.

Nutrition plays a vital role regarding food intake for seniors; many seniors have unique dietary concerns that must be accommodated. Heart to Home Meals truly believes in providing the best meals to our customers, while still supporting their dietary requirements.

As part of Heart to Home Meals' commitment to being leaders in senior nutrition, we are now proud supporters of the [Canadian Cancer Society's Relay for Life](#). We have selected several delicious meals that will contribute to this initiative by contributing \$1.00 for each of the special meals purchased.

Heart to Home Meals offers a versatile menu with a selection of over 200 meals, including a variety of entrées and desserts. The diet coding system was created to assist with choosing meals that meet your dietary requirements for high protein, low carbohydrates, low sodium, high fiber and no added sugar.

Simply order online or call your local Heart to Home Meals outlet to order delicious and easy meals such as the Hunters Chicken or Shepard's Pie and a member from our trusted delivery team will deliver your frozen meals contactless right to your door.



Heart to Home Meals hopes that our contribution to the Relay for Life in support for those living with cancer will continue their research in ground-breaking treatments and support systems.

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Introducing www.En-AGE.ca

This new web portal shares evidence, information and stories from seniors that show how OTs can support healthy ageing, and continuing personal growth and engagement in life occupations that are meaningful through the transitions of older age. The site supports seniors, their families/caregivers, policy makers, and organizations that support older adults to learn about and consider later life transitions and strategies to maintain health, well-being and participation in occupations that matter. Visit www.En-AGE.ca.



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How can we help? Contact OSOT to help older adults [find an occupational therapist](#) to assess and support their needs. Need a speaker or educational series or wish to consult with an occupational therapist to support your Centre programming? Contact osot@osot.on.ca.



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EXPRESS YOUR CREATIVITY LIKE ARTIST EMILY CARR



Get to know this famous Canadian artist and try sketching and painting techniques inspired by her work thanks to [this Art at Home video](#) by the experts at the [Vancouver Art Gallery](#).

“Creating abstract art can express the emotions that one feels about nature and the environment and is a wonderful place to begin artmaking,” says Melissa Lee, Director of Education and Public Programs at Vancouver Art Gallery.

The video was produced in partnership with Amica, as one of the many creative activities and art workshops we organize to help seniors age with creativity, optimism, purpose and lifelong learning.

The history of Emily Carr

Watch the video to discover this British Columbia–born artist’s life story, including:

- Her childhood and early art lessons in Victoria, B.C.
- The influence of her studies in San Francisco, England and France

- How her work was informed by Indigenous culture and B.C.’s coastal forests
- Her connection with the Group of Seven

Sketching and painting exercises

Stock up on paper, markers, paint brushes, canvases and acrylic paints and then watch the video to learn:

- How to draw an abstract sketch inspired by Emily Carr
- Techniques to mix and layer colours
- How to create your own landscape painting in a style like Carr

[Follow Amica on social media](#) to find out about other virtual art experiences for seniors.

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Johnson Insurance is a tradename of Johnson Inc. ("JI"), a licensed insurance intermediary. 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 in ON. Eligibility requirements, limitations, exclusions, additional costs and/or restrictions may apply. JI and UAC share common ownership. *As of March 1, 2021, \$960 combined savings available on home and car insurance if the following discounts are applicable: conviction free, multi-line (home and auto), multi-vehicle, winter tire, stability, and member (home and auto). Dollar savings may vary otherwise. †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). †NO PURCHASE NECESSARY. Open May 1, 2021 to April 30, 2022 to legal residents of Canada (excluding Nunavut) who at the time of entry: (1) have reached the age of majority in their jurisdiction of residence and (2) are a member of a recognized group of JI (excluding members of any group in the educator or health care sector) with whom Johnson Inc. has an insurance agreement. One (1) prize available consisting of \$15,000 CAD. Odds of winning depend on the number of eligible entries received. Math skill test required. Rules: <https://www.johnson.ca/groceries>

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Live life to the finest.



Parkland has been providing exceptional accommodations and specialized services for active adults for over 30 years. Family-owned and operated, residents are treated like family and team members are dedicated to keeping everyone safe.

Offering premium lifestyle with freedom and choice, you can maintain your active and independent lifestyle in a vibrant community surrounded by like-minded individuals. Residents enjoy a variety of amenities including bright and spacious suites, restaurant-style dining, and our signature wellness program. Parkland has been designed to keep you doing what you love.

- ✓ Bright, spacious suites with premium finishes
- ✓ Multiple on-site dining venues
- ✓ All utilities included
- ✓ Staff on-site 24 hours a day
- ✓ Social and fitness programs
- ✓ Underground parking and storage
- ✓ Chauffeur and concierge service
- ✓ Additional services available

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



Parkland on the Glen
1665 The Collegeway, Mississauga
905-820-8210

Parkland on Eglinton West
4650 Eglinton Avenue West, Etobicoke
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RBG is Open!



**ROYAL
BOTANICAL
GARDENS**

www.rbg.ca

680 Plains Road W.,
Burlington, ON
905-527-1158

We look forward to welcoming you back to Royal Botanical Gardens! With the lilacs at the Arboretum now ending and peonies and irises at Laking Garden rounding out peak bloom, the Rose Garden at Hendrie Park is putting on a magnificent show – just in time for our doors to reopen to the public.

Visit Royal Botanical Gardens!

Come with friends, family or as a group (15+ people). We'll help you make the most of your time here.

- Experience guided tours of:
 - the world's largest lilac collection,
 - our rejuvenated Rose Garden, and
 - a Mediterranean Garden under glass.

Enjoy the Gardens' gift shop. Visit the [Group Tours](#) webpage or contact our Group Tours Coordinator for more information (905-527-1158 ext 237).

Remember – OACAO members with groups of 15 or more get a 25% discount!

We are thrilled to be offering a wide variety of virtual and outdoor programs this season ahead. From [Green Thumb Yoga](#) to [Home Garden Seed Saving](#) and our Speaker Series - there is certainly something for everyone to enjoy.

Please visit our website for a full list of programs running from [June to September](#):

<https://www.rbg.ca/things-to-do/courses-camps-programs/courses-workshops/>



Virtual interactive presentations in the comfort of your home or centre!

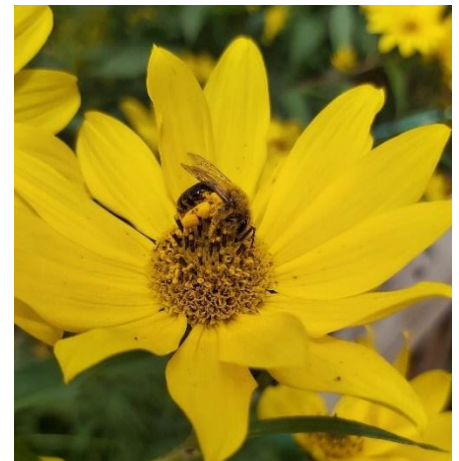
Take part in our **interactive, engaging programs** on various topics.

- Chocolate
- Pollinators / Monarch Butterflies
- Indoor and outdoor gardening
- Roses/ Irises/ Peonies/ Lilacs
- Tea
- Q & A topics with RBG Gardeners – AND More!!

Planning your fall and winter programs? Need some ideas?

To help you, we will be hosting short sessions introducing you to RBG and our programs. Watch for presentation dates.

Contact Karin (kdavidsontaylor@rbg.ca) for more information or visit our videoconferencing webpage and look for [Older Adult Programs](#).



Enrichment and Recreation Coordinators



We offer **plant-based professional development programs** via Zoom or your preferred virtual platform.

Programs include:

- Introduction to Horticultural Therapy
- Specialty programs focused on pedagogy related to a plant or technique.

Check out Horticultural Therapy [Professional Development](#) on our videoconferencing webpage or contact Karin (kdavidsontaylor@rbg.ca)

June is **Seniors' Month!**
Celebrate the senior in your life.



We are offering a
20%* discount

to new clients who will be using our
hourly services of **drop-in companions**
and **personal companion care**.

Offer available **June 1, 2021** to **July 31, 2021**.
Promo code: **SFS2021**

*At participating locations.

Call **1.844.339.8638** to book our services!
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Finance	Bill Krever	w.krever@victoriavillage.ca
Nominations	Nancy Beddoe	nbeddoe@cogeco.ca
Business Partners	Shirley Glauser	sglauser@oacao.org

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

OACAO

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

OACAO Business Partners 2120-2022

Access Abilities www.accessabilities.ca 905-825-5335 (Oakville), 416-237-9654 (Toronto)

Amica Senior Lifestyles www.amica.ca 1-888-264-2299

Arbor Memorial Inc. www.arbormemorial.ca/en 1-877-301-8066

Bayshore Home Health www.bayshore.ca 1-888-959-1082

Canada's National Ballet School www.nbs-enb.ca/Home 1-800-387-0785

Canadian Hearing Services www.chs.ca 1-866-518-0000

Custodia Seniors Support www.custodia.com 1-833-410-4357

Delmanor Communities www.delmanor.com 416-736-2520

Factory Direct Medical www.factorydirectmedical.com 1-855-235-2400

Heart to Home Meals www.HeartToHomeMeals.ca 1-866-933-1516

Insuranceland www.insuranceland.ca/oacao 1-800-243-9379 ext 2337

Johnson Insurance www.johnson.ca/oacao 1-800-563-0677

MySeniorCenter www.myseniorcenter.com 1-866-739-9745

Newbridge Mortgage Inc. www.mortgagearchitects.ca/Sites/Steven-Lee 416-410-2188 ext 111

OASSIS Benefit Plans for Not-For-Profits www.oassisplan.com 1-888-233-5580

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Parkland on the Glen www.parklandretirementliving.com 905-820-8210

Royal Botanical Gardens www.rbq.ca 1-800-694-4769

Seniors for Seniors www.seniorsforseniors.ca 416-481-2733

The Health Depot www.thehealthdepot.ca/pages/oacao 1-855-844-2242

Wintergreen Learning Materials www.wintergreen.ca 1-800-268-1268



NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2021 Fall Newsletter – September 1st, 2021

2021-2022 Winter Newsletter – December 1st, 2021

2022 Spring Newsletter – March 3rd, 2021

Please send your submissions to admin@oacao.org

OACAO Business Partners

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