

OACAO Newsletter

2021 FALL NEWSLETTER

Message from the OACAO President Suzanne Teixeira

As cozy sweater season is right around the corner so is some exciting opportunities with the OACAO!

First things first, how are you? We all have been working so diligently to ensure that our members are receiving the top quality supports, programs and activities we can offer, don't forget to take some time for yourself. Whether it is a hot cup of tea, a nice walk in the fresh air or curling up on the couch with a good book, allow yourself some time to recharge. Our friends at OASSIS have a great article called "How Staying Active Helps Well-Being" and is a quick read with some good tips on staying healthy, active and connected <https://www.oassisplan.com/upload/downloadable/howstayingactivehelpswellbeing.pdf>

There is lots to look forward to in the upcoming months. First off we have the OACAO 2021 Aging Well Conference. This years theme couldn't be more fitting –

AGING WELL: COPE • ADAPT • THRIVE

Our first ever conference taking place virtually on Monday, October 25 & Tuesday, October 26, 2021. There will be an excellent line up of virtual workshops, keynote presentations, panel presentations, lightning talks on a variety of topics and social/networking time!!!! Make sure you watch for the special pricing and registration details.

Next we have our Pandemic Proof Programming for Older Adult Centres (PPP4OACs) project, which is funded by New Horizons for Seniors Program lead by our very own Julie Pennal. Don't miss out on a sneak peek during the virtual showcase at Conference in October. More details about the project in the upcoming pages.

Here are some important dates to remember –

1. OACAO 2020 Awards - Nominations Deadline is **October 8 at 4:30 pm** and Awards will be presented at the conclusion of the Virtual Annual Meeting
2. OACAO Virtual Annual Meeting and Awards **November 8, 2021 at 12 noon**

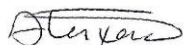
OUR VISION

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.

Special thanks to our OACAO staff team - Sue, Lina, Fiona and Dena, the OACAO Board Members and OACAO volunteers for all of your hard work on behalf of the association. We acknowledge and thank Julie Pennal and Tom McNown for their contribution to the board as they have both recently stepped down as Regional Reps. Please refer to page 4 for a current listing of regional rep vacancies on the board, and please consider joining us.



Suzanne Teixeira
President



OACAO

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



Over the past 18th months, during these unprecedented times, OASSIS has strived to provide benefits & services that we believe better serve our clients. We have sought out, and added, professional services that can help employees support their mental health.

Psychotherapy and a Cognitive Behavioural Therapy based service was added to our plans, and we changed our Employee Assistance Program provider:

- Psychotherapists are mental health professionals who have specialized training in talk therapy. Whatever your needs may be, whether it is grief, relationships, self-esteem, anger, etc. they are trained to help you improve and maintain your mental health and wellbeing. These professionals provide the tools that work towards resolving an employee's mental health issue(s).
- MindBeacon is a virtual mental health therapy clinic. A one-stop private space to access a wide range of mental health supports with a focus on Cognitive Behavioural Therapy (CBT). This comprehensive support program is paid for through an employee's Paramedical benefit coverage (where coverage is included in their benefits plan).
- HumanaCare's Employee Assistance Program (EAP) provides confidential, short-term targeted counselling. Nurse led coaching sets them apart and because the employee is supported in a holistic manner, they generate a more than 50% improvement in their outcomes when compared with the industry norm.

These are a few examples of how OASSIS supports our Member Organization's employee mental health. As a not-for-profit provider of group benefits exclusively for not-for-profits, we understand your organization's and employee's needs.

For more information about our plans, and / or to receive a quote, please contact:

Brent Voisey, Director of Sales & Marketing at brent@oassisplan.com or by phone 1-888-233-5580, ext. 302 to get started!

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Message from the OACAO Executive Director Sue Hesjedahl

Hello OACAO members, partners, and friends. As we wrap up the month of September, in a year that has been extremely challenging for all, I encourage you to take time to honour, self-reflect and learn how we can support our Indigenous communities across Ontario and help to recognize **September 30th** as the inaugural **National Day of Truth and Reconciliation**. The National Centre for Truth and Reconciliation (NCTR) has events available for the general public to attend during Truth and Reconciliation Week, Sept. 27 – Oct. 1st and registration is required. <https://nctr.ca/education/trw/general-public-schedule/>. The NCTR is a place of learning and dialogue where the truths of the residential school experience will be honoured and kept safe for future generations. Let's support each other and our Indigenous friends as they begin to heal, paving the way to true reconciliation. The OACAO hopes to provide important learning and sharing opportunities around truth and reconciliation over the next few months. Please join us on this journey.

The continued challenges of supporting and engaging your members during the 4th wave of the COVID-19 pandemic have been an ongoing responsibility that you have pushed yourselves to achieve. We commend you on that. Last week the Government of Ontario implemented the mandatory proof of vaccines for non-essential services, which includes most of OACAO members. We realize that this has caused much extra work and continued vigilance to keep your members safe. Some resources are available to support you at:

<https://news.ontario.ca/en/release/1000807/ontario-releasing-guidance-to-support-proof-of-vaccination-policy>

Use the link below for more resources about COVID-19 workplace health and safety measures to ensure you have a plan in place to protect your employees and volunteers. <https://www.ontario.ca/page/covid-19-workplace-health-safety>

I encourage our members to participate in the virtual **OACAO Regional meetings** to network, learn and share with your peers from across your Region on COVID recovery and reopening strategies. Find a listing of upcoming Regional meetings on page 5.

OACAO 2021 AGING WELL Virtual Conference – October 25 & 26th - Please join your OACAO colleagues and friends from across Ontario for a Virtual Conference you won't want to miss! This year's AGING WELL conference theme is **Cope • Adapt • Thrive** featuring amazing Keynote Speakers, dynamic Workshop Presentations, engaging Networking Breakout Sessions, an informative Panel Presentation, an enlightening Lightning Talks session, the OACAO 2021 Awards Presentation and fun and inspiring Social Events that will create memories for years to come. Registration is open and the fees are extremely affordable this year with individual rates of \$20 for OACAO members (individual rate is \$40 for non-members) and group of 5 package at \$75 for OACAO members (group of 5 package is \$150 for non-members). As an **Early Bird Bonus**, we ask you to **register by October 12** to secure your delegate bag. We are grateful to our Title Conference Sponsor **Arbor Memorial** for providing financial support for the event, but also for providing the beautiful delegate bags that will be stuffed with great resources, swag and goodies from our Business Partners and friends. This will be a lovely keepsake you won't want to miss out on. Please register at: <http://www.oacao.org/events/aging-well-conference/>

Another event I would like to highlight is the **Flu Awareness and Prevention Webinar** that we are hosting on **October 13 at 1:30 pm**. We are pleased to be working with Dr. Katherine Gibson and Pharmacist Sherry Naguib. Please feel welcome to invite your members to attend. See page 13 for details and registration link.

The OACAO continues to engage in our new **Social Prescribing** project. Please see page 10 for an update on **Links2Wellbeing: Social Prescribing for Older Adults**, our 3-year project in partnership with the Alliance for Healthier Communities. We are pleased to have 18 OACAO Members/SALCs on board in "Cohort A" and are actively recruiting a dozen more centres to join the project as "Cohort B" over the next few weeks. Not only does the project provide you with training, tools and resources, but you will also be eligible for a small Links2Wellbeing micro-grant to cover start-up technology costs and subsidies for your referred clients, as well as a small budget to cover printed materials and other incidental project costs. Please contact me or Dena Silverberg, the Links2Wellbeing Project Coordinator at dena@oacao.org, to learn more about the project.

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The **Ministry for Seniors and Accessibility (MSAA)** is currently conducting a **Seniors Active Living Centre (SALC) Program Review** and is collecting information to support an effectiveness review. The objectives of the SALC Program Review are to understand how the SALC Program is achieving its intended goals, to understand the benefits of the SALC Program, to find opportunities for improvement and to study impacts of the COVID-19 pandemic on service delivery and older adults. All SALC Operators should have received an invitation to participate in a **SALC Program Review Survey** with a completion deadline of October 8th. The survey will take approximately 30 – 45 minutes and we encourage you to complete it for all of your funded SALC programs. If you did not receive information about the SALC Program Survey, please contact your MSAA Regional Development Advisor.

In closing, I want to welcome our new members and business partner and I want to thank all of you for your support of the OCAO and I wish you great strength as you work through the 4th wave of the COVID-19 pandemic. I hope to “see” all of you at our upcoming Webinars, Regional Meetings and the Aging Well Conference on October 25 & 26th.



Sue Hesjedahl
Executive Director



Calling all potential OCAO Regional Representatives!

Would you like to support the Older Adult Centres' Association of Ontario as a representative on the Board of Directors? Do you have some great ideas to share? Would you like to support your peers from across your Region? Would you like to be more involved with the issues that support Seniors Active Living Centres across the province? We currently have three Regional Representative openings. We would like to hear from you. See below for a listing of current Board vacancies:

- **Central Region Senior Rep**
- **Golden Horseshoe Region Staff Rep**
- **Grand River Region Senior Rep**

Our Regional structure is set up so that you have an alternate Rep from your Region, to sit on the Board along with you, so that you have support. We welcome new recruits from our membership and would be happy to answer any questions that you might have. The commitment is minimal, especially in addition to what you already do in your community. Feel free to contact Nancy Beddoe, OCAO Past President, at nbeddoe@cogeco.ca for more details.

It is going to be a GREAT year for OCAO and we look forward to seeing you at our Regional Meetings and Webinars! Haven't heard about Regional Meetings? See page 5 for the Fall Regional Meeting schedule. Don't miss out, get involved today, the benefits are endless!

Welcome to our New Members



Sunrise Echoes Seniors Club

P.O. Box 92, 5655 Hwy #74, Sioux Narrows, ON P0X 2B5

<https://siouxnarrowsnestorfalls50plus.weebly.com/> • 807-226-9764

St. Thomas Seniors Centre

225 Chestnut Street, St. Thomas, ON N5R 1N0

<http://stthomasseniorscentre.com/> • 519-633-2850



Welcome to our New OACAO Platinum Business Partners



HEYGO

Travel the world. From home.

Heygo is a live-streaming tour platform with the simple goal of making global travel—in all its glory—accessible to anyone, anytime.

With over 3,000 interactive tours broadcasting live from 70 countries and counting, Heygo creates transportive experiences by empowering the world's best guides to share their favorite places—from Paris to Patagonia—with a global audience who can chat and snap postcards as they enjoy their journey together in real-time. Free to join and backed by tips, Heygo brings the world closer together around easy virtual travel that's as real as it gets.

Check out heygo.com and discover the world in a whole new way.

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, November 2 nd at 10:30 am
Eastern	Monique Doolittle-Romas	mdoolittle-romas@thegoodcompanions.ca	Wednesday November 3 rd at 11:00 am
Golden Horseshoe	Ted Lambert	erllre13@hotmail.com	Tuesday, November, 30 th at 3:00 pm
Grand River	Jaye Kuntz	jaye.kuntz@waterloo.ca	Tuesday, October 19 th at 1:00 pm
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, November 9 th at 9:30 am
Northern Regions	John Richer	john.richer@greatersudbury.ca	Thursday, October 21 st at 2:30 pm
South West	Karen Pyatt-Westbrook	kpyatt@bgclondon.ca	Thursday, October 21 st at 1:00 pm

NOTICE OF ANNUAL MEETING OF MEMBERS 2021

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

Monday, November 8th, 2021, at the hour of 12:00 pm

Virtual Meeting

Registration Deadline is November 4th, 2021

<https://oacao.wildapricot.org/event-4498362>

1. To receive the Financial Statement of the Corporation for the year ending March 31, 2021;
2. To appoint the Auditors of the Corporation for 2021-2022;
3. To elect the Directors of the Corporation;
4. To approve and ratify the acts of the Directors and Officers of the Corporation of 2020-2021;
5. To transact such further or other business as may be necessary or desirable in connection with the above or otherwise.

Dated the 20th of September, 2021

Suzanne Teixeira

Suzanne Teixeira, President

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

The 2021 Annual Meeting is sponsored by OASSIS Benefit Plans for Not-For-Profits.



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

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

OACAO 2021 Awards Program



The last 18 months have been very challenging for staff and volunteers at Older Adult/Seniors Centres across Ontario, but you have continued to be champions by pivoting, adapting, and delivering meaningful, innovative and safe programs to reduce isolation for your members. We want to celebrate and recognize you and the successes and achievements of those special volunteers, staff, and community partners that continue to make our organizations so amazing! What better way to do that than through the OACAO Awards Program?

Applications are now being accepted for the 2021 OACAO Awards Program. The successful nominees will be honoured at the virtual OACAO 2021 Aging Well Conference on Tuesday, October 26. The OACAO Awards Program is generously **sponsored by Arbor Memorial** again this year. Please see the list of Awards below and consider submitting a nomination **by 4:30 pm EDT Friday, October 8, 2021: <http://www.oacao.org/programs/awards-program/>**

Award of Merit (NEW: two nomination categories: staff/employees and volunteers)

The purpose of this award is to recognize exceptional effort and contribution to the field of Older Adults/Seniors. Anyone is eligible to receive this award from two categories.

- Award of Merit may be conferred for:
 - a) Outstanding leadership contribution to the field of Older Adult Centres or Seniors Active Living Centres
 - b) Making a significant impact on the lives of older adults in their community or across Ontario

Community Spirit Award:

- This award recognizes an organization, partner or business that has displayed exceptional effort and commitment, on behalf of Older Adults / Centres, through age friendly service, accessibility, and/or advocacy.

Trailblazer Award: (NEW: two nomination categories: staff/employees and volunteers)

- This award recognizes a novice staff person or volunteer in the field of Older Adults and Seniors Active Living Centres whose personal achievements and professional accomplishments have furthered the sector. The nominee must have proven leadership and dedication and have been employed or a volunteer involved with the organization for a maximum of 3 years in the sector.

Regional Award of Excellence:

- This award recognizes staff person or volunteer representatives from an OACAO Region, who has shown a considerable amount of effort and commitment to the Older Adult sector /Seniors Active Living Centres (SALC), to increase awareness of, and advocacy for, the OACAO and its' programs and opportunities, and by coordinating and/or participating in OACAO Regional Workshops and/or other OACAO initiatives.

Award of Distinction:

- The OACAO Award of Distinction is considered to be the most prestigious recognition bestowed by the OACAO. It recognizes the exceptional contributions and/or long-term commitment of an individual staff person, volunteer or group, toward the advancement of Older Adult initiatives and awareness of the OACAO in Ontario, and beyond. To be eligible, they must have dedicated a minimum of ten (10) years of service to the Older Adult Centres' Association of Ontario, served as Chairperson on two or more committees and as a member of the OACAO Executive Committee. Recipients of this award epitomize the hard work and long service required to ensure the positive contribution of the Association to the success of Older Adult Centres in Ontario.

Lifetime Supporter Award

- Consideration will be given to long time service to OACAO. Candidates must have served on two or more Committees, the Board of Directors, and the Executive for a period of fifteen (15) years. Consideration may also be given to persons serving in the field of Older Adult Centres in general.

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Past President's Award

- There shall be a PAST PRESIDENT'S CITATION in recognition of services rendered. The Past President's Award shall be presented to the Outgoing President following the appointment of the Incoming President. The award will only be presented when an individual leaves the office of President.

Nominations are now being accepted for the 2021 OACAO Awards Program and can be submitted by any person from a current OACAO member organization. Submission deadline is **Friday, October 8, 2021 at 4:30 pm EDT**.

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

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

The Selection Committee reserves the right to move a nomination to a more appropriate category, if necessary. Recipient(s) will be chosen for each category. All decisions made by the Selection Committee are final. The successful nominees will be honoured at the OACAO 2021 virtual 2021 Aging Well Conference on October 26th.

Deadline for nominations is Friday, October 8, 2021 at 4:30 pm EDT

<http://www.oacao.org/programs/awards-program/>

Questions or supplementary documents can be sent to info@oacao.org.



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

OACAO

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

Thanks for your Support!



Thanks to Karen Blakely and again to all those who supported our Great Canadian Giving Challenge! OACAO is a registered Charity and has the ability to issue tax receipts. Go to www.oacao.org and click on the Donate Now button.

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

MAKE SURE TO FOLLOW THE OACAO ON FACEBOOK AND TWITTER



@oacao



@TheOACAO



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

**See Schedule below
with more to follow...**

CONFERENCE SCHEDULE

Monday, October 25, 2021

8:45 – 9:00 am	Conference Kick-Off and Indigenous Welcome
9:00 – 9:55 am	Opening Keynote Speaker Anthony Lue
10:00 – 10:55 am	Workshop Sessions A
11:00 – 11:55 am	Workshop Sessions B
12:00 – 12:45 pm	Networking Breakout Sessions



Arbor
Memorial

TITLE SPONSOR

12:45 – 2:00 pm LUNCH BREAK

2:00 – 3:15 pm	Panel discussion (open for welcome at 1:45 pm)
3:15 – 4:15 pm	Workshop Sessions C

7:00 – 9:00 pm EVENING EVENTS (Optional)

7:00 – 8:00 pm	Social Events
8:00 – 9:00 pm	Hospitality Suite

Tuesday, October 26, 2021

9:00 – 9:15 am	Welcome
9:15 – 9:30 am	Greetings from the Ministry
9:30 – 10:00 am	OACAO Awards Presentation
10:00 – 11:30 am	Lightning Talks
11:30 – 12:30 pm	Closing Keynote Speaker – Elaine Dembe
12:30 pm	Wrap up



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

Check for updates at <http://www.oacao.org/events/aging-well-conference/>



Links2Wellbeing
social prescribing for older adults

Update on Links2Wellbeing Project

Links2Wellbeing: Social Prescribing for Older Adults is a 3-year project, funded by an anonymous donor, and being conducted in partnership with the Alliance for Healthier Communities. The goal of the project is to link isolated older adults with Seniors Active Living Centres, which we all know are incredible priceless centres!

What is social prescribing? It is a means of referring people to a range of non-clinical services. It seeks to address people's needs in a holistic way and aims to support individuals in taking greater control of their own health and wellbeing. Social prescribing looks different in different communities, but often involves a social prescription from a Primary Care Provider (PCP), or other allied health professional, to a Seniors Active Living Centre for social and recreation programming.

On Thursday, August 19th, 2021, over 30 participants (Cohort A) joined the first Links2Wellbeing: Social Prescribing for Older Adults Orientation session hosted by OACAO and facilitated by Pat Spadafora (Project Consultant from Kaleidoscope Consulting), Sue Hesjedahl (Executive Director) and Dena Silverberg (Project Coordinator for Links2Wellbeing).

The training was interactive and featured a packed agenda including an overview of the project goals, project tools and resources. A number of exciting new tools have been developed and were shared including Client intake and consent forms, Client participation and outcomes form, Leisure Interest guiding questions, Client referral forms, referral process and referral pathway, common tracking tools, Prescription pads, Volunteer Link Ambassador forms and more!

Participants were engaged, thoughtful and supportive of the presentation and the best part? The excitement! We are all keen to get the ball rolling and start the program.

For those Centres interested in learning more about Links2Wellbeing or how to become part of the project, please email Dena Silverberg at dena@oacao.org to set up a meeting to learn more. **The next training date is scheduled for November 4th, 2021, and we are looking for more Centres to join our Cohort B!**



Seniors' Centre Without Walls



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

Throughout the COVID-19 pandemic, SCWW has proven to be invaluable for over 150 organizations across the province and the over 25,000 participants that have accessed the program.

The benefits of SCWW are countless, but most importantly, SCWW is **accessible and inclusive**. SCWW can be used to enhance your existing seniors' programs, bridge waitlist gaps, remove barriers to participation, and keep participants connected to their community!

SCWW Quick Facts

- Seniors' centre from the comfort of home
- Completely free to participants
- No internet access or special equipment required, just a telephone
- Programs are multi-person phone conversations (e.g. conference calls)
- Rich lineup of health-related information from professionals in the community, later-life learning opportunities, and participation in brain-stimulating activities

Introductory Webinar

Interested in running a Seniors' Centre Without Walls program for your members? Please join the OACAO for a **free webinar** to learn more on **Wednesday, October 13th at 10:00am EDT**. Emma Revell, Seniors' Centre Without Walls Provincial Lead from The Good Companions team, will lead the webinar and provide an overview of the SCWW program. She will highlight the resources they've developed and are willing to share with Ontario non-profit Centres who are interested in running their own programs.

Register in advance: <https://oacao.wildapricot.org/event-4502519>

Email your questions to: coordinator@oacao.org



GET TO KNOW YOUR OACAO BUSINESS PARTNERS



Heygo - live streaming travel tour platform

Tuesday, November 16, 2021 10:00 am – 11:00 am EST

Heygo is a virtual travel platform with the simple goal of making global travel—in all its glory—accessible to anyone, anytime. Introduce your community to live, interactive tours—from Paris to Patagonia—and connect to a global network of guides & Heygoers sharing the places and perspectives they love.

We will explore:

- The Heygo platform
- The Heygoer community
- Bringing joy to users
- Heygo packages for OACAO members

The Health Depot - online pharmacy

Wednesday, November 17, 2021 10:00 am – 11:00 am EST

The Health Depot Online Pharmacy is 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. Learn how The Health Depot can benefit you! Save with an Ontario Drug Benefit copay of only \$2.99 for OACAO members.



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

Free for OACAO Members – staff and volunteers

<https://oacao.wildapricot.org/Upcoming-Events> (Register in Advance)

*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!*

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

For more information contact OACAO 905-584-8125 or
Toll Free 1-866-835-7693 or email Lina Zita at

coordinator@oacao.org

Older Adult Centres' Association of Ontario presents

Flu Awareness and Prevention Webinar

Presenters: Dr. Katherine Gibson, physician at Rexdale Community Health Centre and Sherry Naguib, Pharmacy Owner and Manager at Community Choice Pharmacy-Rexdale

At this webinar learn about:

- Cause of influenza
- How it is different than the common cold
- Signs and symptoms of COVID-19 vs flu
- Testing for COVID-19 vs flu
- Preventing influenza and COVID-19 transmission
- COVID-19 booster shots- who should get them
- Role of influenza vaccine
- Timing with COVID-19 vaccine and whether to get both/when to get them
- Vaccine side effects

WED OCT 13, 2021

1:30 p.m. - 2:30 p.m. EDT

Register at: <https://oacao.wildapricot.org/event-4501717>

FREE

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Supported by an educational grant by:

SANOFI PASTEUR





Welcome to the Pandemic Proof Programming for Older Adults Centres (PPP4OAC) project funded by New Horizons for Seniors Program with support from the OACAO.

Over the coming months I will be reaching out to Centres across Ontario for your PPP ideas and successes. I am excited to collaborate with you and share the programs you are safely and effectively running or planning. As always our OACAO community is the best resource for sharing ideas, challenges, successes and resources.

I am looking forward to a Virtual Showcase at Conference, working with volunteers and staff to create a Project Advisory Committee and of course 'live virtual' workshops.

If you have a fabulous, innovative or refreshed program or special event you would like to share I want to hear from you. No idea or program is too big or small to share!

I look forward to our team approach to this project and to seeing and hearing about your Pandemic Proof Programming in the coming months.

**If you want to reach me please email me at Julie.pennal@oakville.ca
I look forward to a fun, informative and collaborative endeavour.**

****Please note emails and calls will be returned after 4 p.m. ****



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

Canada

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Technology Information and Knowledge Sharing Virtual Workshop - Part 8

Tuesday, October 5, 2021 10:00 am - 11:30 am via Zoom & Toll free

Workshop Facilitator:

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

- 1) How to evaluate and select home internet package?
- 2) Common cell phone and Wi-Fi signal reception (strength) issues

Topics covered in this virtual workshop:

- 1) Basic information about home internet package
 - What is home internet? What are the basic hardware/software components?
 - What are the basic features of a home internet package?
 - What are the important considerations when selecting a package?
 - Compare a few packages
 - Rural home internet options
- 2) Cell phone and Wi-Fi signal strength issues
 - Why do you have bad signal strength/reception?
 - What can you do to improve the signal strength?
- 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-4490731>

Upcoming workshops: November 2 and December 7, 2021

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



**Dementia-Friendly
CANADA**



Dementia-Friendly Canada

Creating inclusive and supportive communities

The Dementia-Friendly Canada project is a partnership between the Alzheimer Societies of Canada, British Columbia, Saskatchewan, Manitoba and Ontario and is intended to foster the creation of dementia-friendly communities across the country. A dementia-friendly community is a place where people living with dementia, their families and care partners feel included and supported. While creating dementia-friendly communities, individuals and organizations should focus on both the physical and social environments to ensure they are fully accessible. The Dementia-Friendly Canada project provides educational opportunities for the general public and professionals working in the community to mobilize them to champion dementia-friendly principles wherever they go.

To learn more about the Dementia-Friendly Canada project, check out our webinar *Dementia-Friendly Canada: Creation inclusive and supportive communities* by clicking [here](#).

This presentation speaks to the Dementia-Friendly Canada project, including an overview of the project goals, a presentation of findings from our 2020 focus groups, an introduction to several resources that are currently in progress and a summary of next step.

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]

**“I’D HATE TO GET
THROUGH THE
PANDEMIC JUST
TO END UP IN
THE HOSPITAL
WITH THE FLU.”**

**Help protect yourself
from the flu.**



You’re doing everything you can to protect yourself from COVID-19. But what about the flu? If you’re 65+, you’re at high risk for serious complications from the flu – including hospitalization and death. This year, help prevent infection – be sure to get your shot.

**Get your flu vaccine from
your doctor or pharmacist.**

Influenza vaccines do not treat influenza and will not prevent hospitalization or complications after the onset of illness. As with all vaccines, immunization does not provide 100% protection.

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SANOFI PASTEUR 

Newsletter Contributions from our Members



DIXON HALL NEIGHBOURHOOD SERVICES

Submitted by: Carmen Benoit, Program Coordinator, Senior Health and Wellness Programs

We welcomed members back in small groups to our outside patio at Dixon Hall 192 Carlton Street Site Toronto. We started a gardening program and filled 12 flower boxes with wonderful flowers, created an herb and lavender gardens. Members helped to plant and water the gardens during the summer. We shared the herbs with members and encouraged them to use in cooking and dry the lavender to have the scent in their homes. The gardening created a beautiful space to hold a weekly art/painting drop in program, let's talk sessions to get together again after so many months apart and a afternoon with music we called Smoothielicious where we served 3 kinds of smoothies and provided members with information about the drinks and the health benefits with a flyer explaining all the nutritious ingredients. The members played bingo in the fresh air too. We bought a bird feeder and members helped fill it and really enjoyed watching the birds enjoy it and sometimes the squirrels eating it too!

There were many challenges reminding members not to stand so close together, keep the masks on etc... and only natural as they were so happy to see each other again and our staff are learning about the COVID-19 Program Procedures to keep both clients and staff safe.

Program set ups have changed and require so much more thinking and we were very happy to have the support of funding from the Ministry for Seniors and Accessibility and the Senior Active Living Centre Program Funding were we bought tents, outdoor tables and chairs with our last funding to support outside programs.



EGANVILLE & DISTRICT SENIORS

Submitted by: Makyla Gendron, Acting Program Manager



The Eganville & District Seniors (EDS) welcomed Kayla Menkhorst as the new Executive Director mid-way through June this year. Despite the changing climate due to the COVID-19 pandemic, Kayla successfully integrated herself in the community and we are all looking forward to growing together as the province reopens.



Despite the ongoing challenges of the pandemic, the EDS continued to offer valuable services to seniors and disabled individuals in the community throughout the year. This included transportation services for medical and non-medical appointments, as well as subsidized transportation for vaccine appointments. This made vaccines more affordable and accessible for our clients. Additionally, our Facebook page served as a valuable resource, allowing us to post pop-up vaccine clinic dates, testing sites, as well as information regarding online events such as webinars, zoom games, and more. Online connections were extremely valuable for those in the community when we could not see them in person.

Our Diners' Club, which was previously held the first Wednesday of every month before the pandemic, was transformed into a drive-thru event. "It all started with a COVID drive thru test". One of our staff thought if someone could drive thru and get a COVID-19 test, why couldn't we serve them a meal thru their window? This became increasingly popular throughout the summer. Individuals could phone the centre and reserve catered meals in advance and pick-up on the day of the drive-thru between 4 to 6 p.m. Dinners were packed and taken directly to vehicles as they arrived at the centre, including an activity such as a word search, word scramble, or trivia game in the package. This provided a fun, yet safe, outing for those in the community, and an alternative meal choice during the month. As the province slowly reopened, these meals became social gatherings amongst friends. Additional fundraising efforts included our annual raffle tickets, available at the centre, our farmer's market booth or via email. Each of these events allowed the EDS to remain active in the community while also raising awareness about the programs still offered at the centre despite the pandemic.

Thanks to increased subsidies from the OCSA (Ontario Community Support Association), our Meals on Wheels and Frozen Meals continued to be available at a reduced price throughout the summer. This was especially important during the pandemic, offering seniors and disabled individuals a much-needed check-in during the week, as well as healthy meals being delivered to their door while restaurants remained closed and grocery stores at a limited capacity.

Another program we were able to offer throughout the summer was the equipment lending hub. This lending hub included bikes and Nordic walking poles, allowing clients to get outside and stay active, even while social events were unable to run. We also had tablets and iPads loaned out to our clients to keep them in touch with family and friends throughout the pandemic. Most recently, thanks to the generous donations of Home Depot in Pembroke and ROSSS (Rural Ottawa South Support Services) we had pedestal fans, box fans, portable A/C units, and window A/C units available to borrow for the season. These units were especially important during the peak of the summer and were available to any individuals in need. We have successfully given out over 35 units to keep members of the community cool during the unbearable heat waves this summer.

Moving forward, we are excited to re-open as provincial health guidelines are lifted. Already, as the province moved from stages one and two to three, we saw exercise classes taking place with health measures in place, as well as card games resuming with limited participants. We are also looking forward to website updates and changes, offering more accessible options for clients in the community. We'd like to thank everyone in the community for their support and ongoing participation throughout the summer as we move forward into fall!



NIGERIAN CANADIANS FOR CULTURAL, EDUCATIONAL, AND ECONOMIC PROGRESS (NCCEEP)

Submitted by: Jess Owen

Adapting to the new normal... With Virtual Activities!

With year 2 of the COVID-19 pandemic, seniors have started to get into the groove of the “new” normal. Nigerian Canadians for Cultural, Educational, and Economic Progress (NCCEEP) received the New Horizons for Seniors Grant (NHFS) for 2021, which has been extremely beneficial for the Black seniors of Windsor-Essex County. This past summer we have been able to have weekly meetings called “Talk and Do with our Seniors” where seniors have enjoyed educational seminars, exercises, and arts and crafts. The seniors have enjoyed these weekly meetings, where they are able to socialize virtually with their community and participate in activities that keep them happy and healthy. Another program the seniors have enjoyed is through the food bank program, where they have been able to receive fresh produce and African groceries. We are happy to say that these programs have been very successful and have been attracting new seniors to the organization.

For the month of June, we celebrated Seniors Month with our partner organization Black Canadians for Cultural, Educational, and Economic Progress (BCCEEP). This 2-day event celebrated seniors through the theme Stay Safe, Active, and Connected. Due to weather on our planned event days, we were not able to gather in person however we did celebrate our seniors virtually with music, poetry, and guest speaker, MPP Percy Hatfield.

With autumn just around the corner, we hope to have in person activities with our seniors. This is the socialization they miss the most, and we hope to bring our seniors together for arts and crafts and other social distance activities.

Artwork by seniors during “Talk and Do with our Seniors” meetings.



Des nouvelles de Retraite active de Peel

L'Assemblée générale annuelle le 20 juin dernier a clôturé une année bien remplie et les membres ont tenu à exprimer leur satisfaction ainsi que leur appréciation des activités offertes surtout dans un contexte bien différent. Nous avons également voulu souligner notre gratitude aux membres en offrant une présentation musicale à la suite de l'Assemblée. En effet le musicien et talentueux humoriste Christopher Hall a su divertir de façon virtuelle nos membres avec ses extraits de musique et surtout par son humour. Quelle belle façon de se quitter pour l'été!

Nos lectrices et lecteurs ont continué leur découverte de l'auteur, le regretté Serge Bouchard au cours de l'été. En effet, le livre *C'était au temps des mammouths laineux* un fabuleux recueil d'essais a fait l'objet d'une lecture collective et sera discuté lors d'une rencontre du Cercle de lecture à l'automne.

Le comité de programmation prépare déjà deux séries d'ateliers qui seront offertes dès la mi-août. La première *La santé dans votre assiette*, nous apprendra comment intégrer des épices et des herbes aux propriétés bénéfiques dans nos repas quotidiens. La deuxième série de quatre sessions portera sur le dessin et le matériel requis sera fourni aux membres participants.

Nous avons reçu la bonne nouvelle que nous pourrions réintégrer notre local au Centre Frank McKechnie à Mississauga dès le 13 septembre. Nous tenterons dans la mesure du possible d'offrir nos activités en version hybride, soit sur place et en même temps de façon virtuelle pour ainsi accommoder nos membres le mieux possible compte tenu de la situation actuelle de la pandémie. Nous avons bien hâte de reprendre les marches nordiques ainsi que le bocce car nos membres sont très actifs et aiment les activités de ce genre.

RAP est très reconnaissant de l'appui financier du PNHA, de l'AFO et de nos partenaires communautaires qui nous ont aidé et continuent d'appuyer nos efforts à offrir une gamme d'activités.

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.



Throughout the past year what our community has missed the most is their connections to South Gate Centre and its staff and programming. This year we held our second annual Free Senior Drive Thru lunch. This summer we served a free drive-thru lunch to seniors in our community. More than 200 attendees received a goodie bag, ice-cream, newsletter and an activity booklet, along with their lunch! They also drove by a series of classic cars.

Kindness



& lots of smiles

Third Annual Active Living Fair goes virtual

In the fall of 2018 and 2019 Prince Edward Community Care held Annual Active Living Fairs at the Wellington and District Community Centre. For 2020 the pandemic made it impossible to hold a fair and everybody was disappointed. Now, with over a year of holding successful webinars for seniors, Community Care has announced that the Active Living Fair in 2021 will go forward and it will all be online.

The 2021 Seniors Active Living Fair is a virtual event taking place online using Zoom Webinars. The event will run for the months of September, October, and November and all seniors 60+ are welcome to attend this **free** event. Local businesses and organizations will be presenting 1 hour Zoom Webinars every Tuesday and Wednesday from 1-2pm.

All seniors who participate will receive a free "Swag Bag" from Community Care and the presenters filled with great stuff and also including pamphlets and information flyers. "Door Prizes" will be drawn at each webinar and one of the participants will win.

Those who don't do zoom can receive support to get online. Those who don't have a computer can borrow a tablet (including wifi) from the Library. The other option is to call in and participate on the phone (no computer required for this).



Seniors Virtual Active Living Fair

During the months of September, October and November, local businesses and organizations will be presenting Zoom Webinars every Tuesday and Wednesday from 1-2pm.

- **Open to the Public 60+**
- **Program Registration**
- **Free Admission**
- **20+ Exhibitors**
- **Participation "Swag Bags"**
- **Webinar Prizes**



www.communitycareforseniors.org



September Zoom Webinar topics include "Glenwood Walking Trails with Historical Highlights" with Sandra Latchford, Chair of the Glenwood Cemetery; "Retirement Community Living vs Staying Home with Care, A Debatable Cost & The Distinction Between Retirement Living, Long Term Care and Nursing Homes" with Helen Wells, MLP Residence; "Canada Pension Plan and Old Age Security" with Stephanie Blanchet, Service Canada; "Healthy Brains" with Angela Meraw, Alzheimer Society of Hastings-Prince Edward; "Enjoy Your Garden More – Tips for Reducing Garden Maintenance Chores" with Gail Walker, Prince Edward County Master Gardeners; "Respiratory Health - CPAP, COPD, Oxygen" with Nicole Esch, Registered Respiratory Therapist, InspiAIR Belleville; "Digital Wellbeing" with Julie Lane Yntema, PEC Library; "Doing Your Taxes on Time, Common Tax Credits & Volunteer Income Tax Program" with Nikhil Thakran, Canada Revenue Agency; "Fall Prevention and Pain Reduction for Seniors" with Ted Patterson, Certified Personal Trainer and Director, VoxxLife.

For a complete schedule of presentations visit www.communitycareforseniors.org or call 613-476-7493 for more information. We're planning to hold an in-person Active Living Fair in the fall of 2022. Fingers crossed we can do so!



*Recipient of the 2020
Not-For-Profit
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The Prince Edward County Community Care for Seniors Association
74A King Street, Picton, ON K0K 2T0
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Backyard Bingo with WISE Mobile Active Living Centre

We trialed a return to in person programming this past summer by holding 'Backyard Bingo' events at three of our seniors' social housing buildings. The events featured an outdoor picnic lunch followed by a rousing game of Bingo. Seniors wishing to participate in the events called our Information Line prior to the program to pre-register. The day of the event, seniors were enthusiastically greeted by staff at our check in table. There they were screened for COVID-19 and then directed to where we had set up socially-distanced chairs. A local caterer had assembled individualized boxed lunches complete with a sandwich or wrap of choice, a salad, and cut fruit and vegetables. After everyone was checked into the program, staff delivered participants their lunches along with an ice cream bar for dessert. Everyone agreed the picnic was delicious.

After lunch, the fun began. Participants were given a package of Bingo cards and staff took their positions, ready to call numbers or offer assistance where needed. "Our first game will be two straight lines, any direction," the caller shouted out. For each game, one staff member verbally called the numbers, while another held up cards to provide a visual cue for those who might have difficulty hearing what was being said. Staff also broadcast the letter/number combinations over a teleconference system, so tenants had the option of joining the game by phone if they were uncomfortable or unable to join the group in person. Winners were awarded a prize before they left at the end of the program.

Staff and participants alike had an amazing time at each of the events. Everyone agreed that it was wonderful to be in person together.

WISE Mobile Active Living Centre is a division of Seniors Programs and Services with The District Municipality of Muskoka.



Waterfront Neighbourhood Centre's summer programming has been successful while maintaining our hybrid programs: The newly in person Seniors Summer Camp morning and afternoon sessions are filled with activities in the garden and by the lake, a Carnival Games Festival has been amazing! The same goes with our Community Kitchen dining in our centre's courtyard offering fresh air, safe social distancing and fun

COVID-19 related activities: we held two Pop-Up Vaccine Clinics for more than a thousand people, we have hired three community vaccine ambassadors that are conducting outreach in local health clinics, major intersections, handling disposable masks and hand sanitizers and answering questions and referring people and helping them to register to get vaccinated.

We have taken on a few initiatives to help homebound community members including The Online PAL Program, which connects volunteers with seniors over the phone. Volunteers have gotten the chance to create meaningful connections and memories that will continue to flourish into the Fall Session. This is what one of our volunteers had to say:

*"Talking to ***** , I could sense her loneliness. She longs to be joined by her niece and nephew this August. She has so much to talk about herself, her past and her family. So, I feel that these weekly calls give her an opportunity to share all of that. Being from the same country helped us to connect instantly. At the moment I am just an ear who listens to her and who can connect to what she is saying. I would love to take this relationship forward by meeting her in person."*

They met and she received one of the fitness kits we prepared for our homebound seniors along with gentle movements and exercise info sheets.

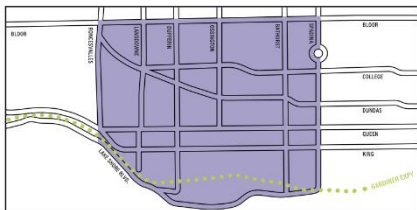
The Community Kitchen, while In Person numbers are limited with times, it allows us to run the Food Distribution Program which is undeniably helpful for many isolated and vulnerable seniors in our community. Warm and fresh meals, prepared in our kitchen, are regularly delivered by our staff/volunteers in addition

to some fresh produce from our garden and basic dry foods. Seniors with cultural and dietary restrictions are always accommodated in our programs.

In the fall our new Emergency Food Delivery Program will continue to run as a support for food insecure community members isolating from COVID-19. We have partnered with other agencies and volunteers to deliver weekly food boxes delivered right to one's doorstep.



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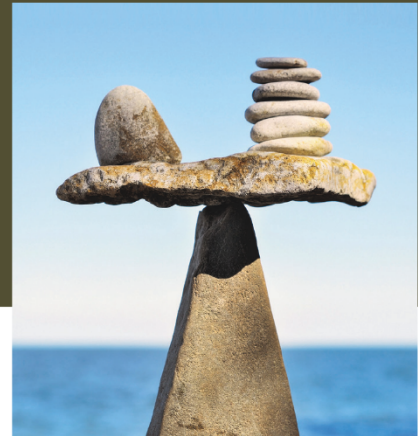
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Developed by Baycrest and Canada's National Ballet School, **Sharing Dance Older Adults** empowers organizations in a range of settings to engage their community through dance. Through stream-able videos, older adults can participate in high-quality dance programming that supports physical, emotional and social wellbeing.



About Community Classes:

- An instructor from Canada's National Ballet School teaches the classes via video streaming from the studio in Toronto
- Each site is able to access class videos at their convenience via the Sharing Dance Older Adults web platform or app
- Progressive classes build and develop independence and confidence
- Classes are designed to be adaptable for older adults with varying levels of physical and cognitive abilities



The participants absolutely love it! The one gentleman in our class said, 'This is the most fun I have had in a long time.' The participants can't wait for next week – the infectious smiles and joy on the participants' faces were wonderful. A participant hummed her way through the entire program. Amazing class! Thank you! – Natalie, Onsite Facilitator



Autumn program packages are available for purchase beginning **October 4, 2021**

Visit www.nbs-enb.ca/sharingdanceolderadults to learn more or contact sharingdance@nbs-enb.ca



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Stay connected with support from Canadian Hearing Services

Your hearing health is a very important part of your overall well-being, as it allows you to stay connected with others. Staying connected with others keeps you informed, engaged and productive.

Untreated hearing loss can impact your ability to stay connected. It has been documented that untreated hearing loss is associated with social isolation, loneliness, and reduced quality of life. As people develop hearing loss, it becomes increasingly difficult for them to interact with others, often resulting in avoidance of social situations.

The good news is that hearing loss does not need to have a negative impact on your health, your social connections, or your mental well-being!

By reaching out to a Canadian Hearing Services, you can get the support you need to help you improve communication, keep you engaged, and manage the stress related to your hearing loss.

Hearing Care Counselling for Ages 55+

Canadian Hearing Services offers free virtual counselling services and supports to people aged 55 and over who have hearing loss. Our Hearing Care Counsellors:

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- Help you prepare for and manage difficult listening situations
- Help you select specialized communication equipment
- Provide information on the use, care and maintenance of hearing aids and other listening systems
- Provide referrals to other community services

Everyone has their own unique journey when it comes to their hearing health. Let Canadian Hearing Services be part of your journey to better hearing, improved communication, and social connections.

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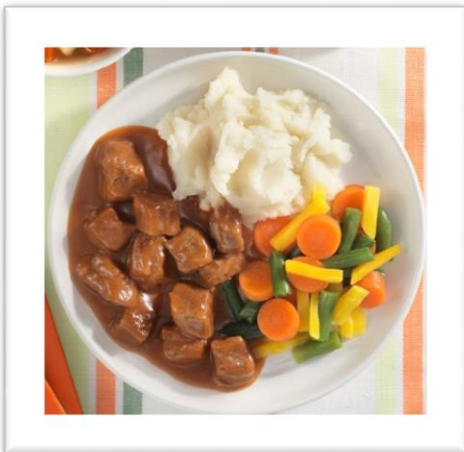
Heart to Home Meals – Making Independent living Easier

When independently living on your own, challenges may arise such as having access to nutritional meals that meet your dietary requirements. Here at Heart to Home Meals, our model is based around good old-fashioned service and the belief that life should get easier as you age.

We are committed to creating a service where your lifestyle and nutrition is our top priority. We seek to make a real difference in the lives of seniors by easing the aging process while in your own home.

Heart to Home Meals recognizes that seniors have unique nutritional needs based on the changes they experience. We understand the importance of intaking healthy nutrients to help prevent a variety of medical conditions. Our team of experts work tirelessly to ensure we are consistently providing the best to our customers. Our Consultant Dietitian has worked closely with our chefs to develop delicious meals that will help support the needs of seniors.

Heart to Home Meals offers an extensive menu with a selection of over 200 meals, including a wide variety of entrées of beef, chicken, pork, fish, vegetarian, and breakfast options. We also offer several soups to start your meal and delicious desserts to satisfy your sweet tooth.



Our diet coding system was implemented to help you choose the meals that meet your dietary needs for high protein, low carbohydrates and/or saturated fat, low sodium, high fibre, vegetarian, and/or no added sugar.

Heart to Home Meals hopes to alleviate the stress of independent living and hopes to make it easier for seniors to have a well-balanced and nutritious diet. Simply order your favourite meals online or call your local outlet and one of our friendly members of the delivery team will deliver your frozen meals right to your door free of charge.

We bring delicious and easy right to your door. To order your FREE menu, call your local outlet at 1 (844) 554-5278 or visit us online at www.HeartToHomeMeals.ca.

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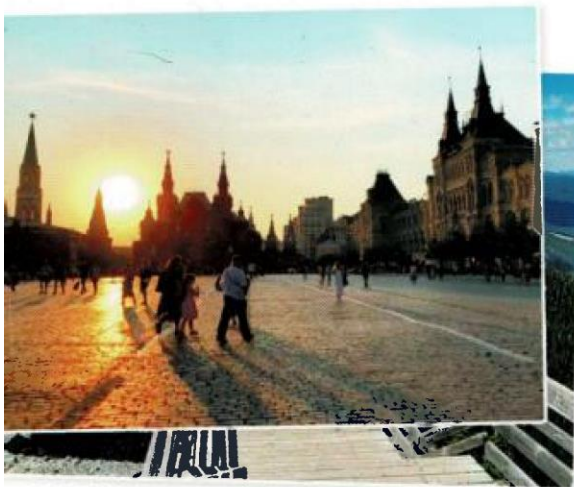
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NUTRIENT	WHERE TO FIND IT
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Vitamin B12: Older adults can have trouble absorbing vitamin B12, which helps with nerve function and red blood cell production. Vitamin B12 injections can be administered at Amica.	Meat, eggs, chicken, fish and dairy
Vitamin D: This nutrient helps you absorb calcium for strong bones and teeth. Many older adults don't get enough.	Milk, vitamin-D fortified beverages, tuna and fatty fish such as sardines and salmon
Calcium: Seniors need more of this mineral, which supports bones and teeth as well as your heart, muscles and nerves.	Milk, cheese, yogurt, kefir, calcium-fortified beverages, cooked spinach, almonds, legumes, canned salmon with bones
Iron: This mineral carries oxygen throughout your body and boosts cell function.	Meat, fish, eggs, extra-firm tofu and fortified soy beverages
Zinc: Another vital mineral for healthy immune function.	Meat, fish, beans and lentils
Protein: Seniors need this essential nutrient to build muscle, strength, immune and brain function and more.	Meat, chicken, fish, eggs, tofu, legumes, nuts
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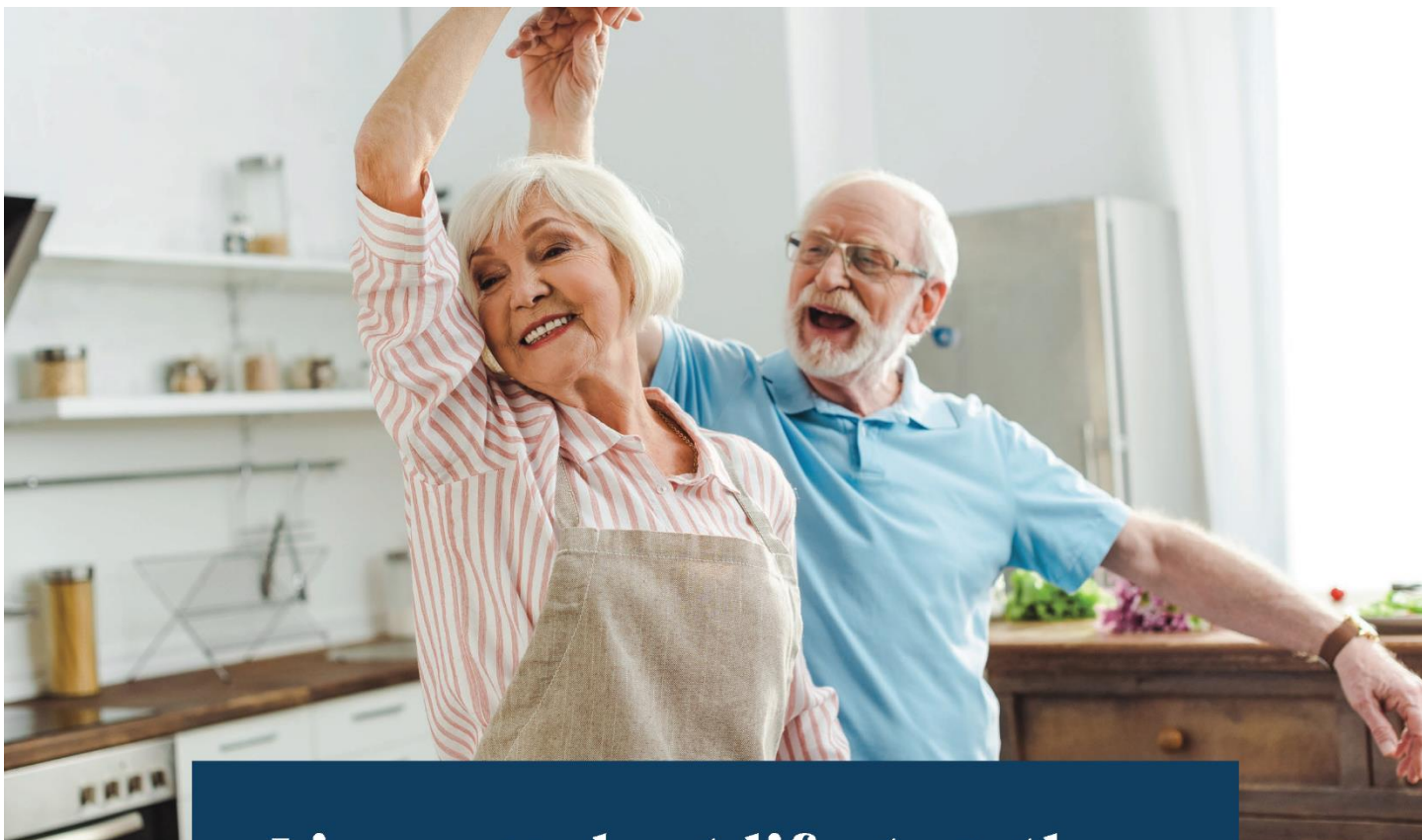


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For more information about the
Older Adult Centres' Association of Ontario
please contact: Sue Hesjedahl, Executive Director
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www.oacao.org P.O. Box 65, Caledon East, ON L7C 3L8

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