

OACAO Newsletter

2022 SPRING NEWSLETTER

Message from the OACAO President Suzanne Teixeira

Happy Spring! 🌸 I am looking forward to seeing the budding trees and flowers start to pop up. Things are starting to open up and present us with more avenues to enjoy the things we love once again. I hope you find your new comfort level as we navigate yet another chapter.

Seniors Active Living Fairs are back and being delivered virtually over the last few months. Dozens of virtual fairs have been funded from all regions across the province including a Northern Tour Fair March 28 – 31st. Centres have been so creative in how they have been hosting their fairs. The information that is being passed onto the members and community at large has been welcomed by all that have attended. A special thanks goes to the Ministry for Seniors and Accessibility (MSAA) for their financial support. Keep your eyes open for 2022/2023 as we are hoping to continue working with MSAA to support Fairs in the coming months. (This funding is not yet confirmed.)

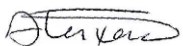
I hope that you had a chance to participate in the Pandemic Proof Programming for Older Adult Centres (PPP4OAC) workshops, funded by the Government of Canada's New Horizons for Seniors Program. These workshops were a great opportunity to get inspired to try some new virtual programming based on what your peers from many different agencies from across the province were hosting at their Centres. If you couldn't attend, no worries, we are working on some follow up resources that will be share with all OACAO members. Thank you to all the individuals who stepped up to share their successful programming ideas and to Julie for facilitating the smooth running of the workshops. The success of these workshops was because of you!

Seniors Community Grant is now open and accepting applications. For additional information, please follow this link - <https://www.ontario.ca/page/information-seniors-organizations>. The deadline is April 28th, 2022 at 5:00pm EDT. Good luck to those that apply.

The OACAO Annual Conference is going virtual once again this year. After exploring the full in person and hybrid model approach, the Board recognizes that budgets are tight, comfort levels may not be there yet and the Committee did such an awesome job last year, we are going to do it again! Are you looking to join in the fun and want to sit on a committee? The Conference Committee is always looking for volunteers. If you are interested, please send me an email – suzanne@ywalc.ca and I will get you linked to a committee. **Save the dates October 17th & 18th, 2022 - you won't be disappointed.**

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

Bring on the warm weather!



Suzanne Teixeira
President



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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

Greetings OACAO members, partners, and friends,

With the on-set of Spring, the OACAO is busy wrapping up our 2021 – 2022 year-end. It has been one of our busiest year's yet! We were proud to offer many of our staple programs and services virtually to our growing membership, and especially proud to introduce the Links2Wellbeing: Social Prescribing for Older Adults, 3-year project in partnership with the Alliance for Healthier Communities, and with support from an Anonymous Donor. We were grateful for the continued funding support and trust from the Government of Ontario, Ministry for Seniors and Accessibility (MSAA), and Minister Raymond Cho, to continue supporting Seniors Active Living Centres (SALCs) and OACAO members through Capacity Building training events, Seniors Centres Without Walls (SCWW) Micro-Grants and Virtual Seniors Active Living Fairs. We also recently wrapped up our Pandemic Proof Programming for Older Adult Centres (PPP4OACs) project funded through the Government of Canada's, New Horizons for Seniors Program. But one of the things that I am most proud of is that we reached our highest number of members on record. We reached 220 member organizations and welcomed 27 new member centres in 2021 - 2022. This does not include individual and life supporter members. This validates that we are on track in supporting the sector by offering valuable and meaningful programs and networking opportunities. Thank you to all the OACAO staff, board members and volunteers who achieved these successes together over the past year, and most of all, thanks to our members for putting your trust in the OACAO to continue supporting you through another very challenging year. We are also grateful to the dozens of presenters and subject matter experts who shared their knowledge and expertise with our members.

Let me take this opportunity to remind you that the **OACAO membership renewal process has begun for the 2022 – 2023 membership year**. The OACAO Board of Directors are pleased to announce another year with no increase to the membership fees, and as in the past few years, we are using the Wild Apricot Membership Management Software. You will receive emails from the system with information about your OACAO membership renewal. We encourage all members to renew on-line and to please verify and update your centre profile information if necessary. Payments are due April 30th, but arrangements can be made if you require more time. Please contact Fiona Mueller at admin@oacao.org if you have any questions. (See page 5 for more information)

The OACAO is pleased to continue working with **The Good Companions Seniors' Centre** to support their 3-year **Seniors' Centre Without Walls (SCWW) Expansion Project**. With generous funding support from an anonymous donor, The Good Companions are offering a Small Micro-Grant program with 50 grants available this year at \$4,000 each for charitable or non-profit orgs and SALCs, to continue offering SCWW in your community, or to begin a new SCWW program with training and robust resources available to support you. The goal of the project is to strengthen and grow SCWW programs in Ontario, the Atlantic, and across Canada over a 3-year period. The Call for Applications for this group-based telephone program is now open with funding distribution starting on April 1st, 2022. See page 15 for more information.

With the Spring provincial budget around the corner, I would like to highlight the **OACAO advocacy work** that has continued during the COVID-19 pandemic and as we move into the recovery phase. The Ontario Government will be announcing their **2022 Ontario Budget** in the coming weeks. As in the past, the OACAO submitted a Pre-Budget submission emphasizing the importance and essential work that SALCs offer as Community Hubs in small rural to larger urban centres across Ontario. We are hopeful that the government will recognize the need to **Increase, Strengthen and Expand the Seniors Active Living Centres (SALCs) program in 2022 – 2023**. Our recommendations included: A. Increasing the SALC Maintenance and Operating Grant from \$42,700 to \$50,000 annually; B. Strengthening the SALC Special Grant to permanently increase the amount of \$20,000 maximum per year; and C. Expanding the number of SALC programs across Ontario by opening up the Call for Applications to new and existing non-profit operators seeking new SALC program funding. We know there are geographical and cultural gaps across the province that could be or are already being met by local community partnerships which deserve SALC program funding to survive and thrive to meet the needs of local seniors. Let's cross our fingers for a positive outcome in the 2022 Ontario Budget!

... cont'd

Calling all Volunteers! Please join the OACAO as we **celebrate National Volunteer Week** with a free **Virtual Appreciation Event on Monday, April 25th at 1:00 pm** titled **From Paris With Love**. This event is exclusively for OACAO member centre volunteers. Please invite your volunteers to join us for this celebration as we host presenter Lianne Harris. See page 14 for registration information. Limited tickets available.

Looking forward to this fiscal year, we move into Year 2 of our Links2Wellbeing project with new spots available for centres to jump into the expanding and successful Social Prescribing project. (See page 12 for details) We are currently awaiting funding approval from the MSAA and are hopeful to reinstate in-person Seniors Active Living Fairs this year, and hope to also offer funding for virtual Fairs for communities that prefer the remote delivery model. We will be hosting our annual Aging Well conference virtually on October 17 & 18th and welcome new volunteers to join our dynamic planning committee, and we plan to offer many regional and provincial webinars and workshops to continue building capacity in our sector. Please join us as often as you can!

One final point is that "We Stand with Ukraine" as the conflict escalates. We are mindfully aware that the older population is at a higher risk for danger as they may be unable to flee the conflict and could be left alone without family or social supports, resulting in isolation from loved ones and increased risk of losing access to medicine and food. There are things we can do to support them. HelpAge Canada has a donation program that may be of interest: <https://helpagecanada.ca/ukraine-crisis/> or CanadaHelps is highlighting a Ukraine Humanitarian Crisis Appeal with several charities providing urgent aid to Ukraine: <https://www.canadahelps.org/en/donate-to-ukraine/>.

Please take good care,

Sue Hesjedahl
Executive Director



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Welcome to our New Members



Essoka French Bilingual Newcomers Help Centre
10-3230 Uplands Drive, Ottawa ON K1V 0C6
<http://www.essobilingualservices.org/> • 289-941-0155



Hospice Palliative Care Ontario
2 Carlton Street, Toronto ON M5B 1J3
<http://www.hpcoco.ca/> • 416-304-1477



Port Perry Seniors Club
121 Queen Street, Port Perry ON L9L 1B8
<http://www.portperryseniorsclub.org/> • 905-982-2192



Township of Southgate
185667 Grey Road 9, Dundalk, ON N0C 1B0
<https://www.southgate.ca/en/index.aspx> • 519-923-2110

**Welcome
to our new individual
members also!**

Welcome to our New Platinum Business Partner



HAT GROUP -The Hearing Assistive Technology Group

The Hearing Assistive Technology Group is an authorized partner of Contacta Systems, the global leader in assistive listening technology with over 50 years of experience.

Through our passion to help remove communication barriers and build inclusive spaces for the hard of hearing community, we have been helping municipalities and seniors centres successfully deploy and leverage hearing loop technology.

When installed in a room, hearing loops transfer sound directly to an individual's hearing aid, cochlear implant or telecoil enabled receiver. This greatly reduces background noise and competing sounds, along with other acoustic distortions that impact the clarity of the sound. While designing, installing, and supporting the technology is a large part of what we do, it is our engagement with our clients and the local community that sets us apart. We are committed to ensuring that staff and end-users understand how to best use and leverage the technology that is being deployed. Through our social enterprise partnership with the Canadian Hard of Hearing Association (CHHA), we are continuously investing in awareness and education initiatives to support Canadians who are hard of hearing.

Contact us today to begin the conversation and coordinate an assessment or schedule an information session.

Website: <https://www.hearingassistivetech.com>

Telephone: 1-800-662-2972

LinkedIn: <https://www.linkedin.com/company/hearing-assistive-technology-group-inc>

Renew Your 2022-2023 OACAO Membership

RENEW YOUR MEMBERSHIP

This is a friendly reminder that your membership with the OACAO is due for renewal and we ask that you kindly submit your payment by April 30, 2022. The OACAO membership year runs from April 1 – March 31st each year. In light of the COVID-19 pandemic, if you require more time to make your payment, or require an adjustment to your membership level due to a change in your annual operating expenditures, please contact Fiona Mueller at admin@oacao.org to discuss.

To renew or update your membership account for 2022-2023, please log into your membership profile at <https://oacao.wildapricot.org/Sys/Profile> using the email address and password of the contact person in your organization listed on the OACAO Wild Apricot System and follow the suggested actions on your profile screen. Don't know the password? Reset it at: <https://oacao.wildapricot.org/Sys/ResetPasswordRequest> and remember you must use the email address of the contact person listed in the system under your organization.

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

Thanks for your Support!



The OACAO is a registered Charity and has the ability to issue tax receipts. We would like to thank Dr. Ryan French for his kind and generous 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

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, May 17 th at 1:30 pm
Eastern	Monique Doolittle-Romas	mdoolittle-romas@thegoodcompanions.ca	Wednesday April 20 th at 1:00 pm
Golden Horseshoe	Ted Lambert	erllre13@hotmail.com	Tuesday, May 31 st at 3:00 pm
Grand River	Sarah Feeney-Martin	sfmartin@fairviewmh.com	Tuesday, April 19 th at 1:00 pm
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, May 10 th at 9:30 am
Northern Regions	John Richer	john.richer@greatersudbury.ca	Thursday, April 21 st at 2:30 pm
South West	Karen Pyatt-Westbrook	kpyatt@bgclondon.ca	Thursday, March 31 st at 1:30 pm

save the date!!



OACAO Annual Conference AGING WELL

PEOPLE • PASSION • POSSIBILITIES

October 17 & 18, 2022 • *Virtual*

• • • more details to follow! • • •

<http://www.oacao.org/events/aging-well-conference/>

SENIORS COMMUNITY GRANT PROGRAM

Seniors Community Grants ranging from \$1,000 up to \$25,000 help community organizations provide opportunities for greater social inclusion, volunteerism and community engagement for older adults, from the safety of their homes or other safe environments.

Projects can be focused on a number of areas. Examples include:

- volunteerism
- learning
- financial awareness
- social inclusion
- elder abuse prevention
- mental well-being
- physical activity

Programming can be delivered remotely, virtually, or in-person with proper health control measures in place.

HOW TO APPLY

We are now accepting applications.

1. Read the [program guidelines](#) for information on eligibility and program details.
2. Apply online through the [Transfer Payment Ontario](#) (TPON) website. [Learn how to sign up for a TPON account](#).

Deadline to apply is **April 28, 2022, at 5:00 p.m.**

For more information, refer to the **links below** to the program website, or the **attached SCG 2022-23 Guidelines available in English or French**.

English:

https://www.ontario.ca/page/information-seniors-organizations?utm_medium=email&utm_campaign=/en/release/1001619/ontario-keeping-seniors-healthy-and-engaged&utm_term=public&utm_source=newsroom

French:

https://www.ontario.ca/fr/page/renseignements-aux-organismes-de-personnes-agees?utm_medium=email&utm_campaign=/en/release/1001619/ontario-keeping-seniors-healthy-and-engaged&utm_term=public&utm_source=newsroom





One Senior's Perspective on Flu & Independence

When 87-year-old Peggy Prendergast went to the hospital for a fractured hip in 2017, nothing prepared her for what she was about to see.

All around her, people were suffering from the debilitating consequences of the flu.

Once a senior is hospitalized because of a medical illness, like the flu and / or its complications, they are also at risk of losing their independence. After a hospital stay, as many as one-third of seniors leave the hospital with a reduced ability to carry out their daily activities.¹

Peggy wants to do everything she can to keep healthy, active and independent for as long as possible.

"I'm a volunteer art teacher in retirement residences and a proud grandmother to beautiful grandchildren, and I value my active and independent lifestyle that allows me to do the things I love," said Peggy. "I get my flu shot each year. It's an action I take that reassures me I am doing what I can to help prevent the flu."

For Peggy, a committed senior advocate, it's important for seniors to get vaccinated this flu season.

Canada's National Advisory Committee on Immunization (NACI) recommends influenza immunization for high-risk individuals, such as adults 65+ and people with chronic diseases².

Vaccination does not provide 100% protection and does not treat influenza and / or its complications or prevent hospitalization or death after the onset of disease.

¹ Covinsky, K.E., Palmer, R.M., Fortinsky, R.H., Counsell, S.R., Stewart, A.L., Kresevic, D., Burant, C.J., & Landefeld, C.S. (2003). Loss of independence in activities of daily living in older adults hospitalized with medical illnesses: Increased vulnerability with age. *The American Geriatrics Society*, 51, 451-458. doi: 10.1046/j.1532-5415.2003.51152.x

² Public Health Agency of Canada. (2021). An Advisory Committee Statement (ACS)/National Advisory Committee on Immunization (NACI): Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2021–2022. <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/healthy-living/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2020-2021/naci-2020-2021-seasonal-influenza-stmt-eng.pdf>

More Information on flu vaccines for seniors

[*Canadian Immunization Guide on Seasonal Influenza Vaccine Immunize Canada*](#)

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Bringing the Voices of Canadian Seniors Together in the Fight Against Influenza

What you should know:

MYTH Influenza is not a severe illness.



FACT In Canada, influenza causes an estimated 12,200 hospitalizations and 3,500 deaths.¹

MYTH My diet and lifestyle boost my immune system and I do not need to be immunized.



FACT Even 'healthy' older adults can benefit from vaccination and help prevent severe illness or death.²

MYTH The vaccine gives me influenza like symptoms.



FACT The vaccine does not give you influenza, as it contains inactivated virus.³

MYTH COVID-19 vaccines protect me against influenza.



FACT COVID-19 vaccines do not protect individuals against any strain of influenza.⁴

For more information, access the full report [here](#).



This project is supported by an unrestricted educational grant from Sanofi Canada.

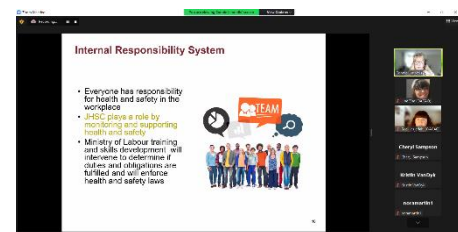
Sources: ¹IPAC | ²HHP | ³WHO | ⁴GOC

OACAO CAPACITY BUILDING WEBINARS RECAP

We've offered 10 very successful Capacity Building virtual events to date with two final events taking place on March 24th and March 30th. The timely topics were selected to meet the needs and interest of OACAO members and SALCs, and to support them through the ever-changing demands of the COVID-19 pandemic. We give a heartfelt thank you to the presenters who shared their expertise and knowledge on:

1. Balanced Diet, Balanced Life: How to Get the Most Out of Your Meals
2. Tapping into the Corporate Sector
3. Seniors' Programs, Fraud and Services
4. How to Safely and Smartly Engage Volunteers in a World that May Change Forever
5. Navigating Work-Related Stress
6. Health and Safety in the Workplace
7. 10 Essential Social Media Tools for Non-profits to Save Time & Money
8. Making Time for Movement: A Recipe for a Healthy Brain, Body & Spirit!
9. A Hybrid World: Events and Engagement
10. Developing Team Cohesion
11. Support for Caregivers: An Informative Session with The Ontario Caregiver Organization – March 24th at 11am
12. Employment and Volunteer Law – March 30th at 10:00am

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



OACAO 2022 SPRING WEBINARS

FREE

CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT

Let's Talk Hearing – Advice to Make Your Ears Smile!

Thursday, May 12, 2022 at 11:00am EDT

Presenter: Juliëtte Sterkens, Audiologist

Sponsored by: Hearing Assistive Technology Group

Hearing loss comes on gradually and can have a big impact on a person's life. Many people with hearing loss will say they can hear just fine but that they have difficulty understanding speech, particularly in background noise, watching TV or while attending religious services or theater performances. And hearing aids, while helpful do not solve all these problems. This informative, humor-filled, and fast paced class will go beyond hearing aids. It will help you become an informed consumer to get the hearing care and technology solutions that will work for you. Learn about hearing care best practices, what's new in hearing technology, and why many consumers rave about assistive listening technology in places where hearing aids alone are unable to deliver. Practical handouts will be provided following the class.

Bring your questions!

'Health by Stealth': How to Fund and Get a Men's Shed Off the Ground to Enhance Men's Health and Wellbeing

Wednesday, May 25, 2022 at 12:00pm EDT

Presenters: John Peters and Darrel O'Shaughnessy from Men's Sheds in Ontario, Beth Symansky, HelpAge Canada and Barbara McMillan, United Way British Columbia

Learn about the benefits of Men's Sheds in reducing isolation and loneliness and enhancing men's health and wellbeing. The common vision of Men's Sheds around the world is *to create a safe space where men can enjoy meeting, making friends, socializing and help each other overcome feelings of isolation and loneliness*. Commonly refer to "health by stealth" in that, when men start to talk about health issues (physical and mental) they are encouraged to be more proactive in reaching out for professional care.

Learn about funding available to support new Men's Sheds (Start-Up Grants) and existing Men's Sheds (Project Grants) as well as hear some impact stories from Men's Sheds grant recipients.

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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OACAO 2022 SPRING WEBINARS

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DEVELOPMENT

Small Habits, Big Impact

Wednesday, June 15, 2022 at 1:00pm EDT

Presenter: Lauren Klacza, Wellness Consultant with OASSIS Benefit Plans

Sponsored by: OASSIS Benefits For Not-For-Profits

When we are looking to change our habits, it can be difficult to know where to start and how to make new healthy habits stick. Join Lauren Klacza, OASSIS Wellness Consultant for a webinar on habit change to learn how small steps can make a big impact and discover useful tools to help you on a habit change journey.

Fraud and Identity Theft

Tuesday, June 21, 2022 at 10:00am EDT

Presenter: Christine Allum, Ontario Securities Commission

Canadians reported losing \$275 million to fraudsters in 2021. Get information about common frauds (romance scams, ponzi schemes and much more). Learn how to recognize the red flags of fraud to protect yourself and stay cybersafe.

**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

FREE

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La voix des centres pour aînés

Happy 2022! Year one of our three-year project has flown by and we are excited for years 2 and 3 of the Links2Wellbeing Project. Thank you to all our Centres who have joined the project so far! We have Centres from all areas of the Province, from Ottawa to Windsor and up to Sudbury!

In case you missed the last newsletter, Links2Wellbeing: Social Prescribing for Older Adults is a three-year project that is funded by an anonymous donor. The OACAO is co-leading the project 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 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 provider) to a Seniors Active Living Centre for social and recreation programming.

Inviting Centres to join Year 2 of the Links2Wellbeing Project:

Why should you get involved in this project? What are the benefits to your Centre?

- three-year project funded by an Anonymous Donor
- Opportunity to engage volunteers as Volunteer Link Ambassadors (VLAs)
- Support for community outreach
- Builds Centre Membership
- Creates new referral pathways
- Helps to connect isolated older adults who may not have connected to your centre in the past (reduces socio-economic barriers)
- Micro-grant funding available for participating centres (tech start-up funds, small admin funding and yearly funds to subsidize clients)
- Tools and Resources Kits available in paper format and digital through google drive

Two focus groups were recently facilitated as part of the project's year one evaluation. The groups offered opportunities for both staff and volunteers to share their thoughts and comments.

A VLA shared, *"It is really enjoyable [...] just that encounter, learning about the individual that you're going to help and assist."*

Training for centre leaders was held in January 2022, and supplementary VLA training was held in March 2022, 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 trainings continue to be interactive and feature an overview of the project goals, tools, resources, partnership, and outreach techniques.

We are actively recruiting for Cohort D! Our next training is set for Thursday, May 5th, 2022 from 12 noon to 1:30 p.m. 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. We need you!!!





Pandemic Proof Programming 4 Older Adults Centres

Thank you to everyone for the incredible support, turn out, contributions, feedback, questions, sharing and ENTHUSIASM!

The 7 PPP4OAC virtual workshops were a smash hit with over 260 people tuning in via zoom. More than 50 members contributed programs and ideas. Eight+ Centres inquired about starting their own Seniors Centre In a Bag program. Three Centres jumped on the laminating QR codes fundraising bandwagon. And one very excited team (Sue, Lina and I) enjoyed reviewing the great comments and ideas that were shared via survey results.

Don't be sad that it's over because we have more Pandemic Proof Programming for you...We are working on some follow up resources for OACAO members, that will give you access to all the programs that were shared, a little bit about each one, who to contact for more information, and valuable links and resources to augment your programs and services, plus the google document link with program and/or speaker resources.

To those that contributed, a heartfelt thank you for your time, effort and expertise. The sharing that happened across Ontario was incredible. The connections that people made on zoom, and after the workshops continue to happen. We are thrilled that SALC's can continue to program innovatively and safely despite the restrictions. Whether you are a bricks and mortar centre, a SCWW or a combination of both you shared the ways in which we can offer programs virtually, in person, remotely or a hybrid model...with success and in a meaningful way.

Thank you to the participants who joined us during a very busy and stressful time. Your commitment to our 90 minutes of content meant so much to the team and the presenters. Your great questions, thoughtful follow up and snaps and claps were the icing on the cake.

I would be remiss if I did not mention the Project Advisory Committee (PAC), a team of volunteers who supported this project from the beginning. Ted, Joelle, Nellie, Penelope, Leslie and Anne, you were a tremendous source of support, encouragement and community connection. Thank you for being a part of the PAC team!

With sincere thanks for your participation, these last 3 months. It was a blast to facilitate for you and I hope to see you soon. In person or virtually...since we are so good at doing both now! On behalf of Sue, Lina and I, have a wonderful spring season (in person we hope) but if not, we hope you will have a tool belt full of great ideas at the ready!

Julie Pennal



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

Canada

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Let's celebrate National Volunteer Week!

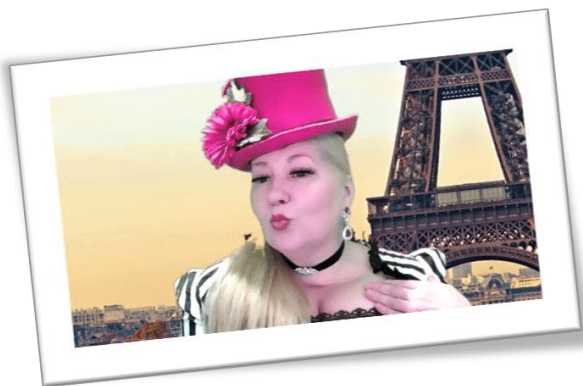
OACAO Volunteer VIRTUAL Appreciation Event
OACAO Member Centre volunteers are invited to:

From Paris with Love

Monday, April 25, 2022 from 1:00pm – 2:00pm EDT

Presenter: Lianne Harris

From its start during the Roman period, the city of Paris has fascinated us for more than 2000 years! It is the story of a city whose people thrive on passion, struggle, artistic and literary achievement, innovation and unprecedented influence. Experiencing the cycle of rags to riches many times along the way, its people have always made room for a healthy dose of love, lust, laughter, charm, hope, and delight that has made living in Paris 'la joie de vive.'



Presenter Lianne Harris takes you on a Parisian adventure where we delve into the lesser-known and curious facts about this fascinating city, its talented and oft-times eccentric residents, and the influence they and their city has wielded in every single area of our lives, the world over.

Free for all OACAO Members volunteers.

Participation can be done Virtually (with Closed Captioning) or by Telephone.

<https://oacao.wildapricot.org/event-4726452> **(Register in Advance).**

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

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
 Association des centres pour aînés de l'Ontario

OACAO

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

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 170+ 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

Funding provided by:

OACAO

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

Ontario 

SCWW Expansion Project

The Good Companions Seniors' Centre, whose specific mandate is to strengthen and expand SCWWs across Ontario has new plans to identify funding opportunities specifically related to SCWWs, provide resources to simplify the grant-writing process, and introduce a new micro grant program with expanded eligibility to include SALCs and others. For more information contact the Expansion Team at 613-236-0428 ext. 4357.

New Micro Grants!

The SCWW Expansion Team Micro Grants are now open for application!

A total of 50 grants valued at \$4000 each will be awarded with distribution starting April 1st, 2022. For access to the application and more information contact Lisa Swant at: lswant@thegoodcompanions.ca or speak with the Expansion Team at 613-236-0428 ext. 4357.

SCWW Expansion Project and Micro-Grant is funded by an Anonymous Donor





Technology Information and Knowledge Sharing Virtual Workshops **via Zoom & Toll free**

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

Upcoming Dates and Times (Topics to be Determined):

Tuesday, April 5, 2022 at 10:00am ET

Tuesday, May 3, 2022 at 10:00am ET

Tuesday, June 7, 2022 at 10:00am ET

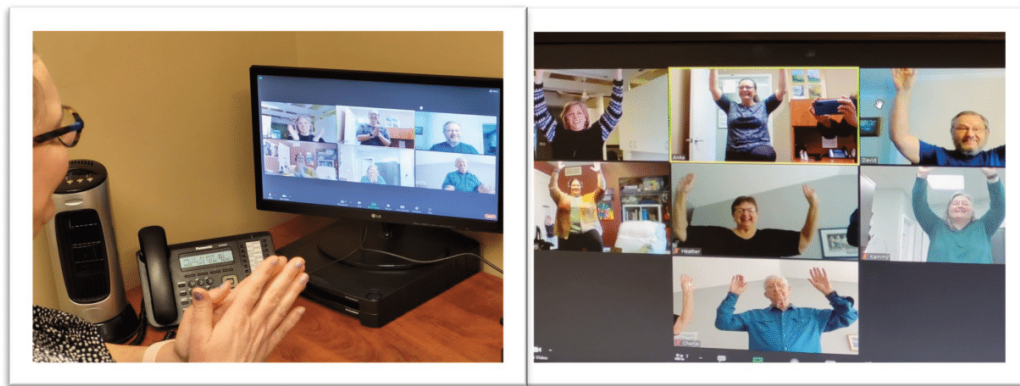
Free for Seniors Active Living Centres (SALCs), OACAO members and organizations serving seniors. (Register in Advance)

To Register Visit: <https://oacao.wildapricot.org/Upcoming-Events>

Previous Workshop Topics: Zoom Training Basic and Intermediate, Setting up Hybrid Program Environment for senior-serving organizations, Comparison of various computer technologies, How to evaluate and select home internet package and Common cell phone and Wi-Fi signal reception (strength) issues and Hands-on Online Banking.

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

Société Alzheimer Society



COME JOIN US!!!!

VIRTUAL MINDS IN MOTION®

Minds in Motion® is an evidence-based program that includes physical exercise, and 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). **We have multiple dates and times available.** The program will run once a week for 8 weeks and will occur over a web based platform such as Zoom. This is 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 registration list to participate in the pilot with first multiple date offerings please email **Vanessa** at mimproject@alzon.ca or call **519-332-4444 ext 135**.



Dementia-Friendly Canada

Building inclusive and supportive communities

You can make a difference for people in your community affected by dementia.

A dementia-friendly community is a place where people living with dementia, their families and care partners feel included and supported. Sixty per cent of people living with dementia live in their communities. However, they often report feeling misunderstood and excluded.

The Dementia-Friendly Canada project helps people, like you, have the understanding, tools and resources needed to better support people affected by dementia in your community.

"Thank you so much for creating such relevant and much needed training. I feel that my organization will benefit from this training – both my front-line staff and the staff working in our community centres and arenas." – Building dementia-friendly communities course participant

There are simple and concrete actions we can all take to make people living with dementia and their care partners feel supported, included and valued. To learn more about what you can do, visit alzheimer.ca/DementiaFriendlyCanada

Newsletter Contributions from our Members



EGANVILLE & DISTRICT SENIORS

Submitted by: Makyla Gendron, Acting Project Manager

This winter, things took a few steps back again. We were open and then closed, precautions and guidelines changed and planning ahead was mildly futile as situations changed daily. Like everyone else, we have had no choice but to adapt yet again.

We are hopeful that we are finally headed in the right direction. During the recent shutdown over the winter break, all our programs were on hold except for our Fundraising Drive-Thru dinner and home support programs.

In December 2020, we used the profit from the drive thru meal to cover the costs of a community meal. The Christmas Community meal was offered to members in the community who would be alone over Christmas due to COVID-19 isolation. This past Christmas, we expanded and offered not only a meal but also a poinsettia to any community member who requested a meal.

We partnered with the local Rotary Club who sponsored 125 meals as well as 150 poinsettias to those in our community. The meals were delivered the week between Christmas and New Year's when clients would most likely be alone. This project provided 160 hot meals to members in the community. Going forward, as we see the on-going and new struggles that the pandemic has brought, we plan to continue partnering with community partners to better serve our community.

While our in-house fitness programs were on hold, our fitness class members met weekly at the local Shaw Woods Outdoor Education Centre to go for a walk. Our groups checked in regularly with each other and we allowed them to come to the Echo Centre to borrow equipment for home use. Everyone stayed in touch via email to check in and send new resources they found online to keep each other moving. When restrictions lifted, we welcomed our fitness classes back first. These included: Low Mobility, High Mobility, Strength & Tone, Tai Chi and Zumba. Once the January shutdown was over, fitness classes were our first things to start back up again!

Aside from our Lunchbunch program that we offer on the last Wednesday of the month, we decided to hold off on our congregate dining programs until late March and into April. This was a difficult decision to make, although it came down to the safety of our clients and staff. We wanted to do what was best to keep everyone safe. In January, Lunchbunch was offered as a take-out only and delivery available if needed - 18 bowls of hot soup were picked up or delivered in the community and in February we had 23 people dine-in over the noon hour and 1 delivered by a volunteer. We are thankful to have local church members prepare and donate homemade soup. Because of it being a donation, we are able to offer it by donation only to our clients, raising approximately \$100 each month.

Going forward, we are welcoming back our regular programming with restrictions still in place to ensure the safety of everyone. This includes existing exercise programs, hobby club, 6-hand euchre, shuffleboard, bid euchre, Cooking for One (or Two!), and some new programs we have up our sleeve! We are very excited to share that we have purchased some new puzzles, games and kicksleds. We can't wait to host our monthly Diners' Clubs again starting on April 6th and to have all our clients under one roof again without worrying about vaccination status!

ELDER HELP PEEL

Submitted by: Mike Davis, Chair, Board of Directors



Elder Help Peel

For over 25 years, Elder Help has provided Seniors in Peel with caring and compassionate programs. Elder Help is committed to diversity and inclusion with its focus on interactive programs and services which enable Seniors to stay active, healthy, and engaged in the community.

Today, Elder Help Peel with its enthusiastic and community-based volunteers, is delivering a broader range of programs to a larger and more diverse group of Seniors. The programs are interactive, timely and of great interest.

To find out more about Elder Help Peel and our programs, or to become a volunteer, please visit our website elderhelppeel.org



(905) 457-6055



info@elderhelp.net



www.elderhelppeel.org



ELDER HELP PEEL
ELDERS WORKING TOGETHER

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Over the course of the pandemic as seniors became more isolated, our Outreach Program Coordinator connected with OACAO and took webinars about how to run a social/recreational program "without walls".

As a result of that training, we now use a conference call system to bring seniors together on a weekly basis. Groups are held on the same day of the week and at the same time. The conference call is a toll-free call and always uses the same access code. This way the seniors participating become familiar and comfortable with the numbers used.

The phone was selected as the virtual platform of choice because many of the individuals we reach out to often do not own computers, and others are just more comfortable talking on the telephone.

One of the participants said it is now a familiar routine for her and she can do it independently. She doesn't have to have to ask her partner or son help her to connect to the group.

The weekly call is facilitated and organized so that only one participant talks at a time and that everyone gets a chance to share and to listen. The socialization gives participants something to look forward to every week while at the same time staying safe and well.

Previous topics have included, meditation and relaxation tips, story tellers from the local guild, advice from the collective seniors, (e.g., best way to....), reflections and reminiscence (e.g., your favorite candy as a child or your most interesting job), or just checking in and sharing ideas on how to cope with the isolation.

Only last week one participant said "If I've been in the wrong state of mind, the group helps turn me around. You make my week – if I don't attend, I feel like something is missing."



Looking for Ways to Connect While Staying at Home?



Hospice Palliative Care Ontario (HPCO) strives to provide quality education and support and is excited to be able to do so through the **Virtual Compassion Care Community Centre**. A variety of programming is offered to increase learning and social connection. All activities take place virtually and are intended for seniors, people isolated at home, caregivers, hospice volunteers and anyone else interested in joining. Each of the programs is run by facilitators in a comfortable and interactive group setting. All the programs are free to access. Join us to learn and connect!

HPCO understands that because of the COVID-19 pandemic, many people are finding it more difficult to gather with family, friends, and peers for support. We are continuing to explore our options for expanding access to virtual support groups to address this need.

Please click here for the complete list of programming: <https://www.hpcoco.ca/virtual-compassion-care-community-centre/>

If you have any questions, please email Nav.Dhillon@hpcoco.ca



RAFO'S VIDEO PRODUCTION CLUB

With the arrival of COVID, the closure of our installations and the restrictions imposed by Public Health Authorities, RAFO was faced with the urgent need to communicate at a distance with its members, partners and clients. RAFO therefore took on the task of modernizing its technology in order to stay in contact with its homebound members and to allow its employees to work from home.

Firstly, RAFO adopted a reliable virtual meeting platform and, secondly, acquired new audio-visual equipment. This allowed its « virtual » team to offer programming to members, hold meetings and present conferences and classes, virtually and even a mix of in person and virtual. One of our members was able to participate in some activities even while on a trip outside then country.

As our expertise grew, so did the idea of creating a video production unit (le Club vidéo) at RAFO. As many people were interested, a group of ten participants was formed at the end of 2021. Everyone was eager to learn how to create videos and set up filmed interviews. Club members took on different roles, such as director, sound person, script writer, camera person, interviewer and so on.

The priority was given to establishing a permanent studio and start producing videos for RAFO's 20th anniversary. Presentations will focus on our archives, photos, interviews and filming our activities. Club members are receiving professional training from a firm called LiveStream Junkies, thanks to our partnership with the *Fédération des aînés et retraités francophones de l'Ontario (FARFO)*. This Spring, the Club will present the videos it produced to all members.

While RAFO did have to quickly acquire expertise and knowledge at the outset of this pandemic, it will not be all for naught. As the saying goes, « it is never too late to learn ». Long live RAFO'S video club.



UN CLUB DE PRODUCTION VIDÉO AU RAFO

Dans les dédales de la pandémie, de l'arrêt de nos activités en personne aux consignes changeantes imposées par les instances de santé publique, un besoin urgent a surgi, soit celui de communiquer à distance avec nos membres. Par conséquent, le RAFO a amorcé un virage technologique lui permettant de demeurer en contact avec ses membres confinés malgré le fait que ses employés se trouvaient en mode télétravail.

Le RAFO a réussi à trouver une plateforme fiable de rencontres virtuelles et a fait l'acquisition d'équipements audio-visuels de pointe. Ainsi, son équipe dite « virtuelle » a pu offrir une programmation aux membres, tenir des réunions et présenter des conférences et des cours, toujours en mode virtuel et même de façon hybride. C'est ainsi que certains membres en situation de voyage à l'extérieur du pays ont pu continuer à profiter de nos programmes.

L'expertise acquise avec l'utilisation de notre matériel audio-visuel ne s'est pas perdue. L'idée de mettre sur pied un Club de production vidéo a vite trouvé preneurs. Par conséquent, à l'automne 2021, le RAFO a regroupé une dizaine de personnes âgées intéressées à venir apprendre comment faire des vidéos et des vox pop. Les membres du Club se sont partagé les tâches, notamment, caméraman, éclairagiste, sono, direction, scénarisation, etc.

Il s'agit pour le moment de monter un studio en permanence et faire des enregistrements dans le cadre de notre 20^e anniversaire, soit créer des présentations mixtes avec photos d'archives, capter des témoignages et filmer nos activités. Le Club profite de la formation technique offerte par la firme LiveStream Junkies, grâce au partenariat avec la Fédération des aînés et retraités francophones de l'Ontario (FARFO). Au printemps 2022, le RAFO pourra présenter le fruit de tout ce travail à ses membres.

Il est vrai que ce fut toute une évolution en peu de temps pour nos bénévoles et notre personnel. Mais, comme dit l'adage, « il n'est jamais trop tard pour apprendre ». Longue vie à notre Club vidéo.

RETRAITE ACTIVE DE PEEL

Submitted by: Elaine Molgat, Vice Chair



mars 2022

Quoi de mieux pour passer l'hiver que de remplir son calendrier avec des activités entre amis? Nous avons accueilli de nouveaux membres et sommes maintenant plus d'une centaine. En dépit de la pandémie, les activités de Retraite active de Peel ont continué de bon train, avec adaptations selon les règlements sanitaires en vigueur. Nous avons pu nous réunir en personne en décembre pour célébrer le temps des Fêtes en jouant les cuillères et taper du pied au rythme de la musique entraînante de Paul et Malika Lemelin de Sudbury.

En janvier, les activités intérieures sont retournées en mode virtuel. Les membres ont maintenant l'habitude de faire des pilâtes et des exercices de renforcement musculaire à partir de chez eux. Heureusement, puisque la neige était au rendez-vous, certains ont pu faire de la marche et de la raquette au bord du lac Ontario. Depuis le déconfinement graduel, nous avons pu reprendre des activités en présentiel au Centre Frank McKechnie : pickle ball, aquaforme, bocce intérieur, jeux de société et de cartes - le canasta étant le jeu préféré, en préparation pour un tournoi en mars. Le club de tricot et le cercle du livre se déroulent en mode hybride, ainsi que les sessions d'information sur des sujets liés à la santé, tel que la sécurité médicamenteuse.

Retraite active a du pain sur la planche, car, grâce à une subvention du ministère des Services aux aînés et de l'Accessibilité, et l'appui d'autres partenaires, nous offrons des ateliers et activités en vue d'organiser une foire artistique qui mettra en valeur les talents variés de nos membres. Au menu se trouvent des ateliers en arts visuels : vitrail, perlage, photographie, peinture acrylique, courtpointe, tricot. Des ateliers de lecture dramatique permettent aux membres d'apprendre à comprendre et faire vivre un texte. Et nous réalisons un rêve caressé depuis longtemps – le chant en chorale : les choristes en herbe enfilent leur masque spécial et pratiquent tous les samedis. Le tout sera mis en évidence lors d'une foire artistique qui aura lieu le 27 avril prochain au Centre Frank McKechnie à Mississauga. Restez à l'écoute pour plus de détails.

Nous sommes toujours heureux d'accueillir de nouveaux membres. **Pour plus d'information, consultez notre site web : www.retraiteactivepeel.ca ou écrivez-nous à info@retraiteactivepeel.ca**



RYDE COMMUNITY CO-OP

Submitted by: Judy Campbell, Secretary



The Co-op is a not-for-profit community centre; 100% owned by its members and 100% run by its volunteers. The Ryde Community Co-op Board of Directors recognized that now more than ever, members of our community needed support to contribute to their mental and physical well-being. Volunteers created a 50 x 100 foot outdoor skating rink for all to enjoy. Permission was obtained from a local landowner to have access to their property for two amazing tobogganing days with a bonfire. These events were attended by around 75 people of all ages.



The Ryde Co-op Food Pantry is Open!



Enjoy the new pantry,
and the book and game lending library.

The Co-op was successful in sourcing opportunities and receiving funding to assist community members facing food insecurity. An outdoor 24/7 self-serve food pantry is replenished every other day by

volunteers. 14 households in Ryde receive Gravenhurst Against Poverty meals weekly delivered by volunteers.



Registered Canadian Charity # 86150 7929 RR0001 1624 Barkway Road, Gravenhurst ON
P1P 1R3 www.rydecommunityco-op.com www.facebook.com/rydecoop

The Ontario Senior Home Safety Tax Credit has been extended for 2022!

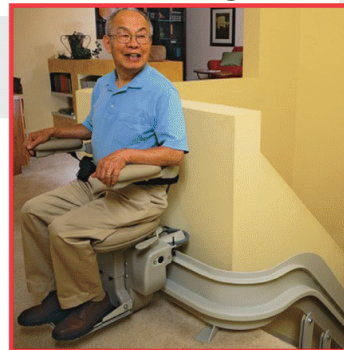
This extension will assist seniors aged 65 & up with renovating their homes to help increase safety & accessibility even if they are living with a relative.

Expenses include the installation of:

Grab Bars and creating an accessible shower in the bathroom



A Stairlift (straight or curved) to enable access to every level of your home



A Vertical Platform Lift, also called a Porch Lift to help you access raised entries, porches, decks and more.



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Sharing Dance Older Adults *Community Classes*



Bring the joy of dance to your community!

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

Sharing
Dance
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Adults



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

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TORONTO

SOUND ADVICE ON HEARING HEALTH

Canadian Hearing Services has launched a new program called Sound Advice on Hearing Health, delivered virtually one-on-one or in small groups. Topics to be discussed include:

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



HEARING CARE COUNSELLING FOR AGES 55+

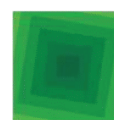
Canadian Hearing Services offers free Hearing Care Counselling to people age 55+ suffering from hearing loss. We offer information and counselling, education, and communication devices that can assist in improving communication, maintaining social activities and remaining safe as well as independent at home.

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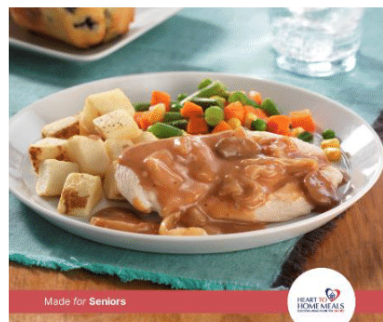


Heart to Home Meals – Making Delicious and Nutritious Meals.

In the new issue of our My Menu, we have filled it with new flavours to try and old comfort food favourites that always hit the spot! In this latest menu, our very own Chef Marc has worked hard to bring you exciting new meals, while revamping some of your old favourites.

When creating and developing recipes, Chef Marc's goal is simple, set and maintain a gold standard of excellence. His aim is for every meal to be the best version of itself that it can be. To reach this gold standard, Chef Marc uses his culinary knowledge and experience to incorporate quality ingredients and techniques that are traditional for each dish to craft flavourful and comforting meals that seniors can enjoy and appreciate.

If you are a mushroom lover – get ready to indulge in our new Meatballs in Mushroom Sauce. This meal features melt-in-your-mouth beef meatballs generously covered in a rich mushroom and red wine gravy. Another delicious new meal which features healthy mushrooms is our Chicken in a Creamy Mushroom Sauce, a tender chicken breast topped with a luxurious home-style mushroom sauce.



When looking to revamp and improve our meals, Chef Marc started at the foundation. The majority of our meals use a base (aka a stock) to add layered flavours to stews, sauces, soups, and so much more. Chef Marc examined the bases and ensured we are using the best stocks available so that every meal uses deep, concentrated flavours. Chef Marc also only uses seasoning and spices which are authentic, purposeful, and distinctive for each dish.

The connection between Chef Marc's experience and the quality ingredients that he uses, is ever apparent in the new and revamped meals in our 2022 My Menu. For a more in-depth look at some of our meals, order your free menu today and enjoy the tastes and textures you enjoy.

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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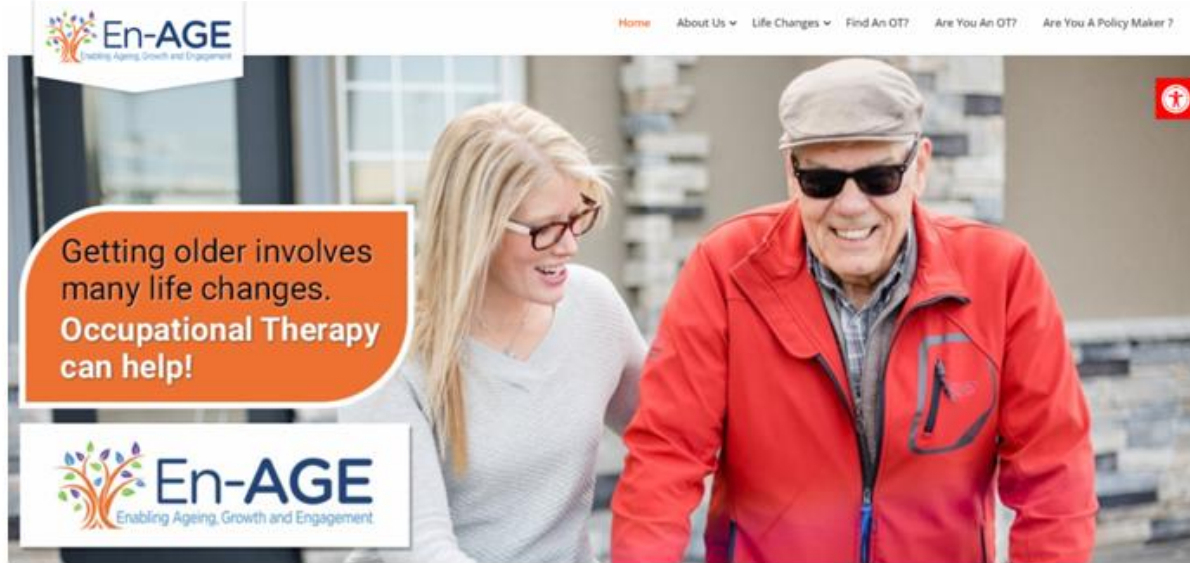
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*Contest is sponsored by
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www.En-AGE.ca



En-AGE.ca focuses on sharing evidence, information and stories that show how occupational therapists (OTs) can support healthy ageing and continuing personal growth and engagement in life occupations that are meaningful through the transitions of older age. The website provides an accessible resource for;

- **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.

- **Thinking about Retirement**
- **New Changes as an Older Worker**
- **Driving and Getting Around in Later Life**
- **Growing into Senior Citizenship**
- **Deciding Where to Live and Who We Grow Older With**
- **When Caregiving Becomes an Identity**
- **Staying Socially Connected**
- **Religion, Spirituality & Finding Meaning**
- **Managing Changing Abilities**
- **Reaching the End of Life**

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



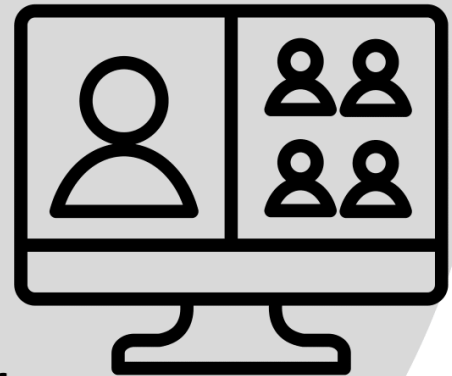
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HOME SAFETY FOR SENIORS



One of the best things you can do to help a senior live safely at home is to reduce the risk of falls by removing potential hazards. After all, 50 percent of falls that lead to hospitalization among seniors happen at home. Be proactive and use a room-by-room checklist to make spaces more accessible and prevent injuries. Be sure to consult with your healthcare team to find out about additional design and safety recommendations based on individual needs and assistive devices.

Outdoor safety:

- Install lights at entrances and pathways
- Install railings and textured surfaces on outdoor stairs, pathways and decks
- Consider indoor and outdoor home security systems designed with seniors in mind

Entrances, hallways, and stairwells:

- Remove items on the floor and unnecessary furniture to create clear pathways
- Rugs are a tripping hazard - use non-slip rubber treads instead

Download the full [Home Safety for Seniors Guide](#), complete with safety-first home decor advice, information on the latest senior tech, monitoring systems and security devices and guidelines to create safe spaces for seniors with low vision, hearing impairment and dementia.

Kitchen:

- Keep a first aid kit in the kitchen
- Use oven mitts, which are safer than potholders
- Keep staple foods and most used items between knee and shoulder height

Bathrooms:

- Plug in a nightlight for evening bathroom trips
- Install properly placed and well anchored grab bars to the shower and bathtub
- Buy a bath seat if standing or sitting is a challenge

Bedrooms:

- Consider a bed with short bed rails and a safe height that makes getting in and out easy
- Keep a phone and a list of emergency contacts beside the bed
- Install light switches near the entrance of bedrooms (and by the bed, if possible)

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Spring has Sprung at RBG!

Join us this season ahead for a multitude of exciting programs to sow the seeds of spring. Peak bloom of our cherry, magnolia, lilac collections in May to peonies and irises in June, is just the start of all that RBG has to offer this season.

Upcoming Adult Programs

Our [Spring Mindfulness Walks](#) are back, exploring a new garden area and mindfulness techniques each month. [Yoga at the Gardens](#) returns as well as a new program, [Fit Joints](#) with Registered Kinesiologist to keep your body healthy for our trails! Or from the comfort of home, join us for [Virtual Chair Yoga](#) in partnership with Ageless Arts.

Our floral workshop volunteers are delivering a virtual [Floral Arranging Workshop](#) just in time for Easter weekend or bring a family member to arrange an [Orchid and Succulent design](#) in May. Learn to use your smartphone camera in the Mediterranean Garden during in our new [Smartphone Photography](#) workshop or come to work with RBG-grown botanicals to [dye your own silk scarf](#). If you can't wait for flowers, our new [Those Bloomin' Watercolours](#) workshop offered virtually might be for you!



May also brings migration! If you love birds, join us on a [birding walk](#) to explore the hundreds of species returning from their long voyage.

Interactive Virtual Presentations

Let us bring the beauty of spring to you. Royal Botanical Gardens offers [virtual interactive](#) and engaging presentations that will stimulate your members. We've got programs that cover a wide variety of interests and needs. Experience these programs using videoconferencing and web-based technologies — it's the next best thing to being here!



Many of our virtual presentations are focused on plants and include programs like Healing Plants and Chocolate: From Rainforest Treasure to Sweet Treat. Spring in the air! Let us help you plan your garden with our Organic Gardening program.

With the arrival of warmer weather and spring flowers comes the presence of animals like butterflies. Discover their fascinating journey monarch butterflies and their life history with Amazing Monarchs. Flowers can be seen buzzing with many insects. Learn about the important role of pollinators and how you can help with Pollination Partners.

Group Tours

Royal Botanical Gardens offers engaging Guided Tours of all of our garden spaces, and a special group rate discount for groups of 15 or more. Book a group visit to RBG by [submitting an online request](#) or contact us directly at grouptours@rbg.ca.



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For more information about the
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www.oacao.org P.O. Box 65, Caledon East, ON L7C 3L8

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Thank you to our 2021-2022 Business Partners



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Please note the following deadline for submissions:

2022 Summer Newsletter – June 1st, 2022

2022 Fall Newsletter – September 7th, 2022

2022-2023 Winter Newsletter – December 7th, 2022

Please send your submissions to admin@oacao.org

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