

OACAO Newsletter

2022 SUMMER NEWSLETTER

Message from the OACAO President Suzanne Teixeira



June is here and what a busy month it is! Just off the top of my head this month we are celebrating – [Pride](#), [National Indigenous History Month](#), [National Italian Heritage Month](#), and of course [Seniors Month!](#) Each month has something special to celebrate, why not find out what each month holds and maybe explore a little <https://www.summerfunguide.ca/festivals-fairs-and-events.html> 😊

Did you hear that fairs funding is back! There are two funding options (must select only one)

- * Virtual Seniors Active Living Fair Funding - \$1,000 for eligible individual organizations
- * In-Person Seniors Active Living Fair Funding - \$2,500 for eligible individual organizations

To be eligible for 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),
- OR be a Government of Ontario funded Seniors Active Living Centre (SALC) operator.

Application Deadline: Friday July 8, 2022, at 5:00 pm EDT. (For Fairs taking place by February 28, 2023). Funding decisions will be made in a timely fashion. Applications & Guidelines can be found at: www.oacao.org/events/seniors-active-living-fairs . Questions can be emailed to Lina Zita at coordinator@oacao.org or info@oacao.org or call 905-584-8125 or toll free 1-866-835-7693.

Hold the date! We have two important dates for you to mark off in your calendars –



- * OACAO Annual Conference to be held virtually once again on October 17th and 18th. Watch for exciting teasers that will be coming soon.
- * OACAO Annual Meeting to be held virtually on Monday November 7 @ 12:00pm

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

Suzanne Teixeira
President



OACAO

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



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Message from the OACAO Executive Director Sue Hesjedahl

Dear OACAO Members, Business Partners, and Friends.

As we carefully get back into the groove of venturing out into the world, we now reflect and recognize some of the good practices and innovative solutions that have been developed by member centres across Ontario. We have stretched ourselves to communicate, engage and stay connected with **people**, and discovered many new creative and innovative ways to do that. I commend our members and partners as you have shown and continue to show your **passion** for this.

We are pleased to introduce and welcome **Rajan Dosanjh as our 2022 Summer Student**. Rajan is in the Bachelor of Science in Biology program at Trent University and is excited about his position as our Community and Social Service Worker. Rajan will be working with both the OACAO and the Caledon Seniors Centre supporting their programming this summer. (Funding provided by Canada Summer Jobs Program).

We would like to welcome our **7 new members** (page 4), and **1 new Business Partner** (page 5) to the OACAO. We are happy and excited to have you join the ever-growing OACAO. Thank you to our existing members for renewing for the 2022-2023 year, we appreciate your continued support. For those who have not yet renewed their membership yet, please make sure you do so by contacting Fiona at admin@oacao.org, or Raj Dosanjh at info@oacao.org

We are now approaching the end of June 2022, and as we celebrate **Seniors Month 2022** it is a good time to reflect on our past achievements, but also to look forward to all the positive **possibilities** that we can enjoy this summer. Check out page 8 for more details about the 2022 Seniors Month theme **Stay Active, Stay Connected, Stay Safe** or click on the following link: <https://www.ontario.ca/page/celebrating-seniors-ontario#section-0>. The month of June also brings the **Great Canadian Giving Challenge**, make sure to check out page 6 for more details on this important fundraising opportunity for the OACAO!

The Government of Canada recently announced their new **Age Well at Home (AWAH) initiative**, a \$90M initiative announced in Budget 2021 focused on helping seniors live at home longer. See page 8 for more information and the links. The deadline to apply is July 22, 2022.

We are really excited and preparing for our Annual **OACAO 2022 Aging Well Conference** being held virtually for the 2nd year. Please hold the dates of **October 17 & 18, 2022** for another amazing virtual event. We have the best committee ever, working hard to plan another fantastic and informative event for you to look forward to with dynamic workshops, panel presentations, keynote speakers, breakout sessions, as well as great networking and social events. We thank Arbor Memorial for their continued support as our Title Sponsor. Make sure to check out page 9 to see the **People, Passion & Possibilities** we are planning!

Do you have an outstanding colleague, volunteer or mentor you would like to nominate for an OACAO Award this year? We are pleased to announce that we are now accepting nominations for the **OACAO 2022 Awards Program**. Nominations are submitted online through the OACAO website with a nomination deadline of Monday, September 26, 2022. Winners will be announced at the OACAO Aging Well Conference on October 18th. Please see pages 10 & 11 for nomination category details and the nomination form link.

The OACAO is very pleased and appreciative to receive funding support again from the Ministry for Seniors and Accessibility (MSAA) to plan and host a variety of **Capacity Building** webinars, events and develop resources to support the OACAO members and Seniors Active Living Centres (SALCs). Please see page 12 for details of our upcoming webinars. Please contact us if you have ideas for future presentation topics of interest.

Have you joined our **Links2Wellbeing: Social Prescribing for Older Adults** project yet? If not, now is the time! We are currently recruiting 20 more SALCs/older adult centres to join the project in Year 2. The project comes

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along with many resources, networking and training opportunities, as well as financial support byway of a small microgrant to offset some of your project costs and to provide a program/membership subsidy for new clients. Please see pages 13 for more information.

With funding support from the Government of Ontario, Ministry for Seniors and Accessibility, the OACAO will be launching the **2022 SALC and OACAO Member Profile survey** later this summer. This sector-wide survey gathers vital information about centre demographics, membership and participation trends, human resources and volunteer management, programs and services offered at centres, community partnerships and outreach, it will address funding and financial challenges, centre governance and resources, and will help determine the needs and supports required to strengthen and re-engage the SALC sector in a post-pandemic world. Please help us explore and articulate the strengths and challenges faces by our sector. We ask that one representative from each OACAO member centre / Seniors Active Living Centre be prepared to complete the survey. We anticipate that the survey report will be available in the last Fall. More details to follow!

OACAO Board of Directors and Regional meetings. Thank you to our amazing OACAO Regional Reps for continuing to host Regional zoom meetings for all members throughout the year. These informal and informative sessions have become a great way to network and stay connected to your peers. The next set of Regional meeting dates are available on page 5. We do have a few vacancies on the **OACAO Board of Directors** for Regional Reps right now. If you are a staff member from the Grand River Region, I ask you to please consider applying for a position on Regional Staff Rep for your region on the OACAO Board. We are also looking for volunteer leaders to fill the role of Regional Senior Rep in the Central and Grand River Regions. Please contact me for a position description and application form if you are interested.

Have a great summer!

Sue Hesjedahl



Sue Hesjedahl
Executive Director



Welcome to our New Members



BGC Hamilton-Halton
45 Ellis Avenue, Hamilton, ON L8H 4L8
<https://www.bgchh.com/programs/adult-programs/>
● 905-549-2814



LA Centre for Active Living Adults 55+
106-55 Rankin Cres., Toronto, ON M6P 4E4
<http://www.loyolaarrupecentre.com/>
● 416-452-4875



SPRINT Senior Care
140 Merton St., 2nd Flr., Toronto, ON M4S 1A1
<http://www.sprintseniorcare.org/> ● 416-481-6411



St. Matthew's Bracondale House – SAS Program
707 St. Clair Ave. W., Toronto, ON M6C 4A1
<http://smbh.ca/> ● 416-656-2669



Village Mosaic, Fontbonne Ministries
2794 Lake Shore Blvd W., Toronto, ON M8V 1H5
<http://www.fontbonneministries.ca/village-mosaic/>
● 416-231-0655



Wesley Urban Ministries
52 Catharine St. N., Hamilton, ON L8R 1J1
<https://wesley.ca/> ● 905-528-5629



Whitewater Seniors
44 Main Street, PO Box 40, Cobden, ON K0J 1K0
<https://www.whitewaterregion.ca/community/seniors/>
● 833-582-7004

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

Welcome to our New Platinum Business Partner



Homecare Hub helps people with caregiving needs such as frail seniors, and those with dementia, disability, injury, chronic disease, or terminal illness to receive care safely and comfortably at home. Homecare Hub helps patients, and their families navigate the challenging and complicated Home Care field and help find the most appropriate care.

[Shared Living & Care Homes](#): Our small Care Homes are more cost effective than Retirement Home Living and may serve as an alternative option to Long Term Care. Groups 2-10 individuals together in a comfortable shared living environment where they receive care and support from certified Personal Support Workers.

[Adult Day Programs](#): Brings together seniors with similar needs and interests at a location in their neighbourhood for 9:00am-4:30pm programming. Participate in meaningful, engaging games, activities and exercises.

[Home Care Search](#): Complimentary caregiver search to find high quality, vetted, local home care agencies in your neighbourhood. One stop shop, with transparent pricing, for in-home services such as Personal Support Workers, Registered Nurses, Companions, Housekeepers, Physiotherapists, Podiatrists and more.

Call our Care Navigators to learn more about Homecare Hub's services and explore your options – 1-888-227-3080.

Thank you and Welcome to our 2022/2023 OACAO Members

Thank You! 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!

WELCOME! If you ever need to update your information in 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. 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.

If you have not yet renewed your OACAO Membership, please contact Fiona Mueller as soon as possible at admin@oacao.org or call 905-584-8125 or Toll Free at 1-866-835-7693 or for any other questions or concerns.

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	Wednesday, September 7 th at 1:30 pm
Eastern	Monique Doolittle-Romas	mdoolittle-romas@thegoodcompanions.ca	Tuesday July 5 th at 11:00 am
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	Tuesday, August 30 th at 3:00 pm
Grand River	Sue Hesjedahl	sue@oacao.org	Tuesday, July 19 th at 1:00 pm
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, August 9 th at 9:30 am
Northern Regions	John Richer	john.richer@greatersudbury.ca	Thursday, August 18 th at 2:30 pm
South West	Karen Pyatt-Westbrook	kpyatt@bgclondon.ca	Thursday, August 18 th at 1:00 pm

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



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

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

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

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

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

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

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



MAKE SURE TO FOLLOW THE OACAO ON FACEBOOK AND TWITTER



@oacao



@TheOACAO

OACAO Annual General Meeting

NOTICE OF ANNUAL MEETING OF MEMBERS 2022

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

Monday, November 7th, 2022, at the hour of 12:00 pm

Virtual Meeting

Save the Date – More Details to Follow

The OACAO ONCA UPDATE:

Current updates, resources, and tools to support our non-profit members with their transition to the Ontario Not-for-Profit Corporations Act (ONCA).

The **Ontario Not-for-Profit Corporations Act (ONCA)** was proclaimed and came into force on October 19, 2021. This legislation took over 10 years in the making!

ONCA is the new legislative framework to which all Ontario not-for-profit corporations must comply. Ontario not-for-profits and charities will now be governed by ONCA, rather than part of the Ontario Corporations Act (OCA). Existing not-for-profits and charities in Ontario will have three (3) years to comply with the new legislation. You have until **October 18, 2024**, to review, update and file your governing documents with the Ontario government. Until then, the rules in your articles and bylaws continue to be valid provided they were valid before the ONCA took effect.

We've highlighted some of our favourite ONCA resources to support you on your ONCA transition journey.

Ontario Non-profit Network (ONN) - Transition Support for Ontario's non-profits



<https://theonnn.ca/our-work/our-regulatory-environment/onca/>

[11 Key Takeaways from Ontario's Not-for-Profit Corporations Act for Provincial Associations](#)

CLEO (Community Legal Education Ontario/Éducation juridique communautaire Ontario) – Non-profit Law Ontario project



Nonprofit Law Ontario is a project of CLEO to meet the legal needs of small and medium-sized non-profits and charities in Ontario as they transition to the ONCA.



Transition to ONCA <https://nonprofitlaw.cleo.on.ca/transition-to-onca/>

The OACAO Hosted a webinar titled **“ONCA is Here! Now What?”** in October 2021, with Staff Lawyer Benjamin Miller, Nonprofit Law Ontario. The recording is available [here](#), or visit the OACAO Website, Resources, News and Views page for more ONCA Tools and Resources:
<http://www.oacao.org/resources/news-and-views/>

The OACAO will be hosting another ONCA Transitioning Webinar at our **2022 Aging Well Conference** in October 2022. *Watch the [OACAO website](#) for more details.*

NOTE: Extension of virtual meeting provisions

The Ontario government has extended [temporary legislative provisions](#) to allow Ontario's not-for-profit corporations to continue conducting virtual meetings until September 2022. With the extension, organizations currently governed under the Ontario Not-for-Profit Corporations Act (ONCA) and other corporate Acts, are allowed to continue to hold meetings, including AGMs, virtually until September 30, 2022.

This will help corporations to conduct meetings while practicing physical distancing.

June is Senior's Month!

Celebrating Seniors in Ontario

Learn how Ontario is recognizing the contributions of seniors in our communities



June is Seniors Month in Ontario. It's a time when we recognize our amazing older Ontarians and the contributions they have made in communities across the province.

The 2022 theme is **Stay Active, Connected, and Safe**:

- **Stay active:** Get information on [programs and services](#) to help seniors stay physically and mentally healthy.
- **Stay connected:** Find [social, cultural, learning, volunteer and recreational programs](#) to help seniors stay socially connected.
- **Stay safe:** Get information on [vaccines](#), [community supports](#) and protection from [financial scams and fraud](#) to help seniors stay safe.

Check out the Ontario website at <https://www.ontario.ca/page/celebrating-seniors-ontario#section-0>

Age Well at Home (AWAH) initiative

Canada 

The Government of Canada announced their new **Age Well at Home (AWAH) initiative**, a \$90M initiative announced in Budget 2021 focused on helping seniors live at home longer. Two calls for proposals under the Age Well at Home initiative were launched on June 8, 2022. The calls for proposals for the In-Home support pilot projects stream and the Scaling Up for Seniors stream will be open until July 22, 2022 at 3pm EDT.

For more information to access the online application form click on the following links:

[Scaling up for Seniors](#) or [In-Home Support Pilot Projects](#).

For the French links click on the following links below:

[Mise à l'échelle des services pour les aînés](#) ou [Projets pilotes de soutien à domicile](#).



OACAO Annual Conference AGING WELL

PEOPLE • PASSION • POSSIBILITIES

October 17 & 18, 2022 • *Virtual*

FIRST COMES THE SUMMER

THEN COMES THE OACAO CONFERENCE!



We are thrilled to share that the OACAO Aging Well Conference will be held Virtually on October 17th and 18th, 2022. We look forward to seeing everyone virtually for 2022 and in person in 2023 to celebrate 50 years of OACAO! This year's theme **PEOPLE • PASSION • POSSIBILITIES** speaks to the strength and resilience of our sector, and it sets the stage for recovery as we advance to our new normal. The OACAO Conference encourages personal and professional development through inspiring, interactive and informative learning experiences.

All committees are working diligently behind the scenes to ensure another successful conference. Some program highlights that will be featured include: exciting programs, GooseChase, On-line Silent Auction, Fun Social Activities and more!

The **Program Committee** is ensuring there is something for everyone. This year the streams that they will be focusing on are: ***Innovative and Adaptable Programs (Virtual, In-Person or Hybrid), Capacity Building and Sustainability, Municipal and Not-for-Profit Older Adult Centres/SALCs and Risk Management & Leadership.***

We will be returning with **Lightning Talks** Quick presentations that are intended to share new ideas and trends, innovative solutions, and inspiring approaches for cutting edge, “think outside the box” results and a new and educational learning panel! Stay tuned for more details to come.

We are also excited to share that we will be featuring a new opportunity, **Diversity Panel Presentation** featuring **Cultural Programming in your Centre**. The session will include staff and/or volunteer leaders who represent different cultural communities to promote inclusion and diversity. Presenters will share information about their centres cultural programming and/or cultural competency/inclusion plans. Join us to learn about culturally specific programming, addressing cultural bias, attitudes, self-awareness, cultural knowledge and skills, plans for diversity development and inclusion opportunities.

The line-up of speakers will get you thinking, motivated, planning and dreaming about what is next for your centre. Our goal is for you to take home something for every part of your organization; programs, volunteers, boards and staff.

Keep your eyes open for more conference teasers coming soon and don't forget to check out our website (<http://www.oacao.org/events/aging-well-conference/>) and social media pages on Facebook (@oacao) and Twitter (@TheOACAO)! For more information, please contact Sue Hesjedahl at sue@oacao.org.

Title Sponsor



OACAO 2022 Awards Program

A time to celebrate and recognize the achievements of special volunteers, staff, and community partners that help to make our organizations so successful. Many continue to rise to the challenge, creating new and innovative ways to engage, connect and offer NEW programs! Pandemic? Facility Closures? Capacity limits? That won't stop us from recognizing those who deserve it most!



Applications for the 2022 OACAO Awards Program are being accepted. The successful nominees will be honoured at the OACAO 2022 virtual Conference on Tuesday, October 18, 2022, and the awards have been generously sponsored by Arbor Memorial. Please see the list of Awards below and consider submitting a nomination by 4:30 pm EDT, Monday, September 26, 2022:

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

Award of Merit *(Two nomination categories: staff/employees and volunteers)*

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

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

Community Spirit Award

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

Trailblazer Award *(Two nomination categories: staff/employees and volunteers)*

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

Regional Award of Excellence

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

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Award of Distinction

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



Lifetime Supporter Award

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

Past President's Award

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

Nominations are now being accepted for the 2022 OACAO Awards Program and can be submitted by any person from a current OACAO member organization. Submission deadline is **Monday, September 26, 2022 at 4:30 pm EDT**.

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

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

The Selection Committee reserves the right to move a nomination to a more appropriate category, if necessary. Recipient(s) will be chosen for each category. All decisions made by the Selection Committee are final. The successful nominees will be honoured at the OACAO 2022 virtual 2022 Aging Well Conference on October 18th.

Deadline for nominations is Monday, September 26, 2022 at 4:30 pm EDT <http://www.oacao.org/programs/awards-program/>

OACAO

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

OACAO 2022 UPCOMING WEBINARS

CAPACITY BUILDING



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.

Practical Information for People with Vision Loss

July date and time to be confirmed

Presenter: Canadian National Institute for the Blind

Sight loss should be seen as a spectrum. There are various degrees of blindness that represent the sight loss community. Within the community there is a number of mobility aides, accessibility tools and community programs and services for someone born blind or partially sighted to explore. Meet one of CNIB's extraordinary Ambassadors to learn more about how members of the sight loss community live life independently.

Emergency Preparedness for Older Adults

Tuesday, August 16th, 2022 at 10:00 am EDT

Presenter: Alejandro Terrones, Canadian Red Cross

The Emergency Preparedness for Older Adults session will focus on why it is important to be prepared in case of an emergency, some of the barriers faced by older adults to prepare, and a number of recommendations on how to promote emergency preparedness among older adults.

Free for Seniors Active Living Centres and OACAO Members staff, volunteers, and older adult members

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

Participation can be done

Virtually (with Closed Captioning) or by Telephone

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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Funding provided by:

Ontario

Happy Summer! As we emerge from 2 years of lock downs the Links2Wellbeing Project continues to gain speed! We are well into year two of our three-year project and we excited to witness the continued success 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 and continue to recruit! WE NEED YOU!

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 or OACAO member organizations, which are incredible 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.

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

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

Feedback from focus 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 Cohort D centre leaders was held on May 5th, 2022, facilitated by 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 our next COHORT E! Training is scheduled for Thursday, July 21st, at 12 noon. Please join us!

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 are thrilled to host Louise Leblanc on Tuesday, June 28th at 2:30 p.m. as a special webinar in collaboration with the Links2Wellbeing Project. Join us to learn about "Active Communication Skills and Strategies" please see next page for more details!



ACTIVE COMMUNICATIONS SKILLS AND STRATEGIES WEBINAR

Tuesday, June 28, 2022

2:30pm – 4:00pm EDT

**Presented by: Louise LeBlanc,
Volunteer and Caregiving Trainer**

Are you a Volunteer or Staff member at a Seniors Active Living Centre and need help navigating through some difficult conversations? Are you looking for ways to improve your communication skills as we enter into our new age post COVID?

Topics that will be covered include:

Loneliness and its impact on our Mental Health
Active Listening
Building Rapport
Empathy vs Sympathy
Person-centered Conversation
Listening Barriers
Engaging the Caller

If you would like to send questions ahead of time to address during the webinar, please send them to Dena Silverberg at OACAO at: dena@oacao.org.

FREE for OACAO Members staff and volunteers only

<https://oacao.wildapricot.org/event-4846251>

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

Hosted by:



OACAO Virtual Seniors Active Living Fairs 2021 – 2022

We acknowledge and thank the Government of Ontario for the funding provided to the Older Adult Centres' Association of Ontario for the implementation of the 2021 – 2022 Virtual Seniors Active Living Fairs project.

The 39 virtual fairs were held by:

- 5 Deauville Lane Seniors Active Living Centre
 - Applegrove Community Complex
 - Askennona Senior Centre
 - Bernard Betel Centre
 - Better Living Community Centre
 - Bowmanville Older Adult Association
 - Carebridge Community Support
 - City of Sault Ste. Marie - Bay Street Active Living Centre 55+
 - City of St. Catharines
 - Community Centre 55
 - Eganville & District Seniors
 - Elder Help Peel
 - Essoka French Bilingual Newcomers Help Center
 - Guelph/Wellington Seniors Association
 - Horton Street Seniors Centre
 - Hospice Palliative Care Ontario
 - Ingersoll 50+ Centre
 - Lumacare
 - MacKay Centre for Seniors
 - Malvern Family Resource Centre
 - Municipality of Clarington - 55+ Active Adults
 - Nigerian Canadians for Cultural, Educational and Economic Progress
 - North York Seniors Centre
 - Oshawa Senior Community Centres
 - Rendez-vous des aînés francophones d'Ottawa
 - Rexdale Community Health Centre
 - Scarborough Centre for Healthy Communities
 - Seniors Friendship Club
 - The Corporation of the Township of Woolwich
 - The George S. Syme Seniors' Centre of York
 - The Good Companions
 - The ParkSide Centre
 - Town of Aurora - Aurora Seniors Centre
 - Unionville Community Centre for Seniors
 - West Neighbourhood House
 - Whitby 55+ Recreation Centre
 - YMCA Northumberland
 - YWCA Hamilton
- Plus 4 Northern Tour Fair Events

Seniors Active Living Fairs Fund Program 2022 – 2023

Available Funding:

Virtual Seniors Active Living Fair Funding - \$1,000 for eligible individual organizations

In-Person Seniors Active Living Fair Funding - \$2,500 for eligible individual organizations

To be eligible for Fair funding your organization must be:

- Been in operation for at least one year at the time of application
- **AND** a current and in good standing member of the OACAO (except individual members), or SALC.

Application Deadline: Friday, July 8, 2022 at 5:00 pm EDT.

Application and Funding Guidelines can be found at: www.oacao.org/events/seniors-active-living-fairs.

For questions email: info@oacao.org.

Funding provided by:

OACAO

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



OACAO Seniors Centres' Without Walls Micro-Grant 2021 – 2022 Highlights

We acknowledge and thank the Government of Ontario for the funding provided to the Older Adult Centres' Association of Ontario for the implementation of the 2021 – 2022 Seniors' Centre Without Walls Micro-Grant Projects and the Seniors' Centre Without Walls Provincial Hub. We were so pleased to work again with The Good Companions Centre to support the Provincial Hub Network of Seniors' Centre Without Walls Hosts.

The 26 micro-grant recipients were:

- Afro Canadian Caribbean Association of Hamilton
- Alzheimer Society Waterloo Wellington
- Barry's Bay & Area Senior Citizens Home Support Services with Carefor Health & Community Support Services
- Carrefour communautaire francophone de London
- Community Care Peterborough with Activity Haven, Age Friendly Peterborough, Peterborough Public Library
- Elder Help Peel
- Essoka French Bilingual Newcomers Help Center
- Etobicoke Services for Seniors
- Hamilton Regional Indian Centre
- Hospice Palliative Care Ontario
- Institute for Positive Health for Seniors Inc. with Rendez-vous des Aînés Francophones D'Ottawa
- Jewish Russian Speaking Community of Toronto
- Multicultural Arts for Schools and Communities
- Near North Palliative Care Network
- Neighbour-2-Neighbour Hamilton Community Food Centre
- Niagara Regional Native Centre with Corporation of the City of St. Catharines
- Norfolk County
- Philippine Centre Canada with Ottawa Valley Filipino Canadian Senior Citizens'
- Rainbow World Culture Organization with Regent Park Multicultural Seniors Group
- Seniors' Community Services
- Six Nations of the Grand River Council
- Timiskaming Home Support
- Whitewater Seniors Home Support & Active Living with Renfrew & Area Seniors Home Support, The Ottawa Valley Historical Society/Champlain Trail Museum and Pioneer Village
- YMCA of Northeastern Ontario (YMCA North Bay)

*We supported **149** organizations in our Seniors' Centre Without Walls Provincial Hub
42,237 seniors participated in SCWW programs over the past year*

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Funding provided by:



SENIORS' CENTRE WITHOUT WALLS

Expansion Project



Seniors Centre Without Walls offers free multi-person phone conversations for isolated, lonely and vulnerable seniors and adults with physical disabilities, connecting them to each other and their community

- ♦ Are some of your members reluctant to return to in-person programming?
- ♦ Are there seniors in your community who would love to participate in your programs but face barriers that prevent them?
- ♦ Are you looking for options to reach more seniors in an easy and effective way?

This is the perfect time to consider a Seniors' Centre Without Walls (SCWW) program! This free, **phone-based**, group activity program connects seniors to their community and to each other. It allows seniors who are limited by transportation, mobility, or health issues to access information and activities, all from the comfort of home. It's the ultimate in barrier-free programming – no computer, no camera!

The SCWW Expansion Team has everything you need to get started:

- Free teleconferencing services
- Access to annual micro grants
- Database of hundreds of ready-to-go program content resources
- Templates, training, and tips for every step of the way
- Specialized team to provide you with personalized support

Let us help You launch a Seniors Centre Without Walls program in your community.

For more information contact the SCWW Expansion Team at:

1-844-729-9226 or email us at **SCWWconnect@thegoodcompanions.ca**





Dementia-Friendly Canada

Building inclusive and supportive communities

The Dementia-Friendly Canada project is a partnership between Alzheimer Societies across the country. The project is intended to grow dementia-friendly communities by creating a truly nation-wide impact.

The Dementia-Friendly Canada project provides educational opportunities for the general public and professionals working in the community to mobilize them to champion dementia-friendly principles wherever they go.

One way we are doing this is through the release of a short, animated video called *What is a dementia-friendly community?* The video explains the importance of building dementia-friendly communities and the actions people can take to ensure people affected by dementia feel supported and included.

Visit our webpage to view the video and access more resources about how you can help create dementia-friendly communities.

- alzheimer.ca/DementiaFriendlyCanada (English)
- alzheimer.ca/ProcheAlliéAlzheimer (French)



Get a physical and mental boost with Minds in Motion!

Alzheimer *Society* | Minds in Motion®

Minds in Motion® is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage Alzheimer's disease or other forms of dementia and their care partners.

Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- increasing physical activity through gentle group exercise
- establishing new friendships with others who are living with similar experiences
- engaging in fun, social activities

To learn more about the Minds in Motion® virtual program please visit <https://alzheimer.ca/on/en/help-support/programs-services/minds-in-motion> or email Vanessa at mimproject@alzon.ca



One Senior's Perspective on Flu & Independence La perspective d'une personne âgée sur la grippe et l'indépendance

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 diseases.²

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.

Quand Peggy Prendergast, 87 ans, est allée à l'hôpital pour une fracture de la hanche en 2017, rien à lui a préparé pour ce qu'elle était sur le point de voir.

Tout autour-elle, les personnes souffraient des conséquences dévastatrices de la grippe.

Une fois qu'une personne âgée est hospitalisée grâce à une maladie, comme la grippe et / ou ses complications, ils sont également à risque de perdre leur indépendance. Après un séjour en hôpital, jusqu'à un tiers des personnes âgées quittent l'hôpital avec une capacité réduite pour s'effectuer les activités quotidiennes.¹

Peggy voulait faire tout ce qu'elle puisse pour rester en bonne santé, active et indépendante aussi longtemps que possible.

"Je suis professeur d'art bénévole dans les maisons de retraites et une fière grand-mère aux beaux grands-fils et j'apprécie ma vie active et indépendante qui me permet de faire les choses que j'aime," dit Peggy. "Je me fais vacciner contre la grippe chaque année. C'est une précaution que je prends pour me rassurer que je fais ce que je peux pour aider à prévenir la grippe."

Pour Peggy, un avocat pour les personnes âgées engagées, c'est important pour les personnes âgées d'être vaccinées cette saison de la grippe.

Le comité consultatif national de l'immunisation (CCNI) recommande la vaccination de la grippe pour les personnes à haut risque, telle que les adultes 65+ et les personnes atteintes des maladies chroniques.²

La vaccination ne fournit pas une protection 100% et ne traite pas la grippe et / ou ses complications ou empêcher l'hospitalisation ou la mort après le début de la maladie.

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 flu vaccines for seniors

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

Plus d'informations sur les vaccins contre la grippe pour les personnes âgées

[Guide canadien d'immunisation sur la grippe saisonnière](#) • [Immunise Canada](#)

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The facts about COVID-19 vaccines

Vaccination is one of the most effective ways to protect your health. Vaccines work with the body's natural defences to develop protection against a disease. COVID-19 vaccines provide instructions to your body's immune system to recognize and fight off the virus that causes COVID-19.

Free vaccines will be available to everyone who lives in Canada. Provinces and territories have developed detailed vaccination rollout plans for their residents.



Why get vaccinated for COVID-19?

Vaccines Work



Scientific and medical evidence show that vaccination can help protect you against COVID-19. Studies are also showing that vaccinated people may have less severe illness if they do become ill from COVID-19.

Vaccines Are Safe



Only vaccines that are proven to be **safe, effective** and of **high quality** are authorized for use in Canada. The COVID-19 vaccines have been rigorously tested during their development and then carefully reviewed by Health Canada.

The vaccines cannot give you COVID-19 because they don't contain the virus that causes it. The vaccines also cannot change your DNA.



mRNA vaccines provide instructions to your cells for how to make a coronavirus protein. This protein will trigger an immune response that will help to protect you against COVID-19.

Viral vector vaccines use a virus that's been made harmless to produce coronavirus proteins in your body without causing disease. Similar to mRNA vaccines, this protein will trigger an immune response that will help to protect you against COVID-19.

Continue to follow public health measures



COVID-19 vaccines are important tools to help us stop this pandemic. Right now, we still need to follow public health measures to reduce the spread of COVID-19 and save lives.

Federal, provincial and territorial governments will continue to assess the risk of COVID-19 spread in communities. Measures will be adjusted over time as more people are vaccinated, and we learn more about the science. Everyone is looking forward to a future when we can be together. Until then, we need to protect each other, especially those who are still vulnerable to severe disease from COVID-19.

Get the facts. Visit Canada.ca/covid-vaccine to learn more.



Government
of Canada

Gouvernement
du Canada

Canada



**Elder Abuse
Prevention
Ontario**

World Elder Abuse Awareness Day (WEAAD) is coming June 15th! Are you ready to take a stand for seniors?

Each year on this day, we join together as a global community, to help raise awareness of elder abuse, its impact on the quality of life on older adults and why their basic Human Rights, to live free from harm or neglect, must be upheld and protected. It is a responsibility we all must share!


Launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse (INPEA) and the World Health Organization (WHO), declared this day as World Elder Abuse Awareness Day (WEAAD).

WEAAD serves to promote a better understanding of abuse, risk factors and warning signs as well as the cultural, social, economic, and demographic elements that create environments of vulnerability. The fact that the UN International Plan of Action describes elder abuse as both a public health and Human Rights issue is substantiated by some staggering statistics. The number of older people in the world is expected to reach 1.4 billion by 2030. Research suggests that **1 in 6 people over the age of 60 are victims of elder abuse** (World Health Organization) and we know that even more remain unreported. Elder Abuse significantly and detrimentally affects this growing demographic!

To mark this important day, EAPO is partnering with the [Canadian Network for the Prevention of Elder Abuse](#), [CanAge](#) and [British Columbia Community Response Networks](#) to create a national conversation on elder abuse prevention. We invite you to attend our National Webinar on June 15th, “Rights Do Not Get Old: Lets Spark Social Change” where we will be bringing together experts on ageing and elder abuse, leaders from the community, and governments, to discuss how to we can combat Ageism in the workplace and society, promote intergenerational partnerships, develop policies and legislation to support community grass roots agencies, in better preventing violence and abuse of older populations.

Don't miss your chance to hear from this dynamic panel of aging experts, along with a few other special guests from across the country. Here are some of the great speakers you'll see at our [national virtual event on June 15th!](#)

Registration is open <https://eapon.ca/WEAADWebinar2022>



WEAAD National Virtual Event
Rights Do Not Get Old:
Let's Spark Social Change
Wednesday, June 15th 2022
1:00 - 2:30 pm Est

Register Now

Hosted by:
CNPEA RCPMTA
CANADIAN NETWORK FOR THE PREVENTION OF ELDER ABUSE
Elder Abuse Prevention Ontario
CanAge

AN ASSOCIATION OF
Community Response Networks
Stopping Adult Abuse and Neglect... Together!

Become a champion of elder abuse prevention

During June, Seniors Month, we're inviting Canadians of all ages to become Champions of Elder Abuse Prevention by **PLEDGING** to stand up for the Rights of Older Persons.

We all have a role to play in reminding the world that rights don't get old. If you haven't already done so, take our “[Elder Abuse Prevention Champion](#)” pledge now to signal your commitment to the cause. Check off the actions you plan to take this year to defend the rights of older people in your community and join thousands of others across the country taking a stand for seniors!



Support WEAAD by Sharing and Retweeting
#EAPO **#RightsDoNotGetOld**

#WEAAD2022

EAPO Education and Training

EAPO is the provincial organization recognized for its leadership in elder abuse prevention in the province and beyond, providing education, training, resource development and information about the increasing complexity of issues of elder abuse. EAPO delivers a variety of **training and educational** opportunities, including presentations to older adult groups, training for service professionals and agencies, through tailored sessions or regular provincial webinars.

... cont'd

Our experienced staff work with all sectors to craft presentations suited to the audiences' learning goals. That imparting of knowledge includes knowing how to recognize, prevent, intervene, and report elder abuse where appropriate. Offered virtually on Zoom, participants take part in a series of enlightening and challenging awareness sessions in which they will learn valuable lessons for their own lives and how that information can help inform future actions and decisions.

The open, engaging feeling of EAPO workshops encourages and empowers seniors to embrace the aging process, to grow older with determination, dignity and purpose.

To book a session, please contact EAPO: T: 416-916-6728 or Email: admin@eapon.ca and complete/ return the Request form: <https://eapon.ca/training-education-request/>

EAPO invites everyone, to visit our **website** (www.eapon.ca) to access a wealth of new resources and archived materials.

STRATEGIC PARTNERSHIPS

New Roadmap to Elder Abuse Prevention

Learn how you can Play a Role

Future Us:

A Roadmap to Elder Abuse Prevention

The Canadian Network for the Prevention of Elder Abuse (CNPEA) launched a new *Roadmap to Elder Abuse Prevention*. EAPO is proud to be a partner in this work.

Future Us is a pan-Canadian engagement strategy that has been developed for people of all ages. The roadmap is for citizens, advocates, professionals and leaders in communities and governments to help us work from different parts of society on a shared project to prevent violence and abuse of older people in their homes and communities. Our future is up to us.

We all have a role to play in standing up for the rights of seniors. The Roadmap outlines what you can do to help in your community.

[View/Download the Roadmap](#) • Learn more at : www.futureus.cnpea.ca • Elder Abuse Prevention Ontario | WWW.EAPON.CA | 416-916-6728

Future Us Modules

A 5-part learning series, hosted by the National Initiative for the Care of the Elderly (NICE), provides an overview of the Road Map. *View each module below.*

An Overview of Future Us: presented by Bénédicte Schoepflin, (CNPEA) and Margaret MacPherson, Centre for Research and Education on Violence Against Women and Children. [VIEW](#)

Practice: presented by Raeann Rideout, Elder Abuse Prevention Ontario [VIEW](#)

Research: presented by Dr. Celeste Pang, Egale Canada [VIEW](#)

Policy: presented by Laura Tamblyn Watts, CanAge [VIEW](#)

Law: presented by Krista James, Canadian Centre for Elder Law [VIEW](#)

[View Toolkit](#)

FUTURE US TOOLKIT

This engagement toolkit is for elder abuse prevention networks, community response networks, and/or any individual or community group that promotes prevention of abuse and neglect of older people.

ASK YOURSELF

What kind of a future do you envision? Are you willing to take action now for yourself and the generations to come?

USE THE TOOLS to bring elder abuse and ageism to the attention of decision-makers at all levels of government, in all parties, in their home ridings. Elder abuse is a non-partisan issue. Ask them to help us. Look for champions.

Toolkit Includes:

[Actions for Local Elder Abuse Networks](#), [Letter Templates](#) & [Infographics](#)

[Full Module Playlist](#)

Newsletter Contributions from our Members



AURORA SENIORS CENTRE

Submitted by: Karie Papillion, Seniors Coordinator

Thanks to a partnership with the Town of Aurora's Special Events division and a grant from Canadian Heritage, we have introduced a garden box program at the Aurora Seniors Centre.

Members of the Centre were able to apply for one of our 20 boxes to garden over the summer. Priority was given to members without access to greenspace and planting began after Victoria Day.



The boxes are available until Thanksgiving, and we look forward to seeing what our members grow!



For over 80 years, BGC Hamilton-Halton (previously known as Kiwanis Boys



& Girls Club, or Hamilton Boys & Girls Clubs) has been a leading provider of quality recreational and developmental programs for our community children, youth, adult and seniors.

In the midst of the pandemic, everyone working in recreation for adults 55+ struggled to find creative and engaging ways to maintain member interaction.



During this unprecedented time, we, at BGCHH, started out talking to our members for connectivity, then offered teleconferencing and virtual programming.

We were a bit surprised to find that the two programs were not enough. Individuals who didn't want to communicate on the phone and those without computers remain unengaged.

Despite the fact that technology has become a huge part of everyday life, a significant percentage of the older population, either do not know how to operate a computer, do not own one, or they don't have internet access because of financial constraints.



As a result of generous funding, we were able to embark on a project called Rec-In-A-Bag for Seniors without computers. To reach adults 55+ in need, we partnered with Hamilton City Housing.



This project was underway since the beginning of 2021, we brainstormed, developed, organized what we were going to include in the Rec bags. Since then, we have been providing tangible items delivered to the front doors for socially isolated seniors in our

community. Our goal is to decrease social isolation and build positive relationships while engaging with the Rec in a Bag items provided. Rec in a Bag includes various activities ranging from fitness articles and logs to fitness equipment such as balls, weights, and bands, to brain teaser activity printouts, or booklets, arts & crafts items, snacks, and more. All at no cost to the participant.

We accept donations for our Rec-in-a-Bag Senior Program as a bonus gift to the seniors. To date, we have 60 Seniors across Hamilton who have registered and receive monthly Rec Bags.





SPRINGFEST WITH THE CITY OF BRAMPTON

Every year, the City of Brampton celebrates Seniors Month with a variety of programs and social events.

On Friday, June 17, Brampton Residents age 55 and older are invited to celebrate new beginnings with the social event **Springfest**. After a brief pause, we are excited to host an in-person event with a catered lunch and afternoon of music and dancing. This event is proudly presented by Amica Peel Village.

Advanced registration is required, tickets can be purchased online through our website, or in person at any Brampton recreation centre. For details and to register please visit www.brampton.ca/seniorsmonth.



Photo was taken from 2019 event.



EGANVILLE & DISTRICT SENIORS

Submitted by: Makyla Gendron, Program Coordinator SALC

This spring has been an exciting one! We have been all about food this spring. With the cost of living rising, we are very grateful to have received Second Harvest funding which has opened new programs and reduced barriers to keep our clients engaged in our Centre. With the additional funding we have been able to offer free and subsidized meals, grocery delivery, community dinners serving approximately 75 people in the community, container gardening workshops and cooking programs to name a few! The goal is to help clients with food stability in the community.



Along with our new food programs, we also continue our monthly fundraising drive-thru dinners, Diners' Club and Lunchbunch.

Speaking of food – we have finally been able to start our Cooking for One (or two!) program which was supported through Second Harvest and Royal Bank of Canada. One of our Board of Directors who, in the past has owned her own restaurant, has taken this project under her wing to lead participants with recipes suitable for one person and easily adapted for two. The objective of this program is to guide people to cook nutritious, easy and affordable meals for themselves and/or someone else. If they decide to cook for two, the objective is to take it to a friend or family member to share the meal with. This serves two purposes – cooking and eating a nutritious meal as well as taking it to someone else and socializing. After a long two years of little to no interaction with many people, it's so nice to see and hear about people getting together with friends and sharing a meal. Not only a meal but a dessert recipe is also part of the program. We prepare recipe cards and laminate them for the participants to take home. Receiving funding from a few different sources for this program, we are able to provide each participant with a \$25 gift card to the local grocery store to purchase the ingredients needed for the recipe and provide their meal buddy with the same thing!

Part of food stability is not just affording fresh, locally grown produce and items, but also learning how to grow it! Our Container Gardening is a free program where seniors learn how to plant a container garden, for all spaces, get all of the materials needed and grow their own fruits, veggies and flowers. Teaming up with our Horticultural Society was key in this and it has been very popular!





ESSOKA FRENCH BILINGUAL NEWCOMERS HELP CENTER

Submitted by: Dina Helen Essoka, President

Summer Outdoor Activities:

As we impatiently wait for the complete eradication of the Covid 19 pandemic, we have put in place some strategic measures to safely organize outdoor activities which can revive our seniors who have stayed indoors the most. It is going to be a blast! All our participants must have been fully vaccinated, while we respect a minimum social distancing. We would make available some sanitizers and masks. Summer is at the corner! We are super excited to organize exciting activities for our seniors who are our volunteers as well. We have developed the following programs for the seniors in our community.

Seniors' Special Barbecue: We will be inviting our senior volunteers for a special barbecue at the Hunt Club community center. We are working on a date which will be convenient for everyone. We will start by visiting the community center, and end with a barbecue at the park

Seniors' basketball day: We have a group of seniors who have played basketball before. They are organizing themselves for a special basketball day. We will all participate and encourage them.

Seniors' Tech fair: We are organizing a tech fair for those seniors we have been giving basic training on the use of their telephones. We would like to see them use their phones without their kids on a specific day. It is going to be real fun

Seniors Centres visit on "Father's Day": On this day, we will visit seniors in a specific long-term care. We have written to a few group homes, and we are waiting for approval

Seniors' African cultural day: On this day, we will present the African culture to the other seniors in our program. We will be dressed in the African attire and perform very exciting traditional rites

Some board members visited the administrative authorities of the community center to discuss the modalities

President


DINA H ESSOKA



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Web: www.essobilingualseervices.org

Tel: 613-421-1984/647-607-5221



VILLAGE MOSAIC, FONTBONNE MINISTRIES

Submitted by: Louisa Loucareas, In Good Company Program Coordinator, Fontbonne Ministries

In Good Company, Friendly Visiting Program

Fontbonne Ministries is a faith-based social service organization and is the legacy of the Sisters of St. Joseph's of Toronto. We respond to diverse community needs, including reducing social isolation, by providing in-person friendly visits to seniors and isolated adults in the Greater Toronto Area since 2002. Over the past 20 years through client engagement and feedback we've learned a lot about what makes our visiting program unique.

Long-Term Relationships:

One thing that makes our program special is the number of long-term client relationships that have developed over time. Having the same reliable friendly visitor over many years helps to foster comfort and safety for our clients.

Emotional, Spiritual, and Social Support:

At Fontbonne Ministries our goal is to meet the unique needs of each client. We provide social and emotional support; but also respond to spiritual needs of our clients in ways that are suitable and appropriate to them.

Openness to Change:

The pandemic taught us the importance of welcoming new ways of connecting and cultivating friendships. Clients more comfortable with virtual connections received computer training, which allowed them to thrive, even during times of lock-down, by maintaining their social supports.

Current:

Fontbonne Ministries has resumed in-person visits and programming. For the safety of our clients, we continue to follow a number of internal Covid policies including the use of masking and proof of vaccination (2 doses). Please visit our website regularly for all indoor programming and safety protocol updates at <https://fontbonneministries.ca/>.

If you or someone you know is looking to make a new friend, enjoys good conversation, and wants to share their interests and hobbies with a caring and compassionate friendly visitor...

Please contact Louisa at lloucareas@fontbonneministries.ca or call 416-465-6069 ext. 5223

The Importance of Outreach

Following a prolonged pandemic, we all need to get out of our offices and off our computers and zoom meetings and widen the scope of our participation with older adults. There is nothing like in-person outreach. Our sense of community gets lost when we're always online. We were able to talk to people who were hesitant about coming back to the Evergreen, people whose memberships had lapsed and those who had just moved to the area. Personal connections are not easily developed online, and we all need to explore how to safely return to delivering services to our seniors.

In May the Guelph Wellington Seniors Association participated in three Healthy Aging Road Shows hosted by the Guelph Lions Club. This was one of the first outreach events our Association had participated in a number of years. The other tables were populated by those who could help with hearing loss – a technician did free hearing assessments and screening, both police and fire were in attendance, the Alzheimer Society, Heart and Stroke, the Guelph Family Health Team, and Diabetes Care Guelph. The event targeted older adults in the City of Guelph and our goal was to bring forward practical information about services in our community.



Best of all there were some Lions Foundation of Canada guide dogs who came for a visit and were a wonderful magnet to bring in traffic to visit our various tables.

Mayor of Guelph, Cam Guthrie joined us for a photo following the official opening on the first day of the Roadshow. I was joined by Wenda King and Pat Gage, two active Directors on our Board.



LUMACARE

Submitted by: Ankita Oberoi, Marketing & Communications Coordinator

Lumacare offers a wide variety of services for our older adult clients, helping them with their day-to-day activities and keeping them engaged during Covid-19. Our Sensory Lending Library offers various experiences to help stimulate all senses, including visual, auditory, or tactile. Items are signed out by clients and taken home so our clients can enjoy working on their fine motor skills, coordination, spatial awareness, and visual tracking all while in the comfort of their own home. During the pandemic, Lumacare has adapted to the changing needs of our clients and introduced virtual programs as well such as our virtual exercise classes hosted by our Healthier Living Centre. Lumacare has also introduced a new program called Companionship Calls, where we provide a listening ear, socialization, and friendship for our clients, so they feel connected over the weekends. Our aim is to provide emotional support, social interaction, and help reduce anxiety, depression, and isolation for older adults, all the while providing caregivers with a piece of mind in knowing their loved ones are not alone. Throughout the pandemic, Lumacare has made it a priority to offer our community services and programs to our clients and older adults, while still be accessible and safe in their own homes. We look forward to another fun-filled summer in our community.



NORTH YORK SENIORS CENTRE

Submitted by: Bethany Vallentin, Supervisor, Active Living Centre

At North York Seniors Centre's - Active Living Centre (ALC), we are excited to be welcoming back more seniors for on site, in-person programming. It's not surprising that our social programs are going well. Therefore, we have decided to offer more in-person special events during the upcoming summer session which includes a *Celebrate Canada BBQ* on July 7th, *Chocolate Party* on August 9th, and *Cooking Demo & Chat* on September 14th. We are also looking forward to having our fundraising event, *Better With Age: Reunite 2022* on August 25th at the ALC. The Program Team is so happy to be bringing people together again!

This summer, we will also be offering our *Summer Speaking Series* over Zoom and it will include: AGO Art Talk, Downsizing Divas, and Fire Safety. We continue to offer a good sampling of virtual programs for those who would still like to participate, but are hesitant to return to in-person programs. Some examples of online programs we are offering over Zoom are Exercise, Musical Theatre, Art History, and Word Games. We are also offering phone programs, five days a week, which consists of Trivia, Name That Tune, Biography, Storytelling, and Good News. Everyone is welcome to join us in whichever platform they are most comfortable with. There are so many ways to enjoy the summer with us!

RAFO held its 21st Annual General Assembly on Wednesday May 25. The Board of Administrators, led



by its president, Pierre Benoit, summed up RAFO's 2021-2022 fiscal year for all attending members. For the first time ever, this meeting was held in hybrid form, as some members attended online while others were present at the center. The experience was a success and will certainly be repeated for other important events held during the year, such as, "La fête de la St-Jean".

Looking forward to the year ahead, RAFO is presenting this year its second edition of the *Fête de la St-Jean* in Orléans. This event will be held on June 25 from 3 PM to 9:30 PM. The theme is « *La Fête de la St-Jean*

Baptiste », which originated in Canada in 1834 with the goal of solidifying the union of the "Canadiens".

RAFO will host this event at which members of the community will gather to participate in intergenerational activities suitable for all ages and tastes. For example, there will be merchant kiosks, inflatable structures and games for the younger ones, a beer and wine tent for adults, and music for all provided by Serge Louis-Seize during the day. At 7 PM, during the St-Jean traditional bonfire, Brian St-Pierre will be performing for all those present.

« *La fête de la St-Jean* » is an intergenerational event at RAFO. By hosting such an activity, we will be showing the younger generation the importance of keeping traditional francophone celebrations alive in the community.



VOLUNTEERS ARE THE KEY TO OUR SUCCESS!

For National Volunteer Week this year we decided that we had to step it up to thank our nearly 600 volunteers for their loyalty, support and hard work especially over the past two years. We had to close our centres four times due to the Covid-19 restrictions and when we were able to re-open our volunteers were eager and willing to come back and get us going again. Even when we were shut down they worked from home, taught programs virtually, and encouraged us with their supportive emails. Our Volunteer Appreciation Event had to be something special this year so we threw them a lunch and had 200 volunteers attend served by our staff and volunteer board members. It was a beautiful event and so gratifying to see their smiling faces enjoy lasagna with salad prepared by our Food Services staff and a special individually packaged dessert donated by one of our local retirement homes. At the end of the lunch we gave each volunteer a carnation and thanked them for their support.

"I just wanted to thank you all for the lunch, it was greatly appreciated and certainly encourages us to keep doing more for you people and the center" Heather

"I thought it was just lovely. Thank you all so much. I am about to have some tea and my dessert, carnation in front of me; great idea to have us take it home." Carol

We can't help but reflect on what we have all gone through these past two years, but it raises our spirits, as staff, to see the dedication of our volunteers who truly are the key to our success.



Intergenerational Program Builds Community Connections

May 18, 2022

Those of us who work with seniors know that social isolation has always been an issue, but when the pandemic hit, and we stopped seeing older adults out volunteering in the community having a coffee with friends, or browsing the shelves at the library, the realization of this ongoing problem became highlighted more broadly to others living in our local communities.

One thing we know from history is that disastrous events usually allow beautiful acts of kindness to spring forth.

When the students at St. Oscar Romero Catholic Secondary School in Mississauga wanted to find a way to give back to the community after the last two challenging years, they thought of the hardships that seniors in the community were experiencing and wanted to see how they could make it better. They quickly started searching for ways to connect with seniors in their community, and that's when they found Peel Senior Link (PSL). The partnership seemed kismet from the start! After many virtual meetings and planning sessions between Alternative Education Teacher Laura Gazzellone and Peel Senior Link's Community Development Coordinator, Joelle Berube-Cheng, a plan was developed to connect seniors in the community with the St. Oscar's Alternative Education students virtually, over Zoom, for weekly sessions focusing on mindfulness through arts and crafts.

What started out as a small gesture of kindness blossomed into an engaging weekly intergenerational program.

The program was initially marketed out through PSL's network as a way for seniors to help students earn a high school credit. The initial idea was that the students would facilitate online arts and crafts sessions, online games, and so forth. We never expected to find the remarkable group of local area crafters who signed on to our first session, and who continue attending! They happily jumped in with both feet asking the students all sorts of questions about their work, having them hold their work up to the camera so they can get a better look, and asking the students questions like "Why did you choose that shade of blue?" or "What gave you the idea to draw the flower that way?", and the seniors bring their arts and crafts pieces to the camera to show their work and explain a technique or idea behind it.

We slowly started to notice that our virtual sessions began to grow into discussions filled with laughter and positivity that both sides benefit from. A concept that was designed to focus on helping seniors deal with social isolation has evolved into a program that is benefitting the students, as well. The students are developing leadership skills through facilitating the online sessions, and at the same time they are being mentored by this remarkable group of senior participants who are coaching students' arts and crafts skills along while encouraging them to show and talk about their work. The students look forward to our weekly chats and often ask if we could meet more often during the week. And, second classroom has joined the sessions!

This program, that started as students and seniors bonding over knitting and painting activities, really demonstrates the importance of community connection, regardless of your age.

We hope the program continues to grow and are looking forward to introducing in-person events later this year. Throughout our first year of running the program, an important life lesson was learned - you can make a difference from small acts of kindness and, no matter where you fall on the age spectrum, you have more in common with others than you think.

THE PRINCE EDWARD COUNTY COMMUNITY CARE FOR SENIORS ASSOCIATION

Submitted by: Debbie MacDonald Moynes, Executive Director

Dance into Summer

The Prince Edward County Community Care for Seniors Association is thrilled to be continuing our collaboration with Moonhorse Dance Theatre to bring these special participation events to seniors in our community.

Senior professional dance instructors from Moonhorse Dance Theatre faculty guide participants in thorough physical warm-ups, exhilarating movement exercises and simple creative tasks. These workshops offer the many benefits of dance to health and well-being. Energizing and fun! As well as the movement exercises, these Zoom classes are structured to include: a 15 minute check-in period before the class to say “hello” and to address participants’ questions; a Community Care staff member in attendance in case any of the seniors need personal attention during the class; a post-class social time for participants to share together.

Moonhorse Dance Theatre was established in 1996 as a home for the dance projects of performer, curator and **Artistic Director Claudia Moore**. From the company's inception until 2006, Moore created a unique body of dance theatre, with 1998's *wishes* winning the Dora Award for Outstanding New Choreography. Engaging Seniors in Dance is presented by Moonhorse Dance Theatre - the home of Older & Reckless and other activities that connect senior artists with the public - to encourage the overall health and social connection of those 55+.

More info at www.moonhorsedance.com

In June **Michelle Silagy**, Moonhorse Dance Faculty, will lead “**DanceAbility: Dance as You Are Today**” on Zoom. Michelle's classes offer time to explore joy-filled movement economy found in daily activities and the wonder of nature's abundance through simple full-body warm-ups, patterns danced to varied tempos and gestural phrase-making. Through improvisations using movement tools along with nature-rich imagery, participants are invited to dance in ways that nourish their personal expression.

Julia Aplin, Moonhorse Dance Faculty, will lead “**Movement with the Trees**” on Zoom. Julia's classes are a collection of guided frameworks to explore our humanity through movement expression. She is inspired by our collective imaginations to lead us through dance into tangible connections with ourselves, each other and the teachings of the natural world. Dancers are encouraged to discover their unique movement expression and share in the joy of collective motion.

Two sessions will have **Carol Anderson (see photo)** lead the classes titled “**Mindful Motion**” on the grounds of **Macaulay Museum in Picton**. Carol's classes offer benefits similar to those derived from yoga, dance, swimming, and t'ai chi. Spherical, figure-eight movements integrate breath, motion and coordination to promote overall physical awareness. Performed seated or standing, these movement patterns fully articulate the spine, and contribute to supporting the many health benefits of dynamic alignment. This class is designed for older movers, enhancing mobility and the joy of moving with breath, intention and flow.

Each workshop offers the many benefits of dance to health and well-being. Community Care is able to offer these classes with faculty from Moonhorse Dance Theatre at no cost. A membership in the active living programs is preferred and is at the low, one-time cost of \$25.00/year. To register for these free events, call 613-476-7493. Information on our full line up of programming is available on the Activity Calendar on our website at www.communitycareforseniors.org





Seniors Programs: Providing social and fitness programs to seniors is important to our centre and community. We deliver a variety of programs to encompass diverse interests of our multicultural members. Our Tea & Social program (Monday's 1-3pm) is a place for our seniors to participate in discussions and fun activities like Pictionary, Dancing and information workshops. This program has become a staple in our centre. The attendees range from regular participants, new members and visitors. Our Walking Group (Tuesday's 11am-12pm)- started the Summer of 2020 to combat isolation during Covid-19 and since then it has been a successful program, each week we meet new people on our walks and encourage them to join us next time. Seeing new participants join our programs is encouraging for us at Waterfront.

Senior Social Club: Waterfront Neighbourhood Centre (WNC) started the Spring & Summer of 2022 by launching the Seniors Social Club (SSC) as a social program to engage with the diverse groups in the community by engaging and fostering fun activities and special events to encourage peer to peer connection, relationship building and reconnecting with isolated seniors to promote social and mental well-being.

SSC has been able to gather both active and seniors who have not been able to come to the centre due to the COVID-19 pandemic and has encouraged those to engage in the social events where peers danced and learned about the significance of Persian and Mexican traditions during our Nowruz and Cinco De Mayo celebrations through sharing their values, culture including, food, music and dance. Seniors also got to explore the Open Doors Toronto amazing opportunity at Aga Khan Museum to expand their cultural and architectural beauty, and many more.

SSC has 5 active Volunteer Committee members (SSC- VC), who are brilliant seniors with extensive knowledge and volunteer experience. They support in planning SSC programming events and providing valuable feedback with connecting with opportunities to engage seniors, most importantly sharing the value and community knowledge with new participants & friends.

SSC- VS and Van- lead staff is currently planning the remaining of events such as Mad Hatter Hat Making as an introduction to our special Tea Party event, as well as end of the season trip to Seniors Sunshine Centres Summer Camp.

"Stronger Together", 2SLGBTQ Seniors, Youth & Ally, is a new program at WNC. It is for 2SLGBTQ Seniors, Youth & Ally. WNC recognizes the need for 2SLGBTQ population programming in the community and this is one way to get the residents socially connected and engaged. This project will provide opportunities for folks to develop strong connections through peer-to-peer interactions by socializing and learning through special events and guest speakers. This project will increase social participation through social events and recreation activities like cooking, playing games and trivia or karaoke. Participants will have the chance to document their experience using dance, storytelling, photography, poetry, painting drawing or any other art medium. 2SLGBTQ seniors will mentor youth by sharing their skills, talents and experience. Through Stronger Together project youth and seniors' participants can be actively involved and feel included in their community creating a strong sense of belonging.



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Sharing Dance Older Adults *Community Classes*



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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



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



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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



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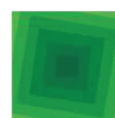
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Shared Living & Care Homes are alternative options to long term care matching 2-6 seniors together in a home-like environment where their care needs are taken care of by dedicated teams devoted to quality care. Shared Living reduces monthly caregiving costs, caregiver burnout, hospital admissions and increases meaningful social engagements. Using a specially designed website and Geriatric Social Workers, Shared Homes are customized around the patient, and can be tailored to accommodate different care needs, cultures, and interests. Homecare Hub continues to expand its Shared Homes in Mississauga, Scarborough, and Markham with more coming in Brampton, Barrie, Ottawa and Windsor.

"She's receiving Long Term Care services in a home, with a backyard where she can relax. When I visit her, she's often sitting outside with staff and she really enjoys it. It makes me feel comfortable to know my mother is in that situation." – Giovanna ([Full blog](#))

Homecare Hub's Day Programs continue to provide meaningful interactions among seniors, while driving down costs for personal care and support. The program introduces new activities that stimulate the brain, allow for socialization over a meal, and are simply fun! This summer programs will continue to spring up all over Ontario so follow them on [Instagram](#), [Facebook](#), even express your interest on their [website](#) to have an on-demand Shared Living Home, or Adult Day program designed in your neighborhood. These services allow seniors to age in place, socialize in their community and receive top quality care.

"He loves the day program. There use to be so much hesitation coming but now he looks forward to it and talks about the program all week with a huge smile on his face." - Maureen

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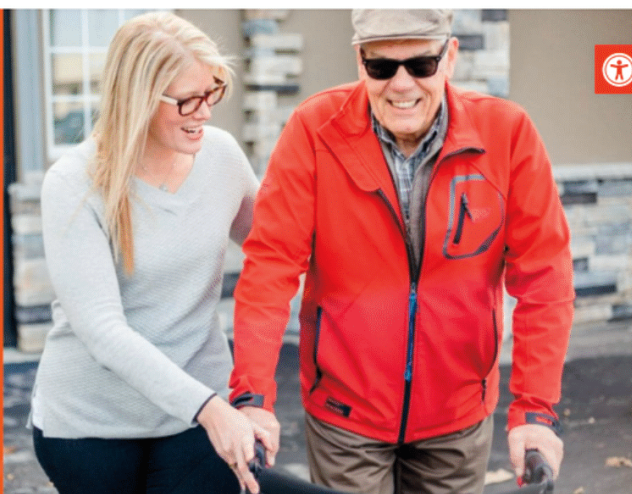
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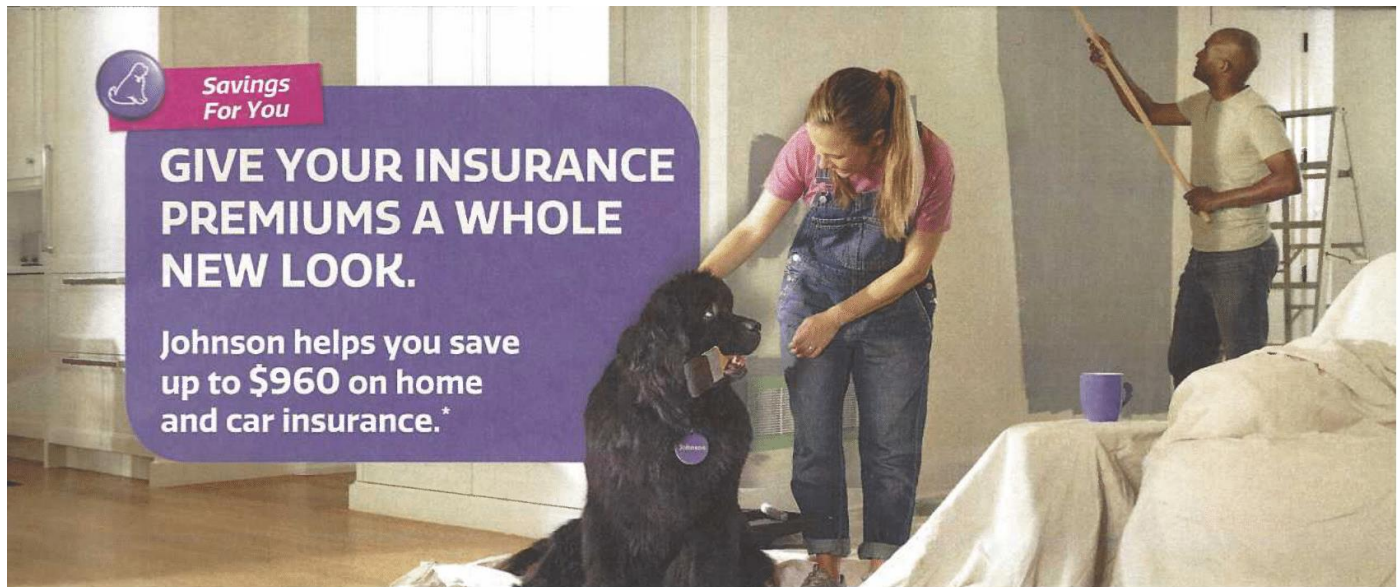
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- Visit our newly renovated Healing Garden
- Check out our rejuvenated Rose Garden, and the pollinators visiting it
- For a special treat, visit our summer art exhibit using Augmented Reality (AR) – [Seeing the Invisible](#).
- Don't forget to check out our [Blogs and Videos](#)



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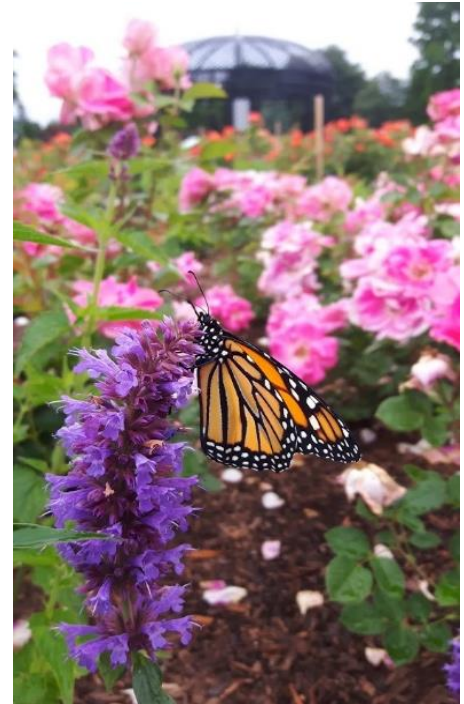
- Come with friends, family or as a group (15+ people). We'll help you make the most of your time here. Enjoy the Gardens' gift shop and three on-site restaurants.
- Visit the [Group Tours](#) webpage or contact our Group Tours Coordinator for more information (905-527-1158 ext. 237).

Tips for the summer in your garden.

Flowers from early spring to fall: Try to have a variety of flowers from now until the end of September. You will be providing food and shelter not only for the next generation of pollinators, but also later on in the summer, those flowers will provide important nutrients for migrating and overwintering insects.

Planning your garden for next year: Watch what comes to your garden now. Can you add a flowering plant that provides nectar or a host plant that a moth or butterfly may lay their eggs on?

Mulch: A great way to help keep weeds down, moisture in and the soil cool. Use compost, shredded bark, or straw. If using grass clippings, let them dry out first.



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

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

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

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

HAT Group <https://www.hearingassistivetech.com> 1-800-662-2972

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

Homecare Hub www.homecarehub.ca 1-888-227-3080

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

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

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

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

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

Ontario Society of Occupational Therapists www.osot.on.ca 1-877-676-6768

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

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

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

Thank you and Welcome 2022-2023 Business Partners



NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2022 Fall Newsletter – September 7th, 2022

2022-2023 Winter Newsletter – December 7th, 2022

Please send your submissions to admin@oacao.org

OACAO Business Partners

Platinum Business Partners



Gold Business Partners

