

OACAO Newsletter

2022 FALL NEWSLETTER

Message from the OACAO President Suzanne Teixeira

😊 Lots of exciting things to look forward this fall! 🍁🌻

Our SALC / OACAO membership profile survey is out! Please take some time to complete the survey. All the information will be compiled into a report, and the results will allow the OACAO to have solid information to advocate for SALC's and show the impact that the Covid-19 pandemic has had on our sector.

Keep an eye out on **September 21, 2022**, as the Government of Canada will launch the New Horizons for Seniors Program (NHSP) 2022-23. Please note that the online Application for Funding Form and the Applicant Guide will only be available on the [NHSP Funding Page](#) as of September 21, 2022. It is important to note that you cannot submit your application before the CFP is officially launched. The deadline to submit applications is **November 1, 2022 at 3:00 p.m. Eastern Standard Time (EST)**. The information on the [NHSP Funding Page](#) will help you learn more about this funding opportunity.

The **OACAO 2022 Aging Well Virtual Conference** will kick off on Monday October 17 at 8:45 am and wrap up on Tuesday October 18 at 12:30pm. This year's focus is on: **People; Passion and Possibilities**. Our Program Committee have been hard at work securing speakers and presentations that will leave you inspired, and our social committee will keep you entertained Monday evening. Here is a list of all the happenings

<http://www.oacao.org/events/aging-well-conference/?tab=schedule+of+events>

after reviewing the great line up, don't delay, click on the link and register today -

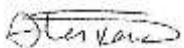
<http://www.oacao.org/events/aging-well-conference/?tab=registration>

We are looking for a few volunteers to join the OACAO Board of Directors to fill three immediate vacancies in Regional Representative positions. The positions are Central Region Senior Rep, and Grand River Senior Rep and Staff Rep. If you are interested in these positions or would like additional information, please contact Sue Hesjedahl at sue@oacao.org. A position description and application form are available for interested applicants. Elections will take place at the Annual Meeting on November 7th.

Here are some important dates to remember –

1. OACAO 2022 Awards - Nominations Deadline is Monday, October 3rd and Awards will be presented on Tuesday, October 18th at the OACAO Aging Well Conference
2. OACAO Virtual Annual Meeting is scheduled for November 7, 2022, 12 noon. Please register in advance at <https://oacao.wildapricot.org/event-4868698>

Special thanks to our OACAO staff team - Sue, Lina, Fiona and Dena, the OACAO Board Members and OACAO volunteers for all of your hard work on behalf of the association.



Suzanne Teixeira
President



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Message from the OACAO Executive Director Sue Hesjedahl

Hello OACAO members, partners, and friends. As the trees change to the vibrant colours of red and orange, we are reminded of the beauty that the Fall season brings. We are so pleased to welcome 4 new Members and 5 new Business Partners to the OACAO this Fall (see pages 5 & 6 for their names).

The OACAO 2022 AGING WELL Virtual Conference, is taking place **Monday, October 17 & Tuesday, October 18**. Please join your OACAO colleagues, friends and partners from across Ontario for our 2nd Virtual Conference that you definitely won't want to miss! This year's AGING WELL conference theme is **People • Passion • Possibilities** featuring amazing Keynote Speakers, dynamic Workshop Presentations, engaging Networking Breakout Sessions, an informative Diversity Panel Presentation, an engaging Lightning Talks session, the OACAO 2022 Awards Presentation and fun and exciting virtual Social Events to enjoy (see page 8). Registration is open and the fees are extremely affordable this year with individual rates of \$20 for OACAO members (individual rate is \$40 for non-members) and group of 5 package at \$75 for OACAO members (group of 5 package is \$150 for non-members). As an **Early Bird Bonus**, we ask you to **register by October 3rd** to secure your delegate bag which will be shipped to you in advance of the big event (While supplies last!). We are so grateful to our Title Conference Sponsor **Arbor Memorial** for providing financial support for the event, but also for providing the beautiful delegate bags that will be stuffed with great resources, swag and goodies from our Business Partners and friends. This will be a lovely keepsake you won't want to miss out on. Please register at: <http://www.oacao.org/events/aging-well-conference/>

We are pleased to announce that nominations are currently being accepted for the **OACAO 2022 Awards Program**. Nominations are submitted online through the OACAO website with an extended nomination deadline of Monday, October 3rd, 2022. **Winners will be announced at the OACAO Aging Well Conference on October 18th**. Please see pages 9 & 10 for nomination category details and the nomination form link.

Another event I would like to highlight is the **Flu Awareness and Prevention Webinar** that we are hosting on **October 13 at 11:30 am**. We are pleased to be working with Shelley Clarke, a Nurse Practitioner from Rexdale Community Health Centre, and Sherry Naguib, Pharmacist from Community Choice Pharmacy Rexdale. Please feel welcome to invite your members to participate. See page 13 for details and the registration link.

The OACAO continues to expand our Social Prescribing project. Please see page 14 for an update on our **Links2Wellbeing: Social Prescribing for Older Adults project**. Our 3-year project is in partnership with the Alliance for Healthier Communities. We are still recruiting centres to join us for Year 2. Not only does the project provide you with training, tools and resources, but you will also be eligible for a small Links2Wellbeing micro-grant to cover start-up technology costs, provide subsidies for your referred clients, and a small budget to cover printed materials and other incidental project costs. Please contact Dena Silverberg, the Links2Wellbeing Project Coordinator at dena@oacao.org, to learn more about the project.

The **OACAO Seniors Active Living Fairs** are well underway for 2022-2023 and listed on page 15. We were so excited for the return of In-Person Fairs and owe a debt of gratitude to the **Government of Ontario, Ministry for Seniors and Accessibility**, for funding these important and informative public education events. Please contact Lina Zita at coordinator@oacao.org for more information about the Fairs.

2022 SALC / OACAO Member Profile Survey: The OACAO is currently conducting a Profile Survey of both OACAO Member Centres and Seniors Active Living Centre (SALC) programs with funding support from the Ministry for Seniors and Accessibility. This survey will capture vital data and information about trends that are important to Centres/SALCs and will create a **profile of the sector** to better understand the impact of the COVID-19 pandemic on the operation of our centres and how it has impacted your programs, services, funding, staff, volunteers, and the challenges that you face. The survey is currently underway and has been completed by several members so far. Findings will be presented at the 2022 OACAO Annual Meeting on November 7th, with a final report to follow. If you'd like more information about the Profile Survey, please reach out me at sue@oacao.org.

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Have you been participating in our virtual **OACAO Regional meetings**? Members are encouraged to attend these informal meetings hosted by our wonderful Regional Reps for the opportunity to network, learn and share with your peers from across your Region. We learn from each other, share best practices and work through common challenges. Find a listing of upcoming Regional meetings on page 6.

On September 21st the Government of Canada will launch the New Horizons for Seniors Program (NHSP) 2022-23 Call for proposals (CFP) funding community-based projects across Canada. This program is offered by Employment and Social Development Canada (ESDC) (see page 16/17). The deadline to submit applications is November 1, 2022 at 3:00 p.m. Eastern Standard Time (EST).

Mark your calendars for the **OACAO Annual Meeting**, coming up on **November 7th at 12:00 pm EST**. Please see page 7 for more information and the link to register.

As I wrap up my message this season, I remind us of two important dates. I encourage us to support our Indigenous communities across Ontario all year, but especially on **September 30th**, as we recognize the second **National Day of Truth and Reconciliation**. This special day has also been commemorated as Orange Shirt Day since 2013. Information and resources can be found here: <https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>

October 1st is National Senior's Day. Each year, October 1st is set aside to recognize the important contributions of Canadian seniors. We celebrate the thousands of incredible older adults that make our centres amazing! This date coincides with the United Nations' International Day of Older Persons with the **2022 Theme: The Resilience and Contributions of Older Women**. <https://www.un.org/en/observances/older-persons-day>.

I look forward to seeing many of you at our upcoming Capacity Building webinars, Regional Meetings, Annual Meeting, and most of all, at our 2022 Aging Well Conference on October 17th and 18th!

Sue Hesjedahl



Sue Hesjedahl
Executive Director



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Thank you and Welcome to our 2022/2023 OACAO Members



We would like to sincerely thank all of you that have renewed your OACAO Membership and to Welcome all of our New Members for this 2022-2023 year!

Please remember to keep your centre's information updated on your membership account for 2022-2023. When updating your centre's information, make sure to log into your membership profile at <https://oacao.wildapricot.org/Sys/Profile> but please remember to use 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> but, again, remember to update your centre's information you must always use the email address of the contact person listed in the system under your organization.

If you have any questions about OACAO Memberships, please contact Fiona Mueller at admin@oacao.org or call 905-584-8125 or Toll Free at 1-866-835-7693.

Welcome to our New Members



Community Support Centre of Essex County
4-962 Old Tecumseh Rd., Belle River, ON N0R 1A0
<https://www.communitysupportcentre.ca/>
• 519-728-1435



Hamilton Council on Aging
88 Maplewood Avenue, Hamilton, ON L8H 4P2
<https://www.coahamilton.ca/> • 905-920-7721



Marathon Senior Citizens Club
2 Stevens Avenue, Marathon, ON P0T 2E0
<https://www.facebook.com/marathonseniorcitizensclub/>



The Corporation of the City of Temiskaming Shores
77 Wellington Street South, New Liskeard, ON P0J 1P0
<https://www.temiskamingshores.ca/en/index.aspx>
• 705-647-5709

Welcome to our New Platinum Business Partners



AGE COMFORT

AgeComfort.com is Canada's premier online retailer for Home Health Care Products. Shop thousands of products with fast & free shipping on all orders over \$100. Established in 2009 and located in Vaughan, Ontario, AgeComfort.com specializes in Incontinence products for adults, Mobility Aids, Physical Therapy products, Hospital Beds, Wheelchairs, Walkers, Rollators and so much more.

OACAO members save 10% at AgeComfort.com + FREE shipping on orders over \$100 Shop online at www.agecomfort.com (24/7). Shop by phone at 1-800-520-3259 (Mon – Fri 9am to 5pm)



CHARTWELL

Chartwell Retirement Residences is a leader in the Canadian retirement living industry. The largest owner and operator of seniors housing in the country, we have over 200 retirement and long term care residences across Ontario, Quebec, Alberta and British Columbia. Our guiding purpose is Making People's Lives BETTER. We put that commitment into practice each day by providing a happier, healthier and more rewarding experience for our residents, their families and our employees.

www.chartwell.com or 1-855-461-0685



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TRANSITIONS REALTY

Transitions Realty is a team of downsizing experts and trusted Realtors® in the GTA. We provide essential downsizing and real estate services to the 50+ demographic who are either transitioning into a new home or retirement community. Downsizing at this stage in life can be challenging, complicated, and emotional. Our exclusive 3-step process ensures we make your home downsizing stress-free and easy, from start to finish. We design a customized Home Downsizing Transition Plan for you. We declutter, fix up, stage, sell your house, and find you the right home to age in place. And for our clients who are moving into a retirement community, we focus on the level of care needed, arrange tours, and guide you through the selection process.

"You're not a transaction – you're making a Transition!"

Phone: 647-948-7415 • Website: www.downsizingexperts.ca

Welcome to our New Gold Business Partner



HearingLife is Canada's largest group of hearing centres with over 250 locations across the country.

HearingLife provides trusted hearing healthcare services and helps Canadian love their ears every day. Our HearingLife hearing professionals are certified, and highly trained in customer service excellence. We survey our clients regularly to ensure satisfaction. We take great pride in our modern testing facilities, where we combine the latest technology with the highest standards in professional training.

Welcome to our New Gold Business Partner - HearingLife cont'd

HearingLife's vision is simple: "help more people hear better." Hearing better matters because when people hear better, they live better. Hearing is central to our social life, self-expression, confidence, and ultimately, our health. To hear is to connect with others and the world around you. If Vision places the world in front of us Hearing places us in its centre.

Get started on your journey to better hearing today and book your FREE hearing test (no referral required). PLUS, HearingLife offers AIR MILES® on hearing tests and purchases!

Book today. Visit www.hearinglife.ca or contact us at 1-888-514-9515

Thanks for your Support!



The OACAO is a registered Charity and has the ability to issue tax receipts. Go to www.oacao.org and click on the Donate Now button. Charitable Registration No. 125123471 RR0001 Please consider the OACAO for your charitable donation.

MAKE SURE TO FOLLOW THE OACAO ON FACEBOOK AND TWITTER



@oacao



@TheOACAO

OACAO 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, December 6 th at 1:30 pm
Eastern	Monique Doolittle-Romas	mdoolittle-romas@thegoodcompanions.ca	Tuesday September 27 th at 2:30 pm
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	Tuesday, November 22 nd at 3:00 pm
Grand River	Sue Hesjedahl	sue@oacao.org	Tuesday, November 15 th at 1:00 pm
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, October 11 th at 9:30 am
Northern Regions	John Richer	john.richer@greatersudbury.ca	Tuesday, October 25 th at 2:00 pm
South West	Karen Pyatt-Westbrook	kp Wyatt@bgclondon.ca	TBA

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

Registration Deadline is November 3rd, 2022

<https://oacao.wildapricot.org/event-4868698>

1. To receive the Financial Statement of the Corporation for the year ending March 31, 2022;
2. To appoint the Auditors of the Corporation for 2022-2023;
3. To elect the Directors of the Corporation;
4. To approve and ratify the acts of the Directors and Officers of the Corporation of 2021-2022;
5. To transact such further or other business as may be necessary or desirable in connection with the above or otherwise.

Dated the 14th of September, 2022

Suzanne Teixeira

Suzanne Teixeira, President

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

The 2022 Annual Meeting is sponsored by OASSIS Benefit Plans for Not-For-Profits.



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

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



OACAO Annual Conference
AGING WELL
PEOPLE • PASSION • POSSIBILITIES
October 17 & 18, 2022 • *Virtual*

CONFERENCE SCHEDULE*

* Schedule subject to change

Monday, October 17, 2022

- 8:45 – 9:05 am **Conference Kick-Off and Indigenous Welcome (Michelle Good)** – All Delegates
9:05 – 9:50 am **Opening Keynote** – Javed S. Khan – 3 Digital Marketing Trends to keep in mind when marketing to seniors
10:00 – 10:50 am **Workshop Session A (4 Choices)**
11:00 – 11:50 am **Workshop Session B (4 Choices)**

11:50 – 1:00 pm LUNCH BREAK

- 12:15 – 12:45 pm **Lunch & Learn followed by Q & A with** Dion Neame - Your Questions Answered:
Navigating the World of Vaccines against COVID-19 and Influenza (**12:15 - 12:45 pm**)
1:00 – 1:50 pm **Networking Breakout Sessions (5 Choices)**
2:00 – 3:15 pm **Diversity Panel Presentation** – All Delegates
3:25 – 4:15 pm **Workshop Sessions C (4 Choices)**

4:15 – 6:00 pm DINNER BREAK

- 5:00 – 6:00 pm **Cooking Demo with Chef Emily (5:00 - 6:00 pm)**
EVENING EVENTS (optional)
6:15 – 7:15 pm **Social Events (2 Choices)**
7:15 – 8:00 pm **Virtual Hospitality Suite**

Tuesday, October 18, 2022 (All delegates together)

- 9:00 – 9:50 am **Welcome to Day Two**
Greetings from Hon. Raymond Cho, Minister for Seniors and Accessibility (*INVITED*)
OACAO 2022 Awards Presentation
10:00 – 11:20 am **Lightning Talks (6-7 rapid presentations)**
11:30 – 12:30 pm **Closing Keynote** – Jill Hewlett – BRAIN FITNESS: Use it, don't lose it!
12:30 pm **Conference Wrap-up and Thank you!**

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



Arbor
Memorial

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 now 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, October 3, 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 has been extended to **Monday, October 3, 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 has been extended to:

Monday, October 3, 2022 at 4:30 pm EDT

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

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La voix des centres pour aînés

OACAO 2022 FALL WEBINARS

CAPACITY BUILDING



The Women's Age Lab and Why It Matters

Tuesday, November 22nd from 10:00 am – 11:00am EDT

Presenter: Paula Rochon, MD, MPH, FRCPC

Women's Age Lab at Women's College Hospital

Women's Age Lab is the first and only research centre of its kind – solely focused on older women. With the goal to transform the aging experience of older women, Women's Age Lab uses science to address the needs of older women by conducting research, putting it into action, and advocating for women's unique needs. This webinar will focus on the work Women's Age Lab has done to improve the lives of older women and why its impact matters.

Marketing Your Volunteer Program: Are you Buying or Selling Volunteerism

Tuesday, November 29th from 10:00 am – 11:00am EDT

Presenter: Lori Gotlieb, Lori Gotlieb Consulting

Are we marketing our programs to attract the right people at the right time? Are we focused on the wrong message to the wrong stakeholders? Are we actually selling our organizations in the best way? Once we have them, are we placing them in the right role?

This hands on webinar will look at what you are selling and what you are buying when it comes to volunteer recruitment. You will learn marketing techniques that will help you to engage the best volunteers for your roles. We will look at the key ingredients to marketing a volunteer program and you will come out with tools for:

- Targeted recruitment strategies.
- Mass marketing strategies?
- What motivates volunteers?
- How to revitalize your marketing and promotions.

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

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

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

Funding provided by:

FREE

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Ontario 

OACAO 2022 FALL WEBINARS

CAPACITY BUILDING



Tidy Your Space, Transform Your Life: CLUTTERED SPACE = CLUTTERED MIND

Thursday, December 8th from 1:00 pm – 2:00 pm EDT

**Presenter: Michele Delory, Certified KonMari Consultant
Modern & Minimalist**

By combining the practical method of KonMari, meaningful data connecting stress and clutter and amazing home and life transformations to convey the importance of this form of self-care. Michele will also include her own experience along with clients of all backgrounds, from busy professionals to seniors who are downsizing. People around the world have been drawn to this philosophy not only due to its effectiveness, but also because it places great importance on being mindful, introspective and forward-looking. These compelling stories set the stage for the ultimate call to action, Choose Joy!

Mindful Movement: Supportive Practices for Mind-Body Wellness

Tuesday, December 13th from 10:00 am – 11:00 am EDT

**Presenters: Jessica Lemieux (RSW), Cultivation Therapy Services and
Heather Levesque (RMT), Alleviate Massage**

Learn self massage, stretching, mindfulness, meditation and breathwork to help alleviate tension, stress and fatigue. If you've been feeling stuck let's get through it together.
One mindful movement at a time!

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

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

FREE

**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**

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Funding provided by:



Older Adult Centres' Association of Ontario presents

Flu Awareness and Prevention Webinar

Presenters: Shelley Clarke, Nurse Practitioner at Rexdale Community Health Centre and Sherry Naguib, Community Pharmacist at Community Choice Pharmacy

At this webinar learn about:

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

FREE

THURS OCT 13, 2022

11:30am - 12:30pm EDT

Register at: <https://oacao.wildapricot.org/event-4975719>

Free webinar for Seniors Active Living Centres and OACAO Members staff, volunteers, older adults and caregivers



Supported by an educational grant by:

SANOFI PASTEUR

Newsletter Submission for Links2Wellbeing Fall Update – submitted by Dena Silverberg

Back to school and back to work! Fall 2022 we are ready to hit the ground running!! 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, 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.

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 and materials to help your Centre
- 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

Training for Cohort E centre leaders was held on July 21st, 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 and outreach.

We are actively recruiting for our next COHORT!!! **The next Links2Wellbeing Training is scheduled for Thursday, September 22nd, 2022 at 12 noon until 1:30 p.m.** However, if you can't make it, we can schedule 1-1 training for you at your convenience.

We are also hosting our 2nd Conversation Café on Monday, September 26th, 2022 at 12 noon with special guest Dr. Melissa Lem, Director, Park Prescriptions in Vancouver, British Columbia to speak about Green Prescriptions. Join us as we launch informal chats to talk about what is happening around the world – programs, promising practices. We will also be hosting special Links2Wellbeing session with the Ontario Caregiver Organization session, stay tuned!

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.



OACAO Seniors Active Living Fairs 2022 – 2023

We would like to acknowledge and thank the Government of Ontario, Ministry for Seniors and Accessibility, for the funding provided to the Older Adult Centres' Association of Ontario for the implementation of the 2022 – 2023 Seniors Active Living Fair project. Most Fairs are planned for In-person delivery except for those listed as virtual.

Congratulations to the 2022-2023 recipients:

1. *Active Lifestyle Centre*
2. *Applegrove Community Complex*
3. *Askennonnia Senior Centre*
4. *Atikokan Pioneer Club*
5. *Batawa Development Corporation - Seniors Unlimited*
6. *Beaver Valley Outreach*
7. *Bernard Betel Centre*
8. *Bowmanville Older Adult Association*
9. *Caledon Seniors Centre*
10. *Carefirst Seniors and Community Services Association*
11. *Central Eglinton Community Centre*
12. *Centre Charles-Émile-Claude*
13. *Centre Pauline-Charron*
14. *City of Barrie*
15. *City of Cambridge*
16. *City of Guelph*
17. *City of Pickering*
18. *Community Care Concepts of Woolwich, Wellesley and Wilmot Townships*
19. *Community Centre 55*
20. *Corporation of the City of Temiskaming Shores*
21. *Eganville & District Senior Citizens' Needs Association*
22. *Elder Help Peel*
23. *Essoka French Bilingual Newcomers Center*
24. *Fairview Mennonite Home*
25. *First Portuguese Canadian Cultural Centre*
26. *Fort Frances Seniors Centre*
27. *Guelph Wellington Seniors Association*
28. *Hamilton Council on Aging*
29. *Horton Street Seniors Centre*
30. *Lennox and Addington Seniors Outreach Services*
31. *MacKay Centre for Seniors*
32. *Malvern Family Resource Centre*
33. *Municipality of Clarington*
34. *Municipality of Greenstone*
35. *Municipality of Port Hope*
36. *Nigerian Canadians for Cultural, Educational, and Economic Progress*
37. *North York Seniors Centre ~virtual~*
38. *Older Adult Centre Sudbury*
39. *One Eleven Senior Citizens Centre Inc.*
40. *Oshawa Senior Community Centres 55+*
41. *Rainy River Senior Activity Depot Drop-In Centre*
42. *Rendez-vous des aînés francophones d'Ottawa*
43. *Rexdale Community Health Centre ~virtual~*
44. *Ryde Community Co-operative*
45. *SALC Arnprior*
46. *Scarborough Centre for Healthy Communities*
47. *Seaway Senior Citizens Club*
48. *Seniors Friendship Club*
49. *The Corporation of the Township of Woolwich*
50. *The Glebe Centre - Abbotsford House*
51. *The Good Companions Centre*
52. *The Neighbourhood Group*
53. *Thunder Bay 55 Plus Centre*
54. *Tillsonburg Senior Centre*
55. *Town of Ajax*
56. *Town of Aurora - Aurora Seniors Centre*
57. *Town of Pelham*
58. *Town of Whitby*
59. *Township of Southgate*
60. *Unionville Community Centre for Seniors*
61. *University Settlement ~virtual~*
62. *Victoria Park Seniors Centre*
63. *Wawa Goose Seniors' Centre*
64. *West Neighbourhood House*
65. *YMCA Northumberland*
66. *York-Fairbank Centre for Seniors*
67. *YWCA Hamilton*

For more information check <http://www.oacao.org/events/seniors-active-living-fairs/> or contact Lina Zita at coordinator@oacao.org

Funding provided by:



Subject: ADVANCE NOTIFICATION - September 21, 2022 - Launch date of the New Horizons for Seniors Program (NHSP) 2022–23 Call for Proposals funding community-based projects

Hello,

On **September 21, 2022**, the Government of Canada will launch the New Horizons for Seniors Program (NHSP) 2022-23 Call for proposals (CFP) funding community-based projects across Canada. This program is offered by Employment and Social Development Canada (ESDC).

Please note that the online Application for Funding Form and the Applicant Guide will only be available on the [NHSP Funding Page](#) as of September 21, 2022. It is important to note that you cannot submit your application before the CFP is officially launched.

The deadline to submit applications is **November 1, 2022 at 3:00 p.m. Eastern Standard Time (EST)**. Organizations will have a total of **six (6) weeks** to submit their applications. The information on the [NHSP Funding Page](#) will help you learn more about this funding opportunity.

The NHSP supports projects that address the following objectives:

- o Promoting volunteerism among seniors and other generations;
- o Engaging seniors in the community through the mentoring of others;
- o Expanding awareness of elder abuse, including financial abuse;
- o Supporting the social participation and inclusion of seniors; and
- o Providing capital assistance for new and existing community projects and/or programs for seniors.

Organizations will be invited to apply for funding that supports the program's national priorities:

1. Supporting healthy ageing, including:

- o addressing social isolation, including through supporting seniors' digital literacy;
- o addressing ageism;
- o supporting mental health and dementia; and,
- o developing and delivering virtual programming for the above.

2. Preventing senior abuse, including:

- o providing measures to reduce crimes and harm against seniors including elder abuse;
- o developing educational material to prevent unscrupulous practices, financial fraud and scams from happening to seniors; and,
- o supporting financial empowerment of seniors.

3. Celebrating diversity and promoting inclusion, including:

- o promoting intergenerational mentoring and engagement;
- o advancing Reconciliation with Indigenous Peoples and helping to secure a better quality of life for Indigenous seniors; collaborating with diverse communities notably by serving members of the following vulnerable groups: low-income seniors, Indigenous Peoples, members of 2SLGBTQI+ communities, members of official language minority communities (OLMCs), members of racialized and newcomer groups, persons with disabilities and veterans; and,
- o supporting seniors living in rural or remote areas.

4. Helping seniors to age in place, including:

- o providing practical supports, tools and resources to seniors to help them remain in their homes longer; and,
- o helping seniors navigate and access government services and benefits and providing support to file their taxes.

We encourage you to follow Seniors in Canada on [Facebook](#) and on [Twitter](#) or access canada.ca/seniors to obtain the most up-to-date information about the benefits, programs and initiatives available to seniors. Additionally, we are asking you to please comment, like and share our content to help spread the word about the 2022-23 NHSP Community-based Projects CFP and other important seniors-related announcements. Feel free to use #SeniorsInCanada to join the conversation.

For more information on this CFP, you can visit the [New Horizons for Seniors Program - Community-based Projects](#).

Regards,

The New Horizons for Seniors Program



Government
of Canada

Gouvernement
du Canada

Bonjour,

Le 21 septembre 2022, le gouvernement du Canada lancera l'appel de propositions (AP) 2022-23 pour des projets communautaires dans le cadre du programme Nouveaux horizons pour les aînés (PNHA) partout au pays. Ce programme est offert par Emploi et Développement social Canada (EDSC).

Veillez noter que le Formulaire de demande de financement et le Guide du demandeur seront disponibles sur la [Page de financement du PNHA](#) à compter du 21 septembre 2022. Il est important de noter que vous pourrez seulement présenter votre demande après le lancement officiel de l'AP.

La date limite pour présenter une demande est fixée au **1^{er} novembre 2022 à 15 h, heure normale de l'Est (HNE)**. Les organismes auront **six (6) semaines** pour remplir et présenter leur demande. Les renseignements sur la [Page de financement du PNHA](#) vous aideront à en apprendre davantage au sujet de cette possibilité de financement.

Le PNHA appuie les projets qui répondent aux objectifs suivants :

- o promouvoir le bénévolat auprès des aînés et des autres générations;
- o faire participer les aînés à la collectivité à titre de mentors auprès d'autres personnes;
- o accroître la sensibilisation à la maltraitance envers les aînés, y compris à l'exploitation financière;
- o appuyer la participation sociale et l'inclusion des aînés; et
- o fournir une aide à l'immobilisation pour des projets ou des programmes communautaires nouveaux ou existants, destinés aux aînés.

Les organismes ci-haut mentionnés seront invités à demander un financement pour des projets qui soutiennent les priorités nationales du programme :

1. Favoriser le vieillissement en santé, y compris :
 - o lutter contre l'isolement social, notamment en appuyant la littératie numérique des aînés;
 - o lutter contre l'âgisme;
 - o favoriser la santé mentale et lutter contre la démence;
 - o élaborer et exécuter des programmes virtuels pour les sujets susmentionnés.
2. Prévenir la maltraitance envers les aînés, y compris :
 - o prendre des mesures visant à réduire les crimes et autres méfaits envers les aînés;
 - o élaborer du matériel éducatif pour empêcher les pratiques sans scrupules, les fraudes financières et les escroqueries que subissent les aînés;
 - o soutenir l'autonomisation financière des aînés.
3. Célébrer la diversité et promouvoir l'inclusion, y compris :
 - o promouvoir le mentorat et la mobilisation intergénérationnels;
 - o faire progresser la réconciliation avec les peuples autochtones et contribuer à assurer une meilleure qualité de vie pour les aînés autochtones; collaborer avec diverses communautés, notamment en desservant les membres des groupes vulnérables suivants: les aînés à faible revenu, les membres des communautés autochtones, les membres des communautés 2ELGBTQI+, les membres des communautés de langue officielle en situation minoritaire (CLOSMs), les membres des communautés racisées et les nouveaux arrivants, les personnes en situation de handicap et les anciens combattants.
 - o soutenir les aînés qui vivent dans des régions rurales ou éloignées.
4. Aider les aînés à vieillir chez eux, y compris :
 - o fournir des services de soutien pratique, des outils et des ressources aux aînés pour les aider à demeurer plus longtemps chez eux;
 - o aider les aînés à s'y retrouver dans l'éventail des prestations et des services gouvernementaux et à y accéder, et leur fournir du soutien pour produire leur déclaration de revenus.

Nous vous encourageons à suivre Aînés au Canada sur [Facebook](#) et [Twitter](#) ou à accéder à canada.ca/aînés pour obtenir les renseignements les plus récents sur les prestations, les programmes et les initiatives offerts aux aînés. De plus, nous vous demandons de bien vouloir commenter, aimer et partager notre contenu afin de faire connaître l'AP des projets communautaires 2022-23 du PNHA et les annonces importantes concernant les aînés. Pour vous joindre à la conversation, utilisez #AînésAuCanada.

Pour en apprendre davantage au sujet de cet AP, visitez la page du programme [Nouveaux horizons pour les aînés – Projets communautaires](#).

Veillez agréer l'expression de nos salutations distinguées.

Le programme Nouveaux horizons pour les aînés



Government
of Canada

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du Canada



OACAO

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

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, November 1, 2022 at 10:00am EDT

Tuesday, December 6, 2022 at 10:00am EDT

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

Seniors' Centre Without Walls Expansion Project

Seniors' Centre Without Walls offers FREE group 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 that would love to participate in your programs but face barriers that prevent them?

Are you looking for ways to reach more seniors in an easy and effective way?

This is the perfect time to consider a Seniors' Centre Without Walls (SCWW) Program! 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!

2022-2023

**Micro-Grant
Applications are
now being
accepted.**

Apply Today!

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

- Free teleconferencing services
- Access to annual micro-grants
- Database of 100's 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 in your community!
For more information contact Lisa Hollingshead at **1-844-729-9226** or email at **SCWWconnect@thegoodcompanions.ca**



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

OACAO

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

National Dementia-Friendly Communities awards



The Dementia-Friendly Canada project is excited to announce the launch of the **National Dementia-Friendly Communities awards**! These awards will recognize the amazing dementia-friendly work that is happening in communities across the country.

If you know of an individual or group who is doing dementia-friendly work and is inspiring others to do the same, we'd love to hear from you. We have six award categories:

1. The **Dementia-Friendly Voice** award is for a person living with dementia, and who has been an integral part of a project geared to improve the lives of people affected by dementia or has used their voice to raise awareness and advocacy.
2. The **Dementia-Friendly Ally** award is for a person who has been an integral part of a project geared to improving the lives of people affected by dementia or has used their voice to raise awareness and advocacy.
3. The **Dementia-Friendly Grassroots Group** award recognizes a small group who has improved the lives of people affected by dementia in their community.
4. The **Dementia-Friendly Municipality** award recognizes a municipality that has committed to improving the lives of people affected by dementia.
5. The **Dementia-Friendly Organization (small to medium)** award is for a small to medium not-for-profit or for-profit organization/business (less than 250 staff) that has implemented a dementia-friendly initiative.
6. The **Dementia-Friendly Organization (large)** award is for a large not-for-profit or for-profit organization/business (over 250 staff members) that has implemented a dementia-friendly initiative.

To learn more about the awards and how to nominate, click [here](#) or visit alzheimer.ca/DementiaFriendlyCanada

Nominations close at 11:59 p.m. PDT on October 2, 2022, and winners will be announced January 2023.

If you have any questions please contact Heather Cowie, National Project Manager at hcowie@alzheimerbc.org

Get a physical and mental boost with Minds in Motion!

Alzheimer Society | Minds in Motion®

We are currently recruiting participants for our **Virtual Minds in Motion®** Program evaluation, to better understand its impact and what we can improve upon.

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

We welcome participation of people with various additional interconnecting social identities and would like to hear the voice of racial, ethnic, cultural and gender diverse community members and those who live in rural areas across Ontario.

Multiple Fall Session Dates Available

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 or call 416-847-8920





The first step in preventing elder abuse is through education and training, to be able to successfully detect, intervene and support those in need.

Our experienced staff can deliver customized, virtual sessions across the province. Contact us today to start the conversation and arrange your session. Together we CAN Stop Abuse - Restore Respect.

[Training Request Form](#)



- ▶ **Elder Abuse Prevention Ontario (EAPO)** envisions an Ontario where ALL seniors can live free from abuse, have a strong voice, feel safe and respected.

We continue to work with seniors groups, multi-cultural and diverse community-based senior serving agencies and service/care professionals, optimizing our outreach to find creative ways to help reduce the impact of isolation and the resulting increase in vulnerability to abuse and harm.

- ▶ **Knowledge is fundamental in ensuring the rights of older adults are protected.** We have dedicated considerable resources towards organizing webinars on important topics, which include international keynote speakers (experts in their fields), addressing our many diverse audiences and empowering us all with necessary information.

We regularly host a variety of topic specific workshops with local Elder Abuse Prevention Networks, in Ontario, their memberships and local community groups, to help keep everyone informed about ways to safeguard seniors from victimization and further abuse.

- ▶ We would like to invite you to review available content, possible topics and workshop formats by visiting: <https://eapon.ca/training-education-request/> and then reach out to us, to start the conversation.

Educational programs are offered at no cost and will be customized to help participants better understand risk factors contributing to elder abuse, such as ageism. We will provide attendees with simple tools and resources that will empower them to address and/or support themselves or those at-risk or experiencing abuse with options to manage difficult situations.

Each of US has a role to play in righting this social injustice. Starting the conversation is YOU playing **YOUR** part in helping us **Stop Abuse - Restore Respect.**

Funded by:

www.eapon.ca

Ontario

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

**Help protect yourself
from the flu.**



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

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

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

Sanofi Pasteur 1755 Steeles Avenue West, Toronto, Ontario M2R 3T4
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SANOPI PASTEUR 

Newsletter Contributions from our Members



CONTACT US!

 (905) 697-2856

Bowmanville
Older Adult
Association



Stay Active Connected & Safe!

Here are some of the things we have for you:

- **Health & Wellness Activities:** From Chair Yoga to Zumba, our programs will help you improve on balance and mobility.
- **General Interest programs:** Learn a language, a new recipe or just engage socially and have a conversation with people having common interests.
- **Cards & Games:** Bingo, Euchre, Poker and more. Come and join the fun of the games. If you like to play cards, the BOAA is for you!
- **Music & Arts:** We have many programs for you to express or develop your inner artist, including painting, music, choir and so much more!
- **Events:** We partner with Lakeshore Travels for our Day Trips. Special Events are held at the BOAA including Tea Parties, Dances, Theme Lunches and Destination Dinners.
- **Partnership Programs:** Foot Care, Hearing and Mobility clinics on site. See our Program and Event Guide for more details.
- **CAFÉ:** Drop by and connect with people your age, while enjoying lunch or a cup of coffee.
- **Transportation:** Don't have a ride? No problem! Our Wheels in Action Rides for members only, are always available to and from BOAA events and programs. \$4 round trip within Bowmanville, \$6 round trip outside of Bowmanville (Courtice, Orono, Newcastle, Newtonville, Enniskillen, and Hampton) A 24-hour advanced booking is required.
- **Membership:** One full year is \$30.00 from the day you join in.

Something for everyone, join us today!

www.bowmanvilleolderadults.com



programs@bowmanvilleolderadults.com



events@bowmanvilleolderadults.com



M E M B E R S H I P S



Memberships at the Bob Callahan Flower City Seniors Centre have resumed. Adults aged 55 and older can purchase a membership [online](#) or in-person at any City of Brampton Recreation Centre. Members enjoy access to programs, services and opportunities to make connections in a social environment.

Membership benefits include access to:

- registered programs, salon services and special events
- information on community support and social services
- rewarding volunteer opportunities
- new connections

Memberships are valid for one year from the date of purchase. For more information visit brampton.ca/memberships.

At Dixon Hall, our 192 Carlton Site we planted some flowers but this summer focused more on creating a herb garden and also planted peppers and tomatoes.

It was wonderful to see the participants work together to plant in our new boxes that our waist height and so much easier than bending down. We have Greek and Italian Oregano, Stevia, Thyme, Sage, French Tarragon, Rosemary, Thai and Lettuce Leaf Basil and Mint.

Participants have been watering and caring for the garden and enjoying taking fresh produce home! It also creates a very welcoming environment for outdoor programs when surrounded by plants as most of our clients live in apartments and do not have access to yards!



The Art of Gardening





EGANVILLE & DISTRICT SENIORS

Submitted by: Makyla Gendron, Program Coordinator SALC

Crisp mornings, changing leaves, and shorter days, this can only mean one thing - fall is just around the corner! Our fall programming is in full swing, and we couldn't be more excited. We are happy to have a full house again with all our members and instructors back in our centre. Along with our regular programming, we are trying some new things this fall! This includes an afternoon of music, making fall door signs and making rag rugs with Mrs. ShrugsRugs, a local artisan. The afternoon of music includes musical bingo, sing alongs, games and prizes.



We have partnered with ConnectWell Community Health to host a 3-week Craving Change workshop for community members. Craving Change is a how-to workshop series for changing your relationship with food. This is to understand why you eat the way you do, learn to comfort yourself without food and to change your thinking about food.

We are thankful that we have all our food programs back with no restrictions. We hosted our first 'new normal' Diners' Club on September 7th. It was great to finally see everyone's smiling faces. We still had limited seats per table as a precaution to ensure the safety of our members. Our fundraising drive-thru dinners are still very popular, and we usually have approximately 150 meals per month. In April, we introduced a drive-thru dinner at a different location. We called the second one Cobden Curbside as it is in Cobden, ON. This meal is held on the last Wednesday of the month and is run by volunteers from ConnectWell Community Health and Whitewater Seniors. This fundraiser is slowly growing and we expect it will hit around 100 meals in no time! Cooking for One (or Two!) will start again in October as we are working on lining up local chefs to have a wide variety of meal choices and different techniques.

Here at the Echo Centre, we offer exercise 5 days a week for all abilities. Whether our members need to sit or stand, our classes are adaptable. After almost two months off for the summer, our fitness instructors and participants were almost breaking down the door on the first day back!

We would like to send out a heart felt thank you to our members and volunteers for making our programs and services run so smoothly. We could not do it without each and every one of you!





ELDER HELP PEEL
ELDERS WORKING TOGETHER

Healthy Aging, Living Well

Seniors' Information Fair

Sunday, October 16, 2022

Elder Help Peel is a Brampton-based not-for-profit with a Charitable designation. We are committed to diversity and inclusion in our interactive programs and services which enable Seniors to stay active, healthy, and engaged in the community. We are pleased to continue our engagement with and service to Seniors by hosting this exciting Information Fair in the autumn!

ELDER HELP PEEL PRESENTS

Healthy Living Aging Well

October 16, 2022
9:30 AM - 4:00 PM

*Bob Callahan Flower City
Senior Recreation Centre*

8870 McLaughlin Rd S,
Brampton, ON L6Y 5T1

Information Booths

Regarding various
Need-To-Know topics
for Senior's wellbeing

Guest Speakers

6 Guest Speakers with a
range of Discussions
important to Seniors



For information on our programs and services, please visit our website, <http://www.elderhelppeel.org> or call our office at 905-457-6055

Sincerely,
Michael Davis
Chairman, the Board of Directors
Elder Help Peel



Elder Help Peel
6 George St. South, Unit 28 Brampton, Ontario, L6Y 1L9
Charity Registration: 869634261 RR0001

T: (905) 457-6055
E: info@elderhelp.net
W: www.elderhelppeel.org



HAPPINESS AND NOURISHMENT

At the Rendez-vous des aînés francophones d'Ottawa (RAFO), our backyard vegetable garden is not only a source of nourishment, but also a source



of happiness. The garden, which is tucked in behind the main building, was created in the first years of RAFO's existence. As most of RAFO's membership at that time came from the Notre-Dame-des-Champs sector of Ottawa, where almost all inhabitants were the gardeners

supplying the Byward Market with fruits and vegetables, the idea of having our own garden was a given. RAFO's volunteers got to work pulling weeds, ploughing, fertilizing, and dividing the soil into manageable lots. They planted lettuce, carrots, green and yellow beans, a variety of tomatoes, beets, rhubarb, among other good products.

All vegetables produced are used by RAFO's kitchen where volunteers prepare and serve nutritious hot meals twice a week to our members. During the summer months, volunteers keep the garden weed-free and well watered. In the last few years, RAFO has granted plots to its members who are avid gardeners. At the end of the season, everyone shares their harvest surpluses, thus providing happiness and a sense of community to all participants.

NUTRITION ET BONHEUR

Au Rendez-vous des aînés francophones d'Ottawa (RAFO), le jardin potager constitue non seulement une bonne source de nutrition, mais aussi de bonheur pour nos membres. Le Jardin, qui se trouve derrière le bâtiment du RAFO, a été créé dans les premières années d'existence de l'organisme.



Comme de nombreux membres du RAFO étaient des résidents du secteur Notre-Dame-des-Champs, où vivaient les jardiniers qui fournissaient le Marché By en fruits et légumes, l'idée d'avoir un jardin potager est venue de façon assez naturelle. Les bénévoles du RAFO se sont mis à la tâche de désherber le terrain, le labourer et le diviser en semis pour la laitue, les carottes, les tomates, les betteraves et les fèves, entre autres.

Les légumes produits sont remis à la cuisine du RAFO où les bénévoles préparent et servent des repas chauds et nutritifs deux fois par semaine aux membres, et parfois plus. Durant les mois d'été, les bénévoles désherbent et arrosent le Jardin. Depuis quelques années, le RAFO attribue des lots aux membres qui en veulent. À la fin de la saison, les surplus des récoltes sont partagés, ce qui contribue grandement au bonheur de tous les participants et à leur sens d'appartenance au RAFO et à la communauté.

Des nouvelles de Retraite active de Peel !

Grâce au financement du programme Inclusion des aînés du gouvernement de l'Ontario, nous avons vécu un très beau projet artistique intitulé « **Au-delà des frontières, rassemblons-nous !** » Ce projet nous a permis d'offrir une gamme d'ateliers artistiques de tous genres et de développer une collaboration avec une artiste multidisciplinaire d'origine Métis, qui nous a initiés, entre autres, à la roue de médecine des peuples autochtones.

De plus, nos membres se sont découvert un talent insoupçonné. Sous la direction d'artistes francophones (en virtuel et en personne) et de bénévoles de Retraite active maîtrisant certaines techniques, nous avons eu la chance d'expérimenter les rudiments du dessin, de la peinture acrylique, de la linogravure, du vitrail, de la photographie, du perlage, de la courpointe et du tricot.

Quel meilleur antidote à la pandémie que de chanter ! La chorale Coup d'Chœur de Retraite active de Peel voyait le jour et chante en harmonie devant un public enthousiaste lors de notre Expo Arts le 27 avril dernier.



Le comité de programmation a fait de véritables prouesses tout au long de l'année pour s'ajuster dans la planification des activités tout en respectant les consignes sanitaires. Une fête champêtre clôtura la saison le 15 juin dernier juste avant une pause estivale bien méritée.

Article soumis par Lorraine Gandolfo, présidente du conseil d'administration
Retraite active de Peel info@retraiteactivepeel.ca
www.retraiteactivepeel.ca



Does anyone share the feeling that summer whizzes by in the blink of an eye? For us at the WISE Mobile Active Living Centre this certainly rings true. They do say though that time flies when you are having fun, and we had a lot of fun this summer!



While regular programs were scaled back for the summer, we took the time to catch up on the administrative side of things and offer some special events for the older adults in Muskoka. In early summer we offered some wonderful foraging walks in partnership with Wild Muskoka Botanicals. Older adults did an interactive hike where they learned about wild edibles, sustainability, and biodiversity. Similar to this outdoor adventure, we were thrilled to partner with the Muskoka Conservancy on a guided hike at the Upjohn Nature Reserve. Other trips included a strawberry picking event at a local farm and a boat ride to beautiful Beausoleil Island (one of Canada's National Parks).



We made the rounds at the senior housing buildings bringing fun and games to the residents and offering a cool treat to help with the summer heat. August saw us delivering some therapeutic goat programs and a special cruise for our housing participants aboard the steamship Wenonah II, based out of Gravenhurst.

Looking ahead to Fall 2022, our team is diligently trying to reengage our former participant base from pre-COVID, but at the same time adjusting how we do things to fit the 'new normal'. WISE travels to ten community locations across the District and operates a smaller scale model in three of the senior housing buildings that the District of Muskoka manages. We are also excited to be launching our centre's Live Healthy, Age Well speaker series, which is being funded through the New Horizons for Seniors Programs grant. Live Healthy, Age Well pulls from an interdisciplinary team of local experts to speak about various health and wellness topics for rural-dwelling older adults who age in place at home. Traditional offerings such as Urban Poling in a few communities will also take place this fall. WISE Mobile Active Living Centre is currently in the works of planning recruitment for volunteer based snowshoeing groups for the winter months.





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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



Program packages are now available for purchase!

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



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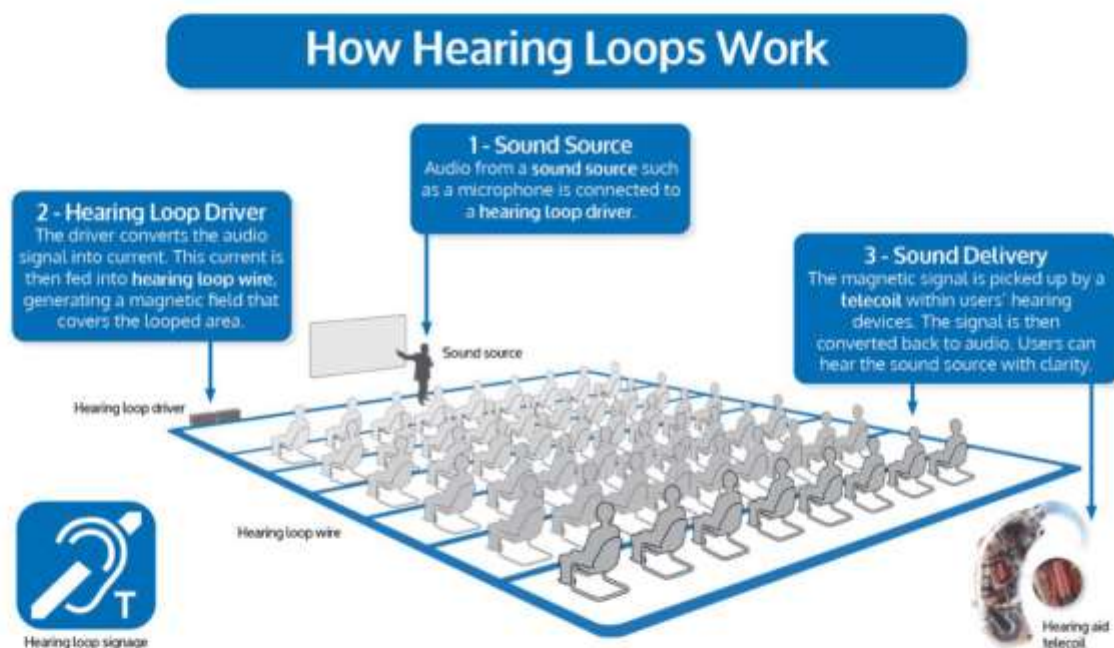


What is a Hearing Loop?

A hearing loop provides a direct link to the sound source so people with hearing loss can clearly hear what they are trying to listen to.

When signs indicate that a hearing loop system is installed, all a user needs to do is turn their telecoil (t-coil) enabled hearing device to the 'T' position, and they will be able to hear with clarity.

Speech is picked up by a microphone, converted to a magnetic signal by an amplifier, and transmitted towards a user via a hearing loop aerial. Hearing loop technology is embedded in every one of our window intercom systems, and can also be designed for large settings, as per the example below:



Where can Hearing Loops be deployed?

Hearing loops are useful in public spaces, primarily at service counters with barriers, or in larger rooms/venues; such as community centres, common areas, auditoriums, theatres, conference rooms, and even outdoor spaces such as stadiums.

What's next?

In partnership with the Canadian Hard of Hearing Association (CHHA), a national awareness campaign has been launched (www.getinthehearingloop.ca) to educate on the impact hearing loops can have when deployed in public spaces. This results in helping to remove existing communication barriers for the hard of hearing community and promote inclusive spaces.



Are you one of the many Canadians living with hearing loss?

Many Canadians may not even be aware they have hearing loss. While 38% of Canadians aged 40 – 59 years had an audiometrically measured hearing loss, only 4% self-reported a loss. Similarly, 75% of Canadians aged 60 – 69 years had a measured loss, with 7% self-reporting, and 93% of Canadians aged 70-79 years had a measured loss, while only 19% self-reported a hearing loss.¹

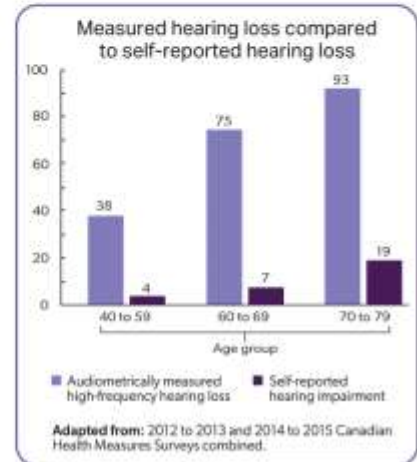
Are you noticing that your hearing is not as good as it used to be?



If you answer 'yes' to any of these questions, you may benefit from a hearing consultation

To help gauge your hearing health, consider the following questions:

- Do you have difficulty following conversations in a restaurant, a large group situation, or when there is background noise?
- Do you often ask others to repeat themselves?
- Have people ever told you that you listen to the television or radio too loudly?
- Have you been told that you speak too loudly?
- Do you find it difficult to communicate using a telephone?



How is hearing loss diagnosed?

A hearing care professional is best equipped to assess your hearing and determine if you have hearing loss. During your hearing consultation you can expect:



- A discussion about your current symptoms and your overall health history.
- A non-invasive physical examination of your ear with an instrument called an otoscope.
- An audiometric test which is performed in a soundproof booth, during which you wear headphones and listen to sounds and words directed to each ear.
- A speech test asking you to repeat a list of words given at different volumes.
- The results of these tests are recorded on an audiogram. The entire testing process takes approximately 40 minutes. Once the tests are complete, your hearing care professional will review the results with you and answer any questions you may have.



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Source:

1. Ramage-Morin, Pamela L., Rex Banks, Dany Pineault and Maha Atrach. "Unperceived hearing loss among Canadians aged 40 to 79." Statistics Canada. August 21, 2019. Accessed March 4, 2022. <https://www150.statcan.gc.ca/n1/pub/82-003-x/2019008/article/00002-eng.htm>.

HearCANADA.com



THE BENEFITS OF AGING IN PLACE

There's no place like home, home is where the heart is, and home sweet home, are all well-known phrases for a reason – the sentiment is that home is where we find love, comfort, security, and family. With that in mind, it's no wonder that when surveyed by The Royal Bank of Canada, nearly 90% of seniors want to age at home.

Here at Heart to Home Meals, we recognize that staying at home for those golden years can be a complicated decision, however, we're here to make it easier for you as you age. Not only do we provide stress-free, mealtime solutions of delicious, nutritious food delivered directly to your door, but we also help eliminate the burden of grocery shopping, the fuss of dirty pots and pans, and the guilt of wasting food, to name a few.

With the hurdle of, "I don't want to cook anymore," jumped, what are some of the benefits you can expect to experience by aging at home versus moving into an assisted living facility or a nursing home?

MAINTAIN YOUR INDEPENDENCE

Chances are that in your adult life, you've always had and enjoyed the ability to make decisions such as when and what to eat, what activities you do or don't want to participate in, and when you want company or when you would prefer to be alone. Aging outside one's own home can curb that freedom – your living space may be shared, your meals selected by others, and your routines disrupted. Self-determination can feed into one's sense of satisfaction, dignity, and peace, so as we age, it's invaluable to have our personal wishes and preferences honoured.

KEEP GERMS AT BAY

Not only has the multi-year global pandemic greatly impacted our social and business lives, Covid-19 and its' variants have also had devastating effects on nursing homes. Like this virus, others such as colds and flus can spread among the residents in communal living environments. Aging in the comfort and safety of your own home may better protect you from easily transmissible illnesses and support the ongoing health of your mind and body. As well, aging at home allows you to control who you're going to be in contact with, and thus, can help lessen the stress of "catching" anything.

STAY CONNECTED

In case facilities, there can be rules surrounding when and for how long residents can receive visitors, whereas at home, it's just a matter of opening your front door to your family and community. Remaining at home brings the freedom to interact with who you want, when you want – the benefits of surrounding oneself with loved ones, of having a social network, and a strong support system as we age is so important as companionship can play a large part in feeling happiness, fulfillment, and connection.

LIVE IN COMFORT

You've spent years making your house into a home. From your warm memories and familiar smells to your comfortable mattress and favourite chair, your home is where you feel both emotionally and physically comfortable. Aging in place allows adults to remain in familiar surroundings, and, with the help of Heart To Home Meals delivery service, can enjoy life out of the kitchen, assured that the delicious meals delivered will nourish seniors' bodies and minds.

RECEIVE PERSONALIZED CARE

In addition to the benefit of cost-savings, getting home care assistance can be done in a very controlled and personalized way, making sure the "fit" and services provided are perfect – home care is a one-on-one experience and can be customized to meet an individual's needs and schedule. As well, a further benefit of home care is that it can provide companionship, all the while preventing caregiver fatigue.

As you can see, there are many benefits of staying in our homes and communities as we age, including maintaining independence, comfort, and easy access to family, friends, and support.

At Heart To Home Meals, we want to make aging at home an easier reality for seniors by providing a wide and delicious array of nutritious chef-designed meals.

To get your free Heart to Home Meals menu, visit www.Hearttohomemeals.ca



Fall 2022 Information

Free Concierge Care Coordination for Homecare Hub Members

Homecare Hub helps older adults and those with caregiving needs receive care safely and comfortably at home or in their neighbourhood. Our marketplace displays over 50 home care agencies in the province and when someone requires care, Homecare Hub finds the best fit in the Homecare Hub network. Sign up for free to become a Homecare Hub member and receive free concierge care coordination for families with our caring geriatric social workers. Those interested can reach out at 1-888-227-3080 or info@homecarehub.com

Partnership Opportunities for Organizations

Over the years Homecare Hub has created a technology platform and innovative system to display and also create high quality adult day programs, as well as small, affordable, 3-8 person shared assisted living homes.

Homecare Hub is looking for partner organizations who operate adult day programs or small assisted living homes for older adults, so that older adults and families can better navigate our system and find high quality organizations. We also help organizations create these day programs and small shared living homes so we can increase the capacity to better care for older adults in the community. Those interested can reach out at 1-888-227-3080 or info@homecarehub.com

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*A comprehensive hearing assessment is provided to adults ages 18 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiogram Report, an administrative fee will apply. Child hearing tests are conducted at select locations for a fee, please contact us for more information. Offer not available in Quebec. Not applicable for industrial hearing tests. This promotion is valid for select hearing aid models and cannot be combined with more than 1 partner promotion or discount unless stated otherwise. Offer expires 10/17/2022. Offer applies to private sales of select hearing aids and discount is applied after any Government funding has been deducted. Some conditions apply, see clinic for details. AIR MILES available only at participating locations. ** Please allow 45 days for effect to be posted to your Collector Account. Reward Miles value is non-transferable and depends on select models purchased.



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What's happening at RBG this Fall

- What's in bloom at this time of year – Roses, Goldenrod, Asters and more!
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- Check out the fall colours along our trails.
- Stay tuned for information about our special indoor winter exhibit.
- 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 your Fall Garden

Perennials and Leaves: Don't cut the perennials. Leave the flower heads for overwinter interest and potential food for birds. In the early spring, cut the remaining flower heads off leaving about 8 – 10" of stem for cavity nesting pollinators. Leave the flowerheads where they fall – they'll breakdown and provide nutrients. Don't throw away those leaves – compost them, use them as mulch or put in the garden or along your hedge for overwintering beneficial insect habitat.

Increase the garden space: Want to convert some grass to garden – try covering that area with layers of damp newspaper; you might have to hold it down with earth or stones. Otherwise use a large sheet of dark plastic to solarize that area and remove in the spring. Or create a lasagna garden or raised bed.

Add compost or mulch: These add protection and nutrients to the soil and the billions of microorganisms that inhabit it. Great prep for spring planting

Interactive virtual presentations in the comfort of your centre (or home!)

- What's the story behind Chocolate?
- What are you eating - a pumpkin or a squash or both?
- Get your garden ready for the winter.
- Learn how to do a double pot transplant! Take out the guess work.

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



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North Central	<i>Staff</i>	John Richer	john.richer@greatersudbury.ca
	<i>Senior</i>	Lyne Way-White	lybell55@yahoo.com
South West	<i>Staff</i>	Karen Pyatt-Westbrook	kpyatt@bgclondon.ca
	<i>Senior</i>	Martha Mackintosh	mackintoshmartha@gmail.com

COMMITTEE CHAIRS

Awards	Kim Bradley	kbradley@pickering.ca
OASSIS Liaison	Bill Krever	w.krever@victoriavillage.ca
Membership	Kim Bradley	kbradley@pickering.ca
Conference Chair	Sue Hesjedahl	sue@oacao.org
Finance	Bill Krever	w.krever@victoriavillage.ca
Nominations	Nancy Beddoe	nbeddoe@cogeco.ca
Business Partners	Shirley Glauser	sglauser@oacao.org

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

OACAO

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

OACAO Business Partners 2022-2023

OACAO 2022 Membership Discounts and Centre Benefits from our Business Partners attached.

Enjoy the benefits of being an OACAO member. Share these membership discounts with your Centre members and enjoy the Centre incentives.

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

Age Comfort www.agecomfort.com 1-800-520-3259

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

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

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

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

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

Chartwell www.chartwell.com 1-855-461-0685

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

Hearing Assistive Technology Group www.hearingassistivetech.com 1-800-662-2972

HearCANADA www.hearCANADA.com 1-866-432-7226 (1-866-HEARCAN)

HearingLife www.hearinglife.com 1-888-514-9515

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

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

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

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

Transitions Realty www.downsizingexperts.ca 647-948-7767

Thank you and Welcome 2022-2023 Business Partners



NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2022-2023 Winter Newsletter – December 7th, 2022

2023 Spring Newsletter – March 1, 2023

2023 Summer Newsletter – June 7, 2023

2023 Fall Newsletter – September 6, 2023

Please send your submissions to admin@oacao.org

OACAO Business Partners

Platinum Business Partners



Gold Business Partners

