

OACAO Newsletter

2021-2022 WINTER NEWSLETTER

Message from the OACAO President Suzanne Teixeira

A warm cup of hot chocolate while curled up on the couch is my sign that winter is here. It also means that the year is coming to a close, allowing us to reflect on the good, the bad, and looking forward to what the next year has to bring for us.



First off, I would like to introduce you to, and welcome, our newest Board members, who were elected at our Annual Meeting on November 8th – Sarah Feeney-Martin (Grand River Region staff rep) and Dana Heinrich (North West Region senior rep). We also welcome back Kim Evans to our Executive. I would also like to thank the outgoing Board members, Don Pawlett, Julie Pennal, Jaye Kuntz, and Tom McKnown, who were recognized for their years of dedication and hard work on behalf of the OACAO.

I hope you took advantage of the new OACAO administered funding opportunities that were recently announced and are coming your way.

Seniors' Centre Without Walls (SCWW) Micro-Grant Program was launched in late October allowing a variety of groups to apply for up to \$5,000 (Individual Organization) or \$6,000 (Collaborative Partnership Model) to support group telephone-based programs, not online video conferencing programs. This ensures equitable access for all participants and removes barriers to participation.

Virtual Seniors Active Living Fairs Funding Program 2021 – 2022 was announced in November and the call for applications has been extended to December 23, 2021. It will be great to see those fairs active for our Centres again as they have proven to be a great resource for our seniors.

Finally, I hope that you have received notice that the New Horizons for Seniors Grant program has a new call out. Applications are due on December 21, 2021 at 3:00 pm EST. The successful applications will be funded in the April 2022 – March 31, 2023 fiscal year. More information can be found here - <https://www.canada.ca/en/employment-social-development/services/funding/new-horizons-seniors-community-based.html>

On behalf of the Board, I would like to extend an invitation to you to join us via zoom for some holiday cheer and friendship. Grab a drink of your choosing and zoom in on Thursday December 16th @ 4:00pm. You will receive the zoom link via the OACAO list serve. Please join us! The more the merrier!

I would like to take this opportunity to give a huge shout out and congratulations to Sue Hesjedahl, our Executive Director, who celebrated her 10-year anniversary with the OACAO on October 31. Thank you Sue for your hard work and dedication – you rock! 😊

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

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

Suzanne Teixeira
President

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.



Happy Holidays

Sending our warmest wishes.

Thank you for your support & involvement with the
Older Adult Centres' Association of Ontario throughout the Year!



OACAO

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

What your insurance broker won't tell you about OASSIS Employee Benefits

For years you've worked with an insurance broker who "goes to market" with your employee benefit plan to get the most competitive quotes and the very best prices, right? Think again.

Why is it that you've never seen a quote from OASSIS? It's simple – brokers won't offer a quote from OASSIS because OASSIS does not pay broker fees & commissions!

Your not-for-profit organization works hard to ensure every penny counts. You need benefits at the lowest reasonable price, not just in the first year of a plan, but well beyond. Buy direct and save your money.

OASSIS Benefit Plans for Not-for-Profits

We set our rates to cover claims and administration costs only. At the end of the year any surplus goes back into the plan. It doesn't get better than that. It's all about rate stability year over year coupled with excellent service, giving you the best plan at the best possible price. Comprehensive plans for health & dental, life and disability insurance, wellness programs and so much more.

OASSIS is not a broker; no commissions are added

It makes sense that this results in greater savings for not-for-profits. And when our sector works so hard to make the most of limited resources why should valuable dollars be directed out of the sector to pay for commissions? Typically broker fees range between 10-20%, with OASSIS they are 0%.



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No business is too small or too big

So, when you are comparing benefit plans, **contact us directly.** We'd be pleased to provide a competitive quote.

brent@oassisplan.com or 1-888-233-5580, extension 302

At OASSIS, we strongly believe in the notion of social enterprise; not-for-profits in business with other not-for-profits; keeping money in the sector, building, and keeping the not-for-profit sector strong.

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Phone: 416-781-2258 | Toll Free: 1-888-233-5580 | Fax: 647-689-3061

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Message from the OACAO Executive Director Sue Hesjedahl

Greetings OACAO members, business partners, and friends. Here we are at the end of the calendar year with the growing concerns of the new highly transmissible Omicron variant. 2021 has been a year full of challenges and perseverance for our sector. The COVID-19 pandemic has continued far past anyone's imagination and brought along a multitude of new learnings and public health requirements to keep our colleagues, volunteers, and members safe. It looks like we aren't out of the woods yet.

I think we can all agree that we've had to be more creative, flexible, and self-motivating in order to meet these continued challenges. The ups and downs of the pandemic have challenged even the most organized and supported staff and volunteer teams in our sector, who are now struggling to deliver programs and events in a hybrid model. The good news is that the 3rd dose (booster shot) of the COVID-19 vaccine is becoming more widely available and should bring a renewed sense of safety and comfort to our wonderful members who are missing the camaraderie and benefits of regular in-person programs and events. Our new normal will come, ... we just need to be a bit more patient and lean into each other for support.

For those of you who are not aware, the Government of Ontario has a program called **Ontario Together: Help fight COVID-19**, which provides free rapid antigen tests for eligible organizations. You can also search for PPE suppliers and testing services or apply for funding. Find more information through this link: <https://covid-19.ontario.ca/how-your-organization-can-help-fight-coronavirus>

The last few months have been busier than ever for the OACAO board & staff teams. Here are some highlights:

The OACAO hosted a **Flu Awareness and Prevention Webinar** on October 13th. We thank Dr. Kathrine Gibson, a family physician from Rexdale Community Health Centre, and Pharmacist Sherry Naguib for sharing their wisdom and advice as we learned more about flu prevention during the pandemic. Our flu awareness initiatives are supported by an education grant from Sanofi Pasteur. A link to the webinar recording & resources are available on the OACAO website: <http://www.oacao.org/resources/flu-awareness/>

We hosted a very successful **2021 Virtual Aging Well** conference on Oct. 25 and 26th where we welcomed 240 delegates to "zoom in" from all across Ontario. The conference team was amazing and planned and executed a virtually flawless 2-day event filled with workshops, keynote presentations, plenary session, lightning talks, many networking and virtual social events and delivered value packed delegate bags to all delegates in advance of the conference. We appreciated the warm greeting provided by Hon. Raymond Cho, Minister for Seniors and Accessibility, and we were grateful for the continued support of our Conference Sponsors including Arbor Memorial as our long-time Title Sponsor. We also recognized the **OACAO 2021 Award recipients** for their amazing contributions to our sector. Please see page 6 for a list of conference highlights including a shout out to our terrific conference volunteers, and award recipients.

We again hosted our **Annual Meeting** virtually on November 8, 2021 and thank OASSIS Benefits for Not-For-Profits as our long-time Annual Meeting sponsor. The OACAO is proud to be a Sponsoring Organization with OASSIS, which provides affordable employee benefit plans for small or large non-profit organizations across Canada. <https://www.oassisplan.com/>

We kick-started our New Horizons for Seniors Program funded project, **Pandemic Proof Programming for Older Adult Centres (PPP4OACs)** this fall. See page 13 for the line up of Workshops in January and February. You won't want to miss these as you will enjoy a jam packed 90 minutes of learning, sharing, and networking. All OACAO members are welcome to attend one or more of these workshops as the content and lineup of speakers and idea sharing will be a bit different at each event. <http://www.oacao.org/events/>

We thank the Government of Ontario, the Ministry for Seniors and Accessibility, for their continued support of OACAO to deliver several **Capacity Building Webinars** over the next few months. Check out pages 11 and 12

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for the Winter line-up. We have selected topics that will support Seniors Active Living Centres through the next stretch of the pandemic, with topics such as: managing stress, the importance of movement, social media and hybrid event engagement, working as a cohesive team, and an important presentation by Public Services Health and Safety Association (PSHSA) on Health and Safety in the Workplace. Please register for as many of these free learning opportunities as you can. <https://oacao.wildapricot.org/Upcoming-Events>

Please see pages 9 and 10 for information about our continued support of two very important initiatives, **Seniors' Centre Without Walls (SCWW)** and the newly revived **Virtual Seniors Active Living Fairs**, made possible by funding provided by the Government of Ontario. We are thrilled to support many diverse organizations across Ontario with SCWW Micro Grants, and recently **extended the deadline to apply for Fairs funding to December 23rd**. We are pleased to continue working with The Good Companions Centre to support the Provincial Hub Network of SCWW Hosts. For more information about the Virtual Seniors Active Living Fairs Funding Applications & Guidelines, please visit: www.oacao.org/events/seniors-active-living-fairs.

The OACAO continues to ramp up the **Links2Wellbeing: Social Prescribing for Older Adults**, 3-year project, in partnership with the Alliance for Healthier Communities. We have hosted a number of training and networking sessions for our Cohorts A & B participating centres, and we are currently recruiting centres for Cohort C. Please see page 14 for more information and reach out if you are interested in more information.

Wishing you all a safe and memorable holiday season with loved ones and friends. Be well!

Sue Hesjedahl

Sue Hesjedahl
Executive Director



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Welcome to our New Members



City of Sault Ste. Marie

619 Bay Street, Sault Ste. Marie, ON P6A 5X6

<https://saultstemarie.ca/> • 705-942-9210

Club des Bons Amis North Bay Corp

15 Nancy Drive, North Bay, ON P1B 9L9 • 705-840-9317

One-Eleven Seniors

111 Larch Street, Sudbury, ON P3E 4T5

<https://www.facebook.com/OneElevenSeniorCitizensCentre> • 647-725-0844



St. Demetrius Development Corporation

60 Richview Road, Toronto, ON M9A 5E4

<http://www.stdemetrius.ca/> • (416) 243-7653

Nickel Centre Seniors Club

750 Skead Rd., Garson, ON P3L 1N2 • 705-693-2838



Norfolk County

185 Robinson Street, Simcoe, ON N3Y 5L6

<https://www.norfolkcounty.ca/> • 519-429-8720



TNO – The Neighbourhood Organization

10 Gateway Blvd., Suite 104, Toronto, ON M3C 3A1

<https://tno-toronto.org/> • 416-424-2900



Welcome to our new individual members also!!

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	Thursday, January 6 th at 1:30 pm
Eastern	Monique Doolittle-Romas	mdoolittle-romas@thegoodcompanions.ca	Wednesday December 15 th at 1:00 pm
Golden Horseshoe	Ted Lambert	erllre13@hotmail.com	Tuesday, February 22 nd at 3:00 pm
Grand River	Sarah Feeney-Martin	sfmartin@fairviewmh.com	Tuesday, January 18 th at 1:00 pm
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, January 11 th at 9:30 am
Northern Regions	John Richer	john.richer@greatersudbury.ca	Thursday, January 27 th at 2:00 pm
South West	Karen Pyatt-Westbrook	kpyatt@bgclondon.ca	Thursday, February 17 th at 1:30 pm

Thanks for your Support!



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

Thank you to the following who kindly donated: Shirley Glauser, Grant and Sheila McLaughlin, Sue Hesjedahl and an anonymous In Memoriam Donation. 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

WOW! I hope you all enjoyed the outstanding 2021 first ever, Virtual OACAO Conference Aging Well. Our theme “Cope, Adapt and Thrive” could not have been better suited to the amazing staff, volunteers and seniors that are members and friends of the OACAO. We wanted to formally thank the delegates, sponsors and special guests again for your participation in an engaging, exciting, educational and epic two days of learning, sharing and networking. We rose to the challenge and had well over 200 delegates participating online! Who would have thought that we would be meeting, learning and growing virtually in 2021?

CONFERENCE WRAP UP

I had so many memorable sessions and virtual activities. From our incredible indigenous welcome by Elder Garry Sault to learning about program recovery plans, age friendly communities, the Flu and even virtual cooking! My favorite session was Dr. Elaine Dembe “Use the Good Dishes! No Matter What Life Serves Up!” I remember hearing her speak over 20 years ago and felt her speech resonated on a new level. I encourage everyone to use the good dishes! (I have broken a few over COVID-19 lockdown but don’t care!) I hope you can use this mantra in your own centre or just for personal use when you need a pick me up!

To the conference planning committee, thank you so very much for your time, effort and commitment. This year was one to remember and that was all thanks to the tireless pursuit of big ideas, thinking outside of the box (how do we host a cooking program virtually? Social programs? Conference delegate bags in the mail?), we figured it all out!

I hope you enjoyed the process as much as I did and wish you the best of luck with the 2022 Conference which we hope (fingers crossed), will be in person! I can't wait to see what the OACAO has in store for us next year! With sincere thanks for putting your time, funds and energy into Aging Well: Cope, Adapt and Thrive” We hope the Conference was able to inspire you and provide you with some much needed social connection and learning opportunities.



Thank you to our amazing Committees including: Julie Pennal, Sarah Feeney-Martin, Kelly Meeussen, Suzanne Teixeira, Sue Hesjedahl, Lina Zita, Fiona Mueller, Dena Silverberg, Amanda Rose, Kara Miller, Lisa Tobio, Karie Papillion, Shirley Glauser, Karen-Pyatt-Westbrook, Rolf James Duran and Nellie Kingsbury.

We would also like to thank our Sponsors for their continued support including our Title Sponsor – Arbor Memorial Inc., Gold Sponsor – Johnson Insurance, Silver Sponsor – Sanofi Pasteur and Bronze Sponsor – OASSIS Benefit Plans for Not-For-Profits. We would also like to acknowledge and thank the Government of Ontario for funding

provided in part to the OACAO for parts of the conference, and a special thank you to Hon. Raymond Cho, Minister for Seniors and Accessibility, for his remarks to conference delegates.

See you all IN PERSON at Conference 2022!

With Thanks,

Dena Silverberg (Committee Member/OACAO staff)



If you are interested, you can purchase a recording of the Conference for \$20 until March 2022 and the recording is available until June 2022 at <https://oacao.wildapricot.org/event-4564153>

OACAO 2021 Awards Program

We would like to celebrate and recognize all the successes and achievements of the 2021 Award Winners. Those special volunteers, staff, and community partners that continue to make our organizations so amazing!



CONGRATULATIONS TO ALL!

Award of Merit - Staff:	Sheri Subden	Town of Whitby 55+ Recreation
	Rachel Sutcliff	The Good Companions (Ottawa)
Award of Merit - Volunteer:	Diane Davies	Seniors Friendship Club (Deep River, Chalk River, Upper Ottawa Valley)
Community Spirit Award:	Luanne Fugard	Thunder Bay 55+ Centre
	Nancy Lucier	Woolwich Seniors Association
Regional Award of Excellence:	Nellie Kingsbury	OACAO Board of Directors / Golden Age Activity Centre (Renfrew)
	Don Pawlett	OACAO Board of Directors / Thunder Bay 55 Plus Centre

TOP 5 QUESTIONS ANSWERED ABOUT COVID-19 AND INFLUENZA (FLU) IMMUNIZATION

1. Will the COVID-19 vaccine protect me against influenza (the flu)?

COVID-19 and influenza are two different viruses that cause two different illnesses. COVID-19 vaccines are designed to best protect you against the COVID-19 virus while the influenza vaccine is designed to best protect you against the flu. The COVID-19 vaccine is not designed to protect you against the flu.

2. There was hardly any flu last year so why should I get my flu shot this year?

According to experts and based on trends in the past, it is likely that this upcoming flu season might be much stronger and more widespread than the last one. The population's overall immunity to the flu has declined over the COVID-19 pandemic because of lack of exposure to the latest flu strains. This means that more people might be at risk of getting the influenza virus when it returns. In the past there has been a strong increase in cases after a low outbreak season. Since distancing measures are being lifted, people are returning to offices, schools, public transit, restaurants, etc. This could mean a more widespread influenza outbreak and more severe flu epidemic and put our healthcare systems under significant pressure.

In order to protect yourself from influenza, make sure you get your flu shot this year.

3. Can influenza trigger other non-respiratory illnesses?

Although influenza is primarily considered a respiratory infection, additional evidence suggests that influenza is associated with broader health complications. In fact, influenza can trigger severe cardiovascular complications. In the days following an influenza infection, the risk of heart attack, in otherwise healthy adults, aged 40+, increases more than 10 times while the risk of a stroke increases more than 8 times.

4. Could I get the COVID vaccine/booster (3rd dose) and the Influenza vaccine this year?

According to CDC and National Advisory Committee on Immunization you can get your COVID-19 vaccine, including the booster (3rd dose) and the flu vaccine at the same time. If you have any concerns about getting COVID-19 and the flu vaccine at the same time, you should speak with your healthcare provider.

5. What are the symptoms for COVID-19, Influenza, and a Cold?

SYMPTOMS	SYMPTOM FREQUENCY		
	COVID-19	INFLUENZA	COLD
Chills	COMMON	COMMON	UNCOMMON
Cough or chest discomfort	COMMON	COMMON	COMMON
Diarrhea	COMMON	UNCOMMON	UNCOMMON
Difficulty breathing	COMMON	COMMON	UNCOMMON
Fever	COMMON	COMMON	UNCOMMON
Headache or fatigue	COMMON	COMMON	SOMETIMES
Muscle aches	COMMON	COMMON	SOMETIMES
Nausea or vomiting	COMMON	UNCOMMON	UNCOMMON
New loss of taste or smell	COMMON	UNCOMMON	UNCOMMON
Sneezing	UNCOMMON	SOMETIMES	COMMON
Sore throat	COMMON	COMMON	SOMETIMES
Stuffy or runny nose	COMMON	COMMON	SOMETIMES

For patient education only, not for healthcare professionals.

MAT-CA-2101368 E V1.0 novembre 29, 2021. Do not use this material after November 29, 2023 as some of the information may be outdated.
SANOPI PASTEUR - 1755 Sheppard Avenue West - Toronto - ON - Canada - M2R 3T4 - Tél: 416-667-2700 - www.sanofipasteur.ca

Réponses aux cinq principales questions sur la vaccination contre la COVID-19 et l'influenza (grippe)

1. Le vaccin contre la COVID-19 va-t-il me protéger contre l'influenza (grippe) ?

La COVID-19 et l'influenza sont deux virus différents qui provoquent deux maladies différentes. Les vaccins contre la COVID-19 sont conçus pour vous protéger au mieux contre le virus de la COVID-19 tandis que le vaccin antigrippal est conçu pour vous protéger au mieux contre la grippe. Le vaccin contre la COVID-19 n'est pas conçu pour vous protéger contre la grippe.

2. L'année dernière, il n'y avait presque pas de cas de grippe, alors pourquoi devrais-je me faire vacciner contre la grippe cette année ?

Selon les experts et selon les tendances du passé, il est probable que la saison grippale à venir soit beaucoup plus forte et plus répandue que la dernière. L'immunité globale de la population à la grippe a diminué au cours de la pandémie de COVID-19 en raison de l'absence d'exposition aux dernières souches de la grippe. Cela signifie qu'un plus grand nombre de personnes pourraient être à risque de contracter le virus de l'influenza lorsqu'il revient. Dans le passé, il y a eu une forte augmentation des cas après une saison de faible flambée. Les mesures de distanciation étant levées, les personnes retournent dans les bureaux, les écoles, les transports en commun, les restaurants, etc. Cela pourrait signifier une flambée grippale plus étendue et une épidémie de grippe plus sévère qui mettront nos systèmes de santé sous une importante pression.

Afin de vous protéger contre la grippe, assurez-vous de recevoir un vaccin antigrippal cette année.

3. La grippe peut-elle déclencher d'autres maladies non respiratoires ?

Bien que la grippe soit principalement considérée comme une infection respiratoire, des preuves supplémentaires suggèrent que la grippe est associée à des complications de santé plus étendues. En fait, la grippe peut déclencher des complications cardiovasculaires graves. Dans les jours qui suivent une infection grippale, le risque de crise cardiaque, chez les adultes par ailleurs en bonne santé, augmente de plus de dix fois tandis que le risque d'accident vasculaire cérébral augmente de plus de huit fois.

4. Puis-je recevoir le vaccin ou la dose de rappel contre la COVID-19 (3e dose) et le vaccin contre la grippe cette année ?

Selon le CDC et le Comité consultatif national de l'immunisation, vous pouvez recevoir votre vaccin contre la COVID-19, y compris le vaccin de rappel (3e dose) et le vaccin contre la grippe en même temps.

Si vous avez des inquiétudes quant à la vaccination simultanée contre la COVID-19 et contre la grippe, vous devriez en parler à votre fournisseur de soins de santé.

5. Quels sont les symptômes de la COVID-19, de la grippe et du rhume ?

SYMPTÔMES	FRÉQUENCE DES SYMPTÔMES		
	COVID-19	GRIPPE	RHUME
Frissons	FRÉQUENT	FRÉQUENT	PEU FRÉQUENT
Toux ou inconfort thoracique	FRÉQUENT	FRÉQUENT	FRÉQUENT
Diarrhée	FRÉQUENT	PEU FRÉQUENT	PEU FRÉQUENT
Difficulté à respirer	FRÉQUENT	FRÉQUENT	PEU FRÉQUENT
Fièvre	FRÉQUENT	FRÉQUENT	PEU FRÉQUENT
Maux de tête ou fatigue	FRÉQUENT	FRÉQUENT	PARFOIS
Douleurs musculaires	FRÉQUENT	FRÉQUENT	PARFOIS
Nausées ou vomissements	FRÉQUENT	PEU FRÉQUENT	PEU FRÉQUENT
Nouvelle perte de goût ou de l'odorat	FRÉQUENT	PEU FRÉQUENT	PEU FRÉQUENT
Éternuements	PEU FRÉQUENT	PARFOIS	FRÉQUENT
Maux de gorge	FRÉQUENT	FRÉQUENT	PARFOIS
Congestion ou écoulement nasaux	FRÉQUENT	FRÉQUENT	PARFOIS

Pour l'éducation des patients seulement, pas pour les professionnels de la santé.

MAT-CA-2101368 F.V1.0 novembre 29, 2021. N'utilisez pas ce document après novembre 29, 2023, car certaines informations pourraient être non actualisées.
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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 172 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

SCWW Micro-Grant Program

With funding provided by the Government of Ontario, and in partnership with The Good Companions, the OACAO will be supporting seniors serving organizations across Ontario to deliver the Seniors' Centre Without Wall program for 2021/2022. Micro-Grant recipients will be participating in our monthly networking and training sessions and will gain knowledge from their peers in the **SCWW Provincial Hub Network**. The next SCWW Networking Session is on Wednesday, January 5th at 12Noon. If you are already offering telephone-based programs, or if you would like to learn more about starting one please email SCWWHub@oacao.org for more information.

Join our Network of Ontario based Seniors' Centre Without Walls program!

Funding provided by:





Older Adult Centres' Association of Ontario presents:

Virtual Seniors Active Living Fairs Funding Program

A Virtual Seniors Active Living Fair is a public education initiative, developed in partnership between the OACAO and the Ministry for Seniors and Accessibility with a focus on activities that reduce social isolation, support seniors' mental health, promote active and healthy living, would offer social engagement opportunities, highlight partnerships, independence and learning for seniors, and family members and care partners are welcome to participate. Fair Hosts will be encouraged to use simple virtual platforms and allow for older adults and participants to log in through the internet, or call in using a telephone, thereby remaining accessible for all. Project must be completed by March 31, 2022.

To be eligible for Fairs funding your organization must:

- Have been in operation for at least one year at the time of application
 - **AND** be a current, and in good standing, member of the OACAO (except individual members) [Please visit: www.oacao.org/membership/become-a-member/categories for OACAO membership information.]
- OR** a Provincially funded Seniors Active Living Centre (SALC) operator

Funding is for a maximum of **\$1,000 for eligible organizations**

Application Deadline Extended: Thursday, December 23, 2021 at 5:00pm EST

Applications & Guidelines can be found at: www.oacao.org/events/seniors-active-living-fairs.

Questions can be directed to Lina Zita at: coordinator@oacao.org

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La voix des centres pour aînés

Funding provided by:



OACAO 2022 WINTER WEBINARS

CAPACITY BUILDING



Navigating Work-Related Stress

Tuesday, January 25, 2022 from 11:00am – 12:00pm EST

Presenter: Jessica Lemieux, Cultivation Therapy Services

If you've been struggling to make it through your workday- this is the workshop for you! Maybe you've been experiencing headaches, procrastination, agitation, difficulty concentrating & feelings of helplessness? Trust us, you are NOT alone! Jessica will walk us through the signs of energy depletion, dysregulation and stress activation and offer practical strategies to help support your wellness throughout the workday. These practices will help to boost your energy, decrease experiences of stress, anxiety, and increase clarity and productivity!

The Internal Responsibility System – Health and Safety in the Workplace

Wednesday, February 2, 2022 from 11:00am – 12:30pm EST

Presenter: Connie Limnidis, Public Services Health & Safety Association

All parties in the Internal Responsibility System (IRS) need to be trained adequately to carry out their duties in the Occupational Health and Safety Act (OHSA). The application of the strong IRS within the Seniors Active Living Centres will be discussed in this webinar, as well as showing evidence of demonstrated commitment from senior leadership, managers and supervisors. The OHSA creates an interlocking set of duties and responsibilities, which means everyone has responsibility for health and safety in the workplace. The Joint Health and Safety Committee (JHSC) plays a role by monitoring and supporting health and safety, and the Ministry of Labour, Training and Skills Development will intervene to determine if duties and obligations are fulfilled.

Objectives of this webinar:

- Provide information about the importance of health and safety in the workplace
- Introduce Internal Responsibility System and how it helps achieve an effective health and safety program
- Outline the roles and responsibilities of the different workplace parties and describe how this relates to the internal responsibility system
- How the Joint Health and Safety Committee training contributes to health and safety in the workplace
- Review components of a health and safety program

10 Essential Social Media Tools for Non-profits to Save Time & Money

Wednesday, February 9, 2022 from 1:00pm – 2:00pm EST

Presenter: Julia Campbell, JC Social Marketing

In this session, non-profit social media expert Julia Campbell will give you:

- The top social media marketing trends that non-profits need to understand
- A quick framework to evaluate tools and platforms
- Free and low-cost social media marketing tools to save time and inspire creativity in your social media!

Free for Seniors Active Living Centres and OACAO Members staff and volunteers

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

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

OACAO

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

FREE

Funding provided by:

Ontario 

OACAO 2022 WINTER WEBINARS

CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT

Making Time for Movement: A Recipe for a Healthy Brain, Body & Spirit!

Tuesday, February 15, 2022 from 10:00am – 11:00am EST

Presenter: Bianca Stern, Occupational Therapist, Centre for Aging & Brain Health Innovation

COVID-19 has definitely impacted our social connections but also, just as importantly, our mobility. Reduced mobility can affect energy levels, muscle strength, balance and coordination which, in turn, affects our ability to do the important and meaningful activities in our daily lives. Reduced mobility can impact our mood and our brain's thinking abilities. How can we make movement a daily habit during these restricted times? Explore creative and fun ways to stay active at home for improved physical, emotional and cognitive wellness.

A Hybrid World: Events and Engagement

Thursday, February 24, 2022 from 1:00pm – 2:00pm EST

Presenter: Bryna Dilman

Pre - Present - Post - Pandemic. What does it mean to engage your audience, keep connecting in-person and support those who are outside your community? It's been dubbed a hybrid world, but what does that mean for you, your events and your organization? Register for this interactive webinar to learn best practices and hear success stories of other non-profits creating hybrid events and how to engage your supporters in multiple ways.

Developing Team Cohesion

Wednesday, March 9, 2022 from 1:00pm – 2:30pm EST

Facilitators: Danielle Rocheleau and Valentina Kibedi, Laridae

Why does team cohesion matter? Why should you be thinking about this as a leader? And how can you cultivate cohesion - especially now, with hybrid teams becoming the norm? In this interactive 90-minute session, we will explore the key behaviours that are essential for building cohesion, identify tactics for overcoming common 'cohesion roadblocks', and leave with actionable strategies to strengthen your team's cohesion – even in a remote or hybrid work environment.

Support for Caregivers: An Informative Session with The Ontario Caregiver Organization

Thursday, March 24, 2022 from 11:00am – 12Noon EST

Presenters: Shrid Dhungel & Bianca Feitelberg, The Ontario Caregiver Organization

The Ontario Caregiver Organization exists to improve the lives of Ontario's 3.3 million caregivers, providing information, services and supports to caregivers across Ontario. If you are a family/friend caregiver, work in the health, community or social services sector, or are an employer of caregivers, this webinar will provide valuable information about our free resources, programs, and services for caregivers. Join us for an informative session to find out more.

Free for Seniors Active Living Centres and OACAO Members staff and volunteers

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

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

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FREE

Funding provided by:

Ontario 



PPP4OAC VIRTUAL WORKSHOPS

Get Inspired! Learn from your peers! Share your successes!

Mark this workshop on your calendar. 90 jam packed minutes of pandemic proof programming. You won't want to miss the idea sharing, live presentations and inspiring content.

Workshops will feature lightning talks, mini demonstrations, program content ideas and an opportunity for networking.

Please share with your team, seniors and volunteers. Everyone welcome.

Register for the Workshop(s) at:

<http://www.oacao.org/events/>

Once registered you will receive confirmation and a zoom link!

PLEASE NOTE: Workshops are open to anyone who wishes to attend. Participation is not limited to your Region. Workshops will be recorded and be available at the OACAO website for future viewing. Each workshop will be different, attend one or more!

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

Canada

OACAO

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

**5 Virtual
Workshops to
choose from!**

Central Region

Tues. Jan. 11

2 – 3:30 p.m.

Southwest Region

Thurs. Jan 13

1 – 2:30 p.m.

Northern Region

Thurs. Jan. 27

2 – 3:30 p.m. EST

Grand River Region

Mon. Feb 7

1:30 - 3 p.m.

Eastern Region

Tues. Feb. 8

1:30 - 3 p.m.

**Have an epic idea to
share? Be a
contributor to our
workshop success by
sharing your
Pandemic Proof
Program. Reach out
to Julie at
Julie.pennal@oakville.ca**



Links2Wellbeing

social prescribing for older adults

We are thrilled to share that we have over two dozen Centres onboard with our Links2Wellbeing project and are recruiting now for Cohort C in Winter 2022! In case you missed the last newsletter, Links2Wellbeing; Social Prescribing for Older Adults is a 3-year project funded by an anonymous donor in partnership with the Alliance for Healthier Communities (Alliance). The goal of the project is to link isolated older adults with Seniors Active Living Centres/OACAO member centres, which we all know are incredibly priceless community resources!

What is social prescribing? It is a means of referring people to a range of local, 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. Social prescribing looks different in different communities, but often involves a social prescription from a primary care clinician (or other allied health) to a Seniors Active Living Centre for social and recreation programming.

Why should you get involved in this project? What is the benefit to my Centre?

- 3-year project funded by an Anonymous Donor
- Opportunity to engage volunteers
- Support for community outreach
- Building Membership
- Creating new referral pathways
- Helping to connect isolated older adults who may not have connected to your centre in the past (socio-economic barriers)
- Micro-grants available for participating centres (tech start-up funds and yearly funds to subsidize clients)

Two virtual sessions were held in November to provide orientation training to designated centre contacts (DCC) and volunteer link ambassadors (VLA), hosted by OACAO and facilitated by Pat Spadafora (Project Consultant from Kaleidoscope Consulting), Sue Hesjedahl (Executive Director for OACAO) 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. Tools were shared including; Client intake and consent forms, Client participation and outcomes, Leisure Interest, Client referral forms, referral process and referral pathway, common tracking tools, Prescription pads, Volunteer Link Ambassador forms and more!

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 will be scheduled for January 2022 and we are looking for more Centres to join Cohort C!



2021-2022 New Horizons for Seniors Program

Hello Members,

The OACAO is pleased to share that the [2021-2022 New Horizons for Seniors Program](#) is now open! This federal grant funding is to support community-based projects across Canada. This is a great opportunity to advance the age-friendly programs in your community! **The deadline to apply is December 21, 2021 at 3 pm EST.**

This year, the New Horizons for Seniors Program will support projects that address one or more of the five program objectives:

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

WHAT'S NEW FOR THE 2021-2022 CALL FOR PROPOSALS?

- One application stream: Community-based projects are eligible to receive up to \$25,000 in grant funding. New applicants and organizations that have not been funded in the past five years are encouraged to apply.
- To simplify the application process and provide funds to communities more rapidly, organizations will need to complete and submit their application online.
- Organizations will be invited to apply for funding that supports the program's national priorities:
 1. Supporting healthy ageing
 2. Preventing senior abuse
 3. Celebrating diversity and promoting inclusion
 4. Helping seniors to age in place

For more details on eligibility, assessment criteria and how to apply, [click here](#).

Best of luck to applicants!

Sue Hesjedahl
Executive Director
Older Adult Centres' Association of Ontario

2021-22 New Horizons for Seniors Program

For an overview of the Program, [click here](#).

For the application guidelines, [click here](#).

If you have questions about the New Horizons for Seniors Program, contact your nearest New Horizons for Seniors Program office [here](#).



Government of Canada
Gouvernement du Canada



Technology Information and Knowledge Sharing Virtual Workshop - Part 11

Tuesday, January 4, 2022 10:00am-11:30am EST via Zoom & Toll free

Workshop Facilitator:

Human Endeavour / HOPE Resource Hub SALC team
Technology, Access, Support for Seniors (TASS) team

Topics covered in this Virtual Workshop:

1) Zoom training basic and intermediate

- Using Zoom without an account (Zoom for attending meeting only [user])
 - 1) Software installation
 - 2) Microphone, camera & initial set up
 - 3) Join a meeting
- Using Zoom with an account (Zoom for attending/organizing meetings [user/admin])
 - 1) Create a Zoom account
 - 2) Paid vs unpaid licence subscription
 - 3) Create a meeting
 - 4) Invite participants to a meeting
 - 5) Conduct a meeting
 - 6) Meeting options/controls/setup
 - 7) Do's and don'ts /tips
- Reoccurring meetings
 - 1) Schedule reoccurring meetings
 - 2) Recommendations

2) Question & Answer period

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

To Register Visit: <https://oacao.wildapricot.org/event-4598415>

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



The [Dementia-Friendly Canada](#) project is pleased to announce our newly developed course:

Building Dementia-Friendly Communities



This course is designed for professionals working in the following three sector groups: recreation and library, restaurant and retail, and public transportation. The course will provide a foundational knowledge of dementia and outline the considerations that organizations can include in their social and physical environments in order to better support and include people living with dementia.

The 75-minute interactive course is self-paced and directed, and has the ability to be paused or stopped, making it easy for users to fit into their schedules and learn in the way that is best for them. The information is practical and can be applied to people from all levels of the organization – from customer-facing staff, to management, to key decision makers.

The course consists of the following four modules, and are tailored to each of the three sectors:

- *What is a dementia-friendly community?:* An introduction to the concept and dementia-friendly efforts at the community level.
- *Dementia-friendly interactions:* Social environment considerations, such as ways you can communicate effectively with someone living with dementia.
- *Dementia-friendly spaces:* Physical environment considerations, such as ways you can optimize your space to be dementia friendly.
- *Dementia-friendly policies, practices and services for organizations:* Provides specific scenarios and recommendations.

This training makes it possible for individuals, businesses and organizations to make a real and important difference for the people affected by dementia that they interact with on a daily basis. The course is available in French and English. To register, [click here](#).

If you have questions about the course or the Dementia-Friendly Canada project please contact Heather Cowie, National Project Manager at hcowie@alzheimerbc.org

Société Alzheimer Society **Minds in Motion®**

A physical activity and brain stimulation program for people with dementia and their care partners.



Minds in Motion® is an evidence-based program that includes physical activity, social and mind stimulating activities for people living with dementia and their care partners. The Alzheimer Society is currently recruiting participants to join our pilot project to learn about the impacts of Minds in Motion offered virtually (on the computer). The pilot program will begin at the end of February 2022. The program will run at least once a week for several weeks and will occur on a web-based platform such as Zoom.

This will be a great environment to establish new friendships with others who are living with similar experiences. Combining physical, mental, and social stimulation improves brain health and may slow the disease progression. According to Regan et al (2019) for in-person Minds in Motion, “both participants with dementia and care partners reported an improvement in well-being following the Minds in Motion® program. In addition, social activity and social support also improve mood and decrease the risk of depression among both person living with dementia and their care partners” (p.280).

To learn more about the program or to be added to our wait list to participate in the pilot, please email Vanessa at mimproject@alzon.ca

Stay tuned for upcoming sessions dates and information about the registration process.

Newsletter Contributions from our Members



ACTIVE LIFESTYLES CENTRE GREY BRUCE

Submitted By: Rosalind Brooks, Vice Chair

Seniors Advocacy, Solutions and Knowledge, (Seniors A.S.K.) is a service, introduced in 2019 through a "New Horizon's" grant. This grant was applied for as the result of a gap in services and supports to seniors identified by surveys conducted across Grey Bruce. The Active Lifestyles Centre Grey Bruce was the recipient of this grant. Originally Seniors A.S.K. was delivered from the Owen Sound site as a phone or drop-in service.

Seniors A.S.K. is, for the most part, seniors volunteering their time and expertise to provide information to connect seniors and/or caregivers to the right people, without frustration or confusion, during this journey.

Seniors A.S.K. is a Free Service provided in collaboration with local seniors centres, 211/Community Connections, South East Grey Community Health Centre and other supportive organizations throughout Grey Bruce.

Recently the service was re-launched through a second New Horizon's grant. This grant allowed the telephone, email and drop-in service to expand to Markdale, Dundalk, Southampton and Tobermory.

Seniors ASK is here to provide Advocacy, Solutions and Knowledge and to endeavour to answer questions and provide support to seniors or caregivers who encounter challenges. The service is offered through a trained group of senior volunteers who are knowledgeable about services and supports offered in the Counties of Grey and Bruce.

When a senior or caregiver phones in, leaves a message or an email, drops in to seek advice or answers their information and questions will be kept strictly confidential. All required call-backs will be completed within 24 hours. Volunteers take your questions and enquiries very seriously and will provide needed follow up and support when required.

Active Lifestyles Centre Grey Bruce (ALCGB) has been involved with many groups, services and programs in Grey Bruce to help older adults stay active in and informed about their communities. The Board of Directors continues to invite other seniors groups and hubs to join this expanded service.

Seniors A.S.K. Hubs are located in:

Owen Sound at the Active Lifestyles Centre Grey Bruce. 519-376-8304

Markdale at the South East Grey Community Health Centre. 519- 986-2222

Dundalk at the South East Grey Community Health Centre. 519-986-2222

Southampton at the Chantry Centre. 519-374 9495

Tobermory at The Meeting Place. 519-596-2313

You may also seek advice via seniorsask@gmail.com or visit the Active Lifestyles Centre Grey Bruce at www.alcgb.ca/seniors-ask.

ASK ...
Advocacy, Solutions and Knowledge

CENTRE CHARLES-EMILE-CLAUDE

Submitted by: Audrey Evrard

146 B Avenue Chevrier
Cornwall K6H 1S1
613-932-1035



Un projet initié et porté par le
Centre Charles-Émile-Claude

A project initiated by the
Center Charles-Émile-Claude

Restez connecté(e)s grâce à notre plateforme bilingue qui mettra votre cerveau au boulot!

Retrouvez en accès grand public des jeux, des mandalas et plein d'informations sur le cerveau!

Vous souhaitez participer à nos ateliers? Toute l'équipe du CCEC vous accueillera comme il se doit! Vous préférez les suivre de chez vous? Les ateliers se dispensent également en virtuel!

Votre centre souhaite le proposer à ses membres?

Contactez-nous et nous vous formerons à la méthode!

Audrey - aevrard@cceccornwall.com ou 613-932-1035

Stay connected thanks to our bilingual platform that will put your brain at work!

Find in general public access games, mandalas and lots of information on the brain!

Would you like to participate to our workshops? The entire CCEC team will welcome you as it should! Do you prefer to follow them from home? The workshops also take place virtually!

Does your center want to offer them to its members? Check us out and we'll train you on the method!

Audrey - aevrard@cceccornwall.com ou 613-932-1035



WWW.TONCERVEAUAUBOULOT.CA





COMMUNITY CENTRE 55

Submitted by: Jade Maitland, Special Events & Volunteer Coordinator

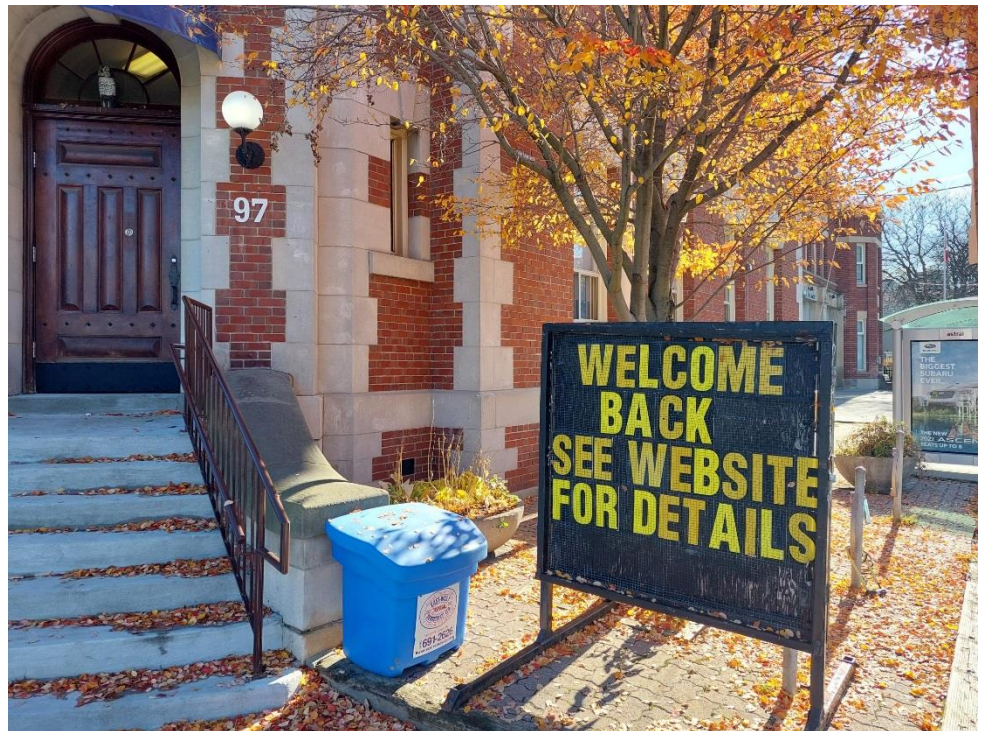
Engagement Through the Covid-19 Pandemic & Beyond

The COVID-19 pandemic has impacted communities across the world. No one would have ever thought that here we would be, 18 months since our world shut down and just beginning to have some normalcy again. With months of self-isolation and social distancing, we are starting to see the light and we couldn't be happier, especially the seniors at Centre 55.

During these past months of Covid, Centre 55 has offered a stacked schedule of free virtual programs through Zoom. These programs have grown over the months and have included a variety of fitness classes, Ukulele Lessons, a Singing Program, Memory Techniques workshops, weekly webinars, Trivia and much more! We have reached many seniors through these programs and have helped them to stay active and connected.

As we also serve a vulnerable population in the community which includes all age, we have started a community fridge and have been able to provide daily essentials such as personal hygiene products and grocery gift cards.

As of January 2022, we will be opening our programs up again to in person. All those participating in the programs will be screened upon entry and will be required to show their proof of full vaccination. We will offer a few programs virtually with the majority being in person. We will also start offering day trips again, with our first trip being to Niagara Falls in January. This trip sold out within a few days and has a lengthy waitlist! After a survey was



conducted and the response to our day trip, it is evident that this is what the majority of our seniors want, are ready for and are comfortable with. We look forward to keeping our seniors engaged, active and connected and to a bigger and better 2022!



EGANVILLE & DISTRICT SENIORS

Submitted By: Kayla Menhorst, Executive Director

In our small rural community, there are limited affordable food options. With COVID, other than Meals-on-Wheels and frozen meals, our regular food programming (like Diners' Club) got put on hold, which was detrimental to ensuring that hot food got into hungry bellies along with the social dimension of communal eating!

We adapted. We changed our congregate dining programs by morphing into a Drive-Thru Dinner Fundraiser – the thought was that if we can do drive-thru COVID testing, then why not dine out the same way! Without us having events for essential fundraising dollars, this allowed us to fundraise, and feed our community! This program continues monthly and is growing each month!

In November, we were excited to start our Diners' Club back up again. While we couldn't run the program the same way that we would have in early 2020, we adapted. We spent a lot of time planning, talking with our Health Unit and ensuring that our clients were safe. What a joy to see everyone together again! As our December Diners' Club started, we again had to adapt – new rules, new procedures, new ways to keep our clients safe. Staff and clients have embraced the changes month to month and, with this flexibility, we are able to continue these programs.

We added a new food program into our program list. We started a monthly Lunch Bunch program – a local community group is bringing in hot, homemade, nutritious soup for people to dine in or take out. The cost is by donation and any leftovers are delivered to seniors in need. There were a lot of COVID protocols and hesitation to start a new food program but again, staff and clients adapted to a new way to get food into our community.

As the needs of the community changes, thanks to donors, we are starting up a new cooking program in the New Year. This program is called Cooking for One (or Two!), where participants come into the Centre and are taught by local chefs how to make an affordable, easy meal for one. They will double the recipe and deliver the meal to an isolated client, perhaps a fellow neighbour. Staff are excited to see this program start in the coming months!





Saying HELLO to the NEW Face of Elder Abuse Prevention Ontario (EAPO)

This week, EAPO refreshed its look from the ground up. The complete rebranding includes a NEW LOGO and a NEW WEBSITE, rendering services more accessible to those in need, while reflecting the mandate, values and goals of the organization. We invite everyone to visit www.eapon.ca and tap into the wealth of new informational resources and online services.

The shades of purple ribbons, commonly associated with [World Elder Abuse Awareness Day](#) (WEAAD) have a deeper significance - they are the standard international symbol for elder abuse prevention. The circle underlines the importance of working collaboratively –something EAPO values, as together we can keep seniors safe from harm. That interconnectedness and weaving of the ribbons demonstrates, how we continue to leverage our individual strengths and resources, to improve the quality of life of vulnerable older adults.

“Our new website will help empower seniors to feel safe, respected and well informed, by providing them, with a variety of resources to help safeguard their wellbeing and quality of life they deserve.” (M. Hajek, Executive Director)

Elder abuse is a [serious and growing injustice](#). In fact, studies indicate that between 8% to 10% of older adults experience some form of abuse. EAPOs mission is to create a safer Ontario for all older adults, by providing current and relevant resources that deal with the complexity of issues surrounding elder abuse. The goal of this new website is to assist those at-risk or in abusive situations and help raise awareness of all, to the issues surrounding elder abuse.

The refreshed image augments several new features, to simplify the navigation of the site:

- Clear, informative [fact sheets relating to elder abuse](#). Relaying [everything you need to know about elder abuse](#).
- Single-click access to a [province-wide elder abuse network locator](#) and [local support services](#).
- An updated library of [EAPO Blogs](#) and [Webinars](#) on a variety of topics.
- An extensive, easy-to-use library of [educational training tools](#) and [reports](#).
- An easily clickable “Safety Exit” button, for users to leave quickly if needed.
- One-click mobile phone access to the [Seniors Safety Line](#), 1-866-299-1011, directly from the home page.

Take a look to see what EAPO has to offer YOU!





ELDER HELP PEEL

Submitted by: Gary Gu, Director, Senior's Active Living Program



ABOUT ELDER HELP

Established in 1996, Elder Help is a Brampton based not-for-profit charitable organization. For over 25 years, Elder Help, with its enthusiastic and community-based volunteers, have provided seniors in Peel Region with caring and compassionate programs.

Today, Elder Help offers both virtual and in-person programs, including the Friendly Visitor program and the Senior's Active Living programs. These programs are meant to address the issues of senior loneliness and social isolation which can have detrimental effects on senior's mental and physical longevity.

Early in 2022, Elder Help will introduce a series of interactive telephone-based programs that will entertain you, educate you and even introduce laughter yoga. The first program slated for early January will showcase Senior's cooking talents with the introduction of the Senior's Kitchen. This program is funded through the Government of Ontario and administered by the Older Adult Association of Ontario (OACAO).

To find out more about the many free interactive programs or to become a volunteer, please visit our website: elderhelppeel.org



Or Scan the QR code

More Info: (905) 457-6055, or email: info@elderhelp.net

6 GEORGE ST. SOUTH, UNIT 2B, BRAMPTON, ONTARIO, L6Y 1L9



ESS SUPPORT SERVICES

Submitted by: Natalia Dziubaniwsky, Specialist Marketing & Promotions



This winter season ESS Support Services will be bringing some most-welcomed warmth and cheer to its clients through its ongoing hybrid programming. Our H.E.A.R.T.S. Caregiver Program providing support, education and access to specialized services for older adults caregiving for persons with developmental disabilities, will be delivering holiday care packages to caregivers and families around the GTA. Virtual activities such as movie nights, art programs and games that both the caregiver and their loved one can do spend some quality time together as a family will also take place.

Our Caregiver Support Group for caregivers of individuals with Alzheimer's or dementia is meeting in-person and online on a monthly basis. This group gives caregivers a chance to connect, learn and share their experiences in a safe space. During the month of December, in-person wellness sessions that incorporate exercise and meditation will be offered, along with some holiday-themed fun with music and take-home snacks to unwind and engage in some self-care.

Food insecurity continues to affect the most vulnerable members of our communities. Our Mobile Food Bank is delivering over 40 food hampers a week to older adults experiencing barriers to accessing other food banks. As a member of the Daily Bread Food Bank we receive weekly supplies of donated food items which we box then hand deliver.

Our Caring Centre and Adult Day Program continue to offer caregivers much-needed respite whether it be for the day or overnight for a few days, weekend or a couple of weeks to rest, recharge and have time to complete daily tasks and activities.

Exercise and social recreation classes and activities are an ongoing popular offering both virtually and in-person. We will be bringing back a virtual holiday dinner. Meals will be delivered to clients' homes and shared together virtually. We look forward to providing older adults and seniors the opportunity to socialize together, be active and connect meaningfully with one another during the winter months.





Abbotsford at the Glebe Centre: Back in person, and still online

By Pat Goyeche (Coordinator of Community Programming)

In September of this year, we were finally able to open our doors to the public again. Ping Pong, Mah Jong, Muscle Toning, Aerobics, Yoga, Stained Glass, Conversational French, and our Caregiver Club, to name but a few, are among the many activities that are back and running strong again indoors!

We are currently selling homemade teddy bears, baby blankets, Christmas ornaments, puzzles, books, women's clothing and jewelry and flea market items. Stop in and support our volunteers who help keep Abbotsford viable by donating their talents and time to our not-for-profit Seniors Centre.

We have been adding more and more indoor classes and clubs as the fall has progressed. We will offer even more in the New Year, while continuing to offer Virtual classes over ZOOM at the request of our large membership. We will continue to ask those that participate or enter our building to show proof of double vaccination and to follow public health measures, in order to keep our members engaged and safe.

We have 'Pop Up' classes in the Horticultural Building in Lansdowne Park, as we are able to secure the space. Aerobic and Line Dancing are currently on offer for large groups in this safe space. Look for a full list of January/February/March classes and clubs under Current Guide on our website www.glebecentre.ca and join in!



Abbotsford Aerobics in the Horticultural



Moving & Grooving in Abbotsford House

The GWSA is looking for passionate older adults who are interested in working on a dynamic team with the Board of Directors.

Be Active...Get Involved....Make Friends

The Guelph Wellington Seniors Association is one of the largest seniors' organizations of its kind in Canada, providing diverse programs, activities, and services to Guelph and Wellington County.

They are a not-for-profit corporation and a registered charity, managed by a volunteer Board of Directors, with support from GWSA staff and hundreds of dedicated volunteers.

The GWSA partners with the City of Guelph in the operation of the Evergreen Seniors Community Centre, a state-of-the-art recreation facility. They also operate in other locations, including the West End Community Centre and elsewhere, depending on interest and resources.

GWSA's Community Support Services (CSS) provide additional specialized services for many vulnerable seniors in the community.

They are committed to a future that is progressive, accountable, and innovative in providing services to the older adult community.

The GWSA is looking for volunteers with broad based life or work experience that will contribute to the operation of a large seniors' organization. The organization is committed to providing a diverse and inclusive environment that is reflective of our community. The Evergreen Seniors Community Centre is fully accessible and easily reached by public transit.

Board duties include: Supporting programs and services for seniors, acting in the best interests of the organization and its members, familiarity with the organization's bylaws, procedures, and strategic plan.

For more information check out the GWSA website at: gwsa-guelph.ca Interested candidates can contact the volunteer coordinator, Becky MacDonald by email at becky.macdonald@guelph.ca or by phone: 519-822-1260 ext. 2096.

The Guelph Wellington Seniors Association is one of the largest seniors' organizations of its kind in Canada, providing diverse programs, activities, and services to Guelph and Wellington County. The GWSA partners with the City of Guelph in the operation of the Evergreen Seniors Community Centre, a modern recreation facility.

Our Activity Groups promote learning and strengthen minds and bodies while encouraging social interaction. Aside from meeting rooms, the facility provides a large auditorium, the Evergreen Restaurant, personalized Computer Mentoring, a library, and much more.

During the pandemic shutdown, many activities continued to interact virtually through Zoom or through our new live streaming video-recording studio. With our early proof-of-vaccination requirement, most groups were able to start returning to in-person play in September, 2021.

A specialized group of GWSA staff and trained volunteers is dedicated to enhancing the lives of vulnerable seniors. From promoting nutrition, exercise, and healthy living to alleviating the effects of social isolation, our Community Support Services are here to help.

The Guelph Wellington Seniors' Association's Eat Well program is supporting low-income older adults with food and food education. At the beginning of the pandemic the older adults in our program could no longer take part in our community

cooking programs or easily leave their homes to access food. Our Seniors Pandemic Delivery Program was quickly imagined and implemented and eventually grew to serve over 250 older adults with weekly grocery delivery. While vaccination changed the need the shelter-at-home food insecurity did not go away. With the price of food increasing our older adults are telling us they are struggling to afford food. This winter we are continuing to supply food and food education in safe, social Community Food Markets. As well, we offer monthly food delivery to those who are unable to leave their home or cannot access one of the seven Community Food Markets.



Food insecurity is a problem no one should be facing, especially older adults. We are aware that our older adults with lived experience of poverty have wisdom and knowledge that can better inform how food security can be addressed in Guelph. With direction from the Guelph Neighbourhood Support Coalition, we are coordinating Advance Your Voice, a leadership course for people with lived experience of poverty. Advocacy for food security is an exciting new direction for the GWSA.

The GWSA continues to grow its services. We recently completed a Strategic Planning process and look forward to supporting our members with fresh priorities, including a focus on inclusion and diversity in the years ahead.

ONE ELEVEN SENIOR CITIZENS CENTRE INC.

Submitted by: Susan Levesque, Executive Director



One Eleven Senior Citizens Centre Inc. (One Eleven Seniors) has been adapting like all of us to the “new normal” since September 2021 when our staff was allowed to come back to work.

Currently we have the following activities (in person/small groups):

Monday through Friday Social hour from 9-11 a.m.

Mondays Line dancing from 11-12 noon

Tuesdays Sketching from 1-2 p.m.

Thursdays Knitting from 2-3 p.m.

Fridays Exercise Class from 12-12:30 p.m.

Fridays Bingo from 2-3:30 p.m.

In the New Year we will resume choir practise on Mondays from 1- 3 p.m. and it is hoped that we will have karaoke and live entertainment soon after. We also hope to form several small clubs including gardening, guitar, poetry and board games.

We will implement the new virtual travel tours with www.Heygo.com in the lounge in the near future. I hope to be able to hook up a laptop to our television and have a small group of tenants attend in person.

We are always looking for new program ideas and we welcome your comments.



Indigenous Medicine Wheel Garden (IMWG) at Waterfront Neighborhood Centre (WNC), Toronto



The Indigenous Medicine Wheel Garden (IMWG) will be a designated space for healing, celebration and tranquility. In addition, the garden circle can be filled with medicinal plants known to improve physical, mental, emotional and spiritual health. It will be considered a unique and versatile communal area that can offer a range of activities; an outdoor classroom to teach seniors and children by planting endangered species of native plants such as heart-leaved plantain, a special kind of garden for the ecosystem and/or a small sanctuary for wildlife value.

Events: The IMWG project land blessing ceremony was conducted by Elder Gloria Harris on July 9th in the presence of invited community seniors. After conducting the site analysis for plant inventory and completing a soil test assessment, we were able to design the garden ground plan in identifying the center and four cardinal directions connected to the wheel rim with special stones. We also followed the Native American tradition to connect to particular colors of yellow, black, red and white. Preliminary plantings were centered to the four sacred plants, a few native medicinal herbs and naturalizing the area with multi-season bulbs.

A very important gathering of the Truth & Reconciliation Day event took place on September 30th with Diane Montreuil, community area resident and Knowledge Keeper and Artist, sharing the meaning, struggles and contribution of Indigenous people and the 94 Calls to Action to be embraced by communities and government. It counted with presence of activists, neighbours, participants of WNC including area MPP Chris Glover. The Three Sisters soup and bannock was provided.

Volunteers Groups: The community seniors, young fellows and volunteer's group from Elevation Church, were involved in stone laying, planting, composting and mulching. To support the community engagement in the IMWG project, five Power-Points and four practical activities were held at ten selected indigenous herb plants specifically to their traditional, modern food and pharmaceutical values.

Next steps: The IMWG space is preferred to be indigenous prioritized space for gathering, healing, celebration and tranquility. For the success of the community engagement, we developed a three-month plan for example: make a checklist of specific plants for the space; record keeping, seasonal maintenance and monitoring; art: mural on overhang, incorporate number Seven Grandfathers Teachings and so forth.



WOODGREEN COMMUNITY SERVICES

Ara Manrikyan, Manager Seniors Active Living Centres and Outreach, Community Care



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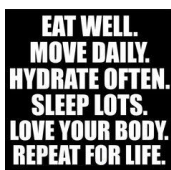
As we move into the winter season, in accordance with COVID-19 public health guidelines, WoodGreen Seniors Active Living Centres (SALCs) focus on increasing in-person and hybrid programming, while continuing to offer virtual programming in an attempt to reach as many clients as possible. In addition to the programs mentioned below, all SALCs offer Device Labs where our members receive iPad training and learn how to navigate various applications.

1070 Queen St. East Centre (Jack Layton Seniors Housing) We plan to continue with in-person programs such as Line Dance, Tai Chi, Fall Prevention and Exercise which engage a high number of community members and address the need for group exercise and social connection. Our winter virtual programs focus on engaging participants socially and creatively through singing, painting, and Tasty Club, where participants will share favourite recipes, cook together virtually and celebrate the upcoming holidays.

Outreach Centres 9 Haldon and 266 Donlands: During winter, due to weather and pandemic restrictions, the Exercise programs will be offered in virtual format together with meditation, musical, and short story telling virtual and phone-based programs. In December, we will offer several holiday-themed virtual activities for seasonal celebrations to ensure our members do not remain isolated. Finally, we plan to offer a food bank program to address the food security issue in the community.

721 Broadview Centre: Due to the cold weather we are moving physical exercise programs and dance classes indoors, and implementing a hybrid approach to engage our members who cannot participate in-person due to the weather. Members from our previous 840 Coxwell Centre also attend programs offered at 721 Broadview. As Covid-19 related conditions allow, we will expand social and recreational programs to include painting classes, card games and luncheons. In addition to our winter programming, we will increase wellness check-in calls and engage our members in program evaluations in order to beat the winter blues and foster greater engagement.

444 Logan Ave. Centre (Ray McCleary Towers): Our goal is to ensure our members are receiving the programming and supportive services that meet their needs. Our winter plans for in-person programs include winter themed arts and crafts, weekly holiday movies for the month of December continuing into monthly movies throughout the winter season, holiday themed BINGO, singing Christmas Carols, and Chinese New Year Food Delivery. In addition to thematic events, we plan to continue with Exercise programs such as pole-walking, low-impact exercise and drum circles. For virtual programs, we will host a holiday seasonal celebration event. In January we plan to hold an eye glass repair and maintenance clinic.



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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



Winter program packages are available for purchase beginning **January 10, 2022**

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



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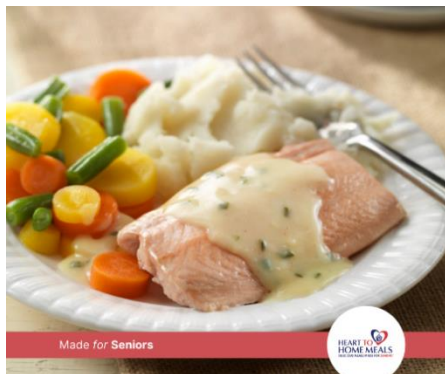
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Heart to Home Meals – How Your Diet Can Help You Live a Healthier Life

We have all heard that, “You are what you eat.” Want to be your best and nutrient-rich self? Upping your intake of certain foods has the potential to do everything from improving brain, bone and eye health to reducing inflammation and the chances of diseases. Here are some of the top ways you can eat yourself to good health:

Look for foods that are Nutrient-rich like fruits and vegetables, fatty fish like salmon, mackerel, trout and anchovies, whole grains, nuts and seeds all contain a variety of nutrients that work well together to promote overall health, including the support of brain function.

Calcium is the most abundant mineral in our bodies, making up much of our bones, teeth, and also impacting the function of our hearts, muscles, and nerves. Calcium is important at every age, but as we get older, we require more calcium to maintain bone health, and help in the prevention of osteoporosis and bone fractures.



Consuming a diet rich in fiber promotes proper digestion and has also been linked to reducing the risks of heart disease (by lowering cholesterol levels) and lowering the risk of certain types of cancer, such as colorectal cancer. High-fiber foods such as legumes, fruit and vegetables, and whole grains like oats, help slow digestion since fiber adds bulk and keeps you feeling full for longer

The connection between a proper diet and a healthy life can't be understated – by enjoying a wide variety of nutritious foods, seniors may be able to minimize the chance of illness, promote longevity, and boost energy levels.

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- **Seniors and those who care for them**, with information on how OTs can support later life transitions.
- **Organizations and policy makers that serve seniors**, providing a tool to support programming and policy development to meet needs of older adults.

The site features 10 modules each focused on one key common later life transition.

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Growing into Senior Citizenship
Staying Socially Connected
Managing Changing Abilities

New Changes as an Older Worker
Growing Older Where & With Whom
When Caregiving Becomes an Identity
Religion, Spirituality & Finding Meaning
Nearing End of Life

Visit www.En-AGE.ca. Contact osot@osot.on.ca for more information about how OTs can support your programming.

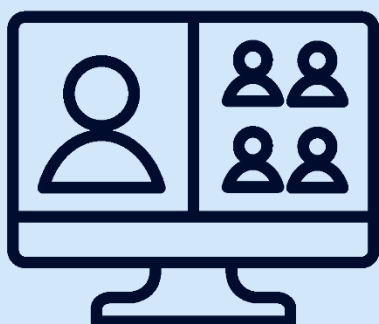


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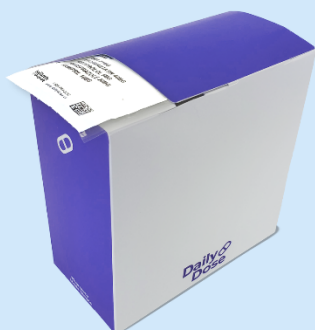
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How Amica empowers seniors to stay active

Every Amica residence offers a range of activities, amenities and equipment to support seniors' health and wellness. In fact, some residents who arrive needing mobility assistance improve their strength enough at in-house exercise classes to dramatically reduce their support needs.

"At Amica, we have fitness programs every day that are customized to different levels of ability, including programs for Independent Living, Assisted Living and Memory Care," says Ashley Sumler, Amica's Manager of Life Enrichment. "From yoga or ballroom dancing to seated Tai Chi and strengthening classes, there is something for every level of fitness."

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Amica residences typically include a fitness centre, exercise equipment such as free weights and recumbent steppers and scheduled walks at local parks and conservation areas. (Some have an indoor pool, too.) Our on-staff Life Enrichment Coordinators are also certified fitness instructors who lead friendly and inclusive classes, just like Peter in our [free workout video](#).

Find out more about our health and wellness offerings when you [book a virtual or in-person tour](#). You'll discover what it's like to live on your terms in an elegant Amica residence with outstanding dining, amenities, activities, senior care and safety measures.

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

Winter highlights:

The holiday season brings [Winter Wonders](#) to RBG, a fantastic display of lights to spark the imaginations of everyone young and old. Time-ticketed event so don't forget to register – open Dec 1 – Jan 9; except Dec 24 – 26 or Jan 1.

Our [RBG at Home](#) series continues to deliver free, fun, and educational content from our many experts - blogs and videos.

Check out the plants indoors in the [Mediterranean Garden](#) or along RBG's 27 km of outdoor [trails](#).

[Programs](#) are offering both onsite and virtual, including "Ask the Experts", "Needle Felt Goldfinch", "Watercolour" or [Drawing on Mindfulness](#)" (botanical drawing).

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

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Have you ever wondered where **chocolate** comes from?

When you are out walking, are you curious about the **trees** that you're seeing?

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Participate in programs (\$140 each) from your centre, from the comfort of your home or both!

We offer a variety of stimulating and informative programs focusing on the amazing natural world around us – indoors and outside! Check out our list of available [Adult programs](#).

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

Not able to participate in video-based programs? We've adapted a couple of our regular programs to do as audio only for those that are SCWW.

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



Winter featured plant:

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



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For more information, contact:

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NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2022 Spring Newsletter – March 2nd, 2022

2022 Summer Newsletter – June 1st, 2022

2022 Fall Newsletter – September 7th, 2022

Please send your submissions to admin@oacao.org

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