

# OACAO Newsletter

## 2022-2023 WINTER NEWSLETTER

### Message from the OACAO President Suzanne Teixeira



The snow is on its way (or here by now for some) .... hopefully you get some time to bundle up and get outside for a thrilling toboggan ride, swooshing down the slopes or a nice fresh walk. I love the sound of the crunching snow. If the white stuff is not for you, hopefully you can enjoy some time inside with a good book, warm drink, and you time 😊



The 2022 OACAO Annual Conference is in the books and boy was it a good one! We had over 260 delegates that represented approximately 83 different SALC's. The workshops were top notch, the social time saw many laughs and cheers and what about those delegate bags full of swag?!?! A huge shout out to our conference committee who once again out did themselves!!!! Mark your calendars for the In-Person 2023 OACAO Aging Well Annual conference..... October 23<sup>rd</sup> and 24<sup>th</sup> in Mississauga. Want to be part of the amazing conference planning team of volunteers? Reach out to Julie at [julie.pennal@oakville.ca](mailto:julie.pennal@oakville.ca)

Did you know that OACAO is turning 50 in 2023???? What an awesome accomplishment. Our anniversary committee is putting together some great activities that will be coming soon to your regions, and of course we will celebrate at the 2023 conference. If you have any past OACAO memorabilia you'd like to share, please reach out. We'd love to see it.

**The OACAO ONCA UPDATE:** 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! OACAO has continued to support our non-profit members.

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 (until October 18, 2024) to comply with the new legislation. Non-profits should review, update and file your governing documents with the Ontario government.

OACAO hosted an interactive ONCA Bylaws and Letters Patent DIY Virtual Workshop on December 9<sup>th</sup> in partnership with Community Legal Education Ontario (CLEO) that was very well attended and received by our membership with over 60 registrants representing over 35 non-profit centres. OACAO will host follow up zoom meetings in the new year to share progress, challenges and successes with the transition to ONCA.

For more information & resources: **Transition to ONCA** <https://nonprofitlaw.cleo.on.ca/transition-to-onca/>

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

Suzanne Teixeira  
President





# OASSIS

BENEFIT PLANS  FOR NOT-FOR-PROFITS

## What has your employee benefit plan done for you lately?

In the not-for-profit sector employers are asked every year to do more with less. Inflation puts pressure on already lean operating budgets. Organizations care about their employees and want to provide wellness and health protection for their employees via their group benefit plan.

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

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

Why is it that you've never seen a quote from OASSIS? It's simple – brokers won't offer a quote from OASSIS because OASSIS does not pay broker fees & commissions! Your not-for-profit organization works hard to ensure every penny counts. Doesn't it make sense to partner with an organization that does the same? **Keep your hard-earned dollars in the not-for-profit sector.** You need benefits at the lowest reasonable price, not just in the first year of a plan, but well beyond. We set our rates to cover claims and administration costs only.

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Comprehensive plans for health & dental, life and disability insurance, mental health supports, wellness programs and so much more. Our team will handle most of your administration and it is easy to move your plan to OASSIS.

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[brent@oassisplan.com](mailto:brent@oassisplan.com)



5403 Eglinton Ave West Suite 101

# Message from the OACAO Executive Director Sue Hesjedahl

Hello OACAO members, partners, friends and supporters!

As another calendar year winds down, we can look back with pride at all the amazing work that our sector has done to keep older adults engaged and supported in our communities. The last 2 ¼ years have been challenging, but we have worked together to be innovative, resilient and determined. I applaud your efforts and thank you for your excellent work to keep thousands of older adults and seniors connected to their local seniors centres and clubs through a most challenging time.

In October, the OACAO hosted the **2022 Aging Well Virtual Conference** with an incredible line up of keynotes, workshop and panel presentations, Lightning Talks, networking opportunities, social events, and more. I sincerely thank the amazing Conference Planning Committee and other volunteers for your incredible support. Highlights from the conference are included on page 6. Thank you to Arbor Memorial for their generous support as our Title Sponsor and beautiful delegate bags. We thank all of our sponsors and partners who contributed to ensure we had a successful and memorable event.



By now you have probably heard that the OACAO will be celebrating a special milestone in 2023. Fifty years ago, the OACAO was officially born at a seniors centre sector conference at Geneva Park, where participants endorsed the establishment of the then called 'Senior Citizens Centres Association of Ontario'. The Association officially incorporated in 1982 under the new name 'Older Adult Centres' Association of Ontario'.

**OACAO will be celebrating our 50<sup>th</sup> Anniversary** throughout the year and have inserted a small 2023 tent card calendar in the newsletter packages for all members and partners to use this year. One important Anniversary event will take place at the **2023 Aging Well Conference** so please **SAVE THE DATES of October 23 & 24, 2024** for our **IN-PERSON** Aging Well conference taking place at the Hilton Mississauga Meadowvale hotel. More details will be made available soon, and additional volunteers are welcomed! Julie Pennal is our Conference Chair, so we are in for an amazing event! We look forward to this important event!

I would like to congratulate our **OACAO 2022 Award Winners!** These volunteers and staff members have made an incredible difference in the lives of older adults across Ontario. We are so proud to recognize and thank them for your contributions. See page 5 for a list of award recipients. Please think about nominating someone from your organization for the 2023 OACAO Awards. The Call for Nominations will be open in the Spring.

The OACAO was the recipient of a special award this Fall as well. We thank our partner the Ontario Society of Occupational Therapists for nominating the OACAO for a **Citation Award** with the Canadian Association of Occupational Therapists. We were honoured and proud to receive this recognition.

Thank you to all who attended the **OACAO's 2022 Annual meeting on November 7<sup>th</sup>**. Thank you to OASSIS Benefits for Not-For-Profits for sponsoring the event. We have conducted our Annual meeting virtually for the last two years and will continue to do so again in the Fall of 2023.

Thank you to the over 125 centres who supported and responded to our **2022 SALC / OACAO Member Profile Survey**. The results are in and a full report will be launched in early 2023. The survey gathered vital information about current trends and issues that are impacting the sector and focused on the impact of the COVID-19 pandemic on centre operations and explored what the sector needs to re-build and thrive in a post-pandemic era. The OACAO will use the data and results collected to determine how best to support the sector moving forward. The OACAO will be conducting **another survey** in the new year with a focus on **Volunteer Engagement, Re-engagement and Recognition**. We will be asking all our members to participate by sharing it with your current, past and potential volunteers. Let's learn together what it will take to get our volunteer programs strong again.

We have 2 pages filled with our **Winter Capacity Building Webinars** so make sure you take a look at pages 9 and 10 and please register in advance! We are especially proud of a webinar we are co-hosting with HelpAge Canada and CORE Canada on March 21<sup>st</sup> titled: **Aging Lives Uprooted: Welcoming and Supporting Older Refugees to Canadian Communities**. The SALC / Member Profile survey informed us that around half of participating centres hosted immigrant, refugee, and newcomer older adults, including 14% who serve Ukrainian seniors. Some centres have a mandate to serve specific ethno-cultural communities, while others host social and recreation programs in multiple languages. Centres called for more

...cont'd

training and resources to create more inclusive environments and better meet the needs of these communities. We are hopeful that this webinar will provide the opportunity to learn more about newcomer older adults and how our centres can support them.

The OACAO continues to expand our **Links2Wellbeing: Social Prescribing for Older Adults project** with more centres coming on board this Fall. We have made several presentations to different sectors, community groups and supported the virtual Social Prescribing Conference on October 20<sup>th</sup>. Please don't hesitate to contact Dena or myself if you are interested in learning more about this exciting project. Social Prescribing is really picking up momentum in Canada, and the OACAO have been ahead of the curve all the way! See page 12.

We thank the **Ministry for Seniors and Accessibility** for their continued funding support to host Capacity Building events, develop valuable resources, conduct sector-wide surveys and administer and support the Seniors Active Living Fairs program. We had 39 very successful **Seniors Active Living Fairs** from August - November with almost 30 more to come in January and February. See page 11 for aggregate participant and exhibitor feedback from the Fairs held in August and September. These events continue to prove that they are extremely valuable for our centres and our communities.

**Thank you** to all our members for sharing your uplifting stories, program initiatives and events. Your shared successes will provide ideas and solutions for our members across Ontario. Thank you to our Business Partners for your continued support of the OACAO and our members.

*Wishing you peace, joy and love as you spend time with family and friends. We look forward to working together to do more amazing things in 2023.*

Sue Hesjedahl



Sue Hesjedahl  
Executive Director



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

**OACAO**

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



## MAKE SURE TO FOLLOW THE OACAO ON SOCIAL MEDIA



@oacao



@TheOACAO



## Thank you and Welcome to our 2022/2023 OACAO Members

Update  
your  
Information



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](mailto:admin@oacao.org) or call 905-584-8125 or Toll Free at 1-866-835-7693.

## Welcome to our New Members



**Active Lifestyle Centre/Maple City Centre for Older Adults**  
20 Merritt Avenue, Chatham, ON N7M 6G9  
• 519 352 5633

**A Big Welcome to our  
New Individual Members also!!**



**University  
Settlement**  
FOUNDED 1910

**Hindu Samaj Seniors Wellness Club**  
6297 Twenty Road East, Hannon, ON L0R 1A0  
• 365 833 2625

**University Settlement**  
23 Grange Road, Toronto, ON M5T 1C3  
<https://universitysettlement.ca/> • 416 598 3444

## Thanks for your Support!

We would like to thank Martha Mackintosh and Sue Hesjedahl for their donations as well as a donation made in memory of Kathleen Leslie Binns. Thank you very much for donating to the OACAO.

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

Go to [www.oacao.org](http://www.oacao.org) and click on the Donate Now button.

Charitable Registration No. 125123471 RR0001

Please consider the OACAO for your charitable donation.



## 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	<a href="mailto:kpapillon@aurora.ca">kpapillon@aurora.ca</a>	TBA - in person late-February (contact Karie)
Eastern	Monique Doolittle-Romas	<a href="mailto:mdoolittle-romas@thegoodcompanions.ca">mdoolittle-romas@thegoodcompanions.ca</a>	Wednesday, January 11 <sup>th</sup> at 2:00 pm
Golden Horseshoe	Julie Pennal	<a href="mailto:Julie.pennal@oakville.ca">Julie.pennal@oakville.ca</a>	Tuesday, February 28 <sup>th</sup> at 3:00 pm
Grand River	Sue Hesjedahl	<a href="mailto:sue@oacao.org">sue@oacao.org</a>	Tuesday, January 24 <sup>th</sup> at 1:00 pm
Metro	Lisa Tobio	<a href="mailto:yorkfairbank@on.aibn.com">yorkfairbank@on.aibn.com</a>	Tuesday, January 10 <sup>th</sup> at 9:30 am
Northern Regions	John Richer	<a href="mailto:john.richer@greatersudbury.ca">john.richer@greatersudbury.ca</a>	Wednesday, January 25 <sup>th</sup> at 2:00 pm
South West	Karen Pyatt-Westbrook	<a href="mailto:kpyatt@bgclondon.ca">kpyatt@bgclondon.ca</a>	Thursday, February 9 <sup>th</sup> at 1:30 pm

## OACAO 2022 Awards Program

We would like to celebrate and recognize all the successes and achievements of the 2022 Award Winners. Those special volunteers, staff, and community partners that continue to make our organizations so amazing!



### CONGRATULATIONS TO ALL!

<b>Award of Merit - Staff:</b>	Christine Lehn	Leamington Half Century Centre
	Melanie Theil	Senior Friendship Club
<b>Award of Merit - Volunteer:</b>	Mieke Mahood	Pembroke 50+ Active Living Centre
	Carina Paradela	First Portuguese Canadian Cultural Centre
<b>Regional Award of Excellence:</b>	Karie Papillon	Aurora Seniors Centre
<b>Award of Distinction:</b>	Suzanne Teixeira	York West Active Living Centre

## Conference 2022 Wrap Up

**WOW!** I hope you all enjoyed our second ever, Virtual OCAO Aging Well conference held on Oct. 17 & 18, 2022. Our theme “People, Passion, Possibilities” could not have been better suited for the amazing staff, volunteers and seniors that are members and friends of the OCAO. We wanted to formally thank the delegates, community partners and special guests again for your participation in an engaging, exciting, educational and epic two days of learning, sharing and networking. We made the decision to keep the Conference virtual for a second year and were absolutely thrilled with over 260 delegates participating online! We continue to grow and learn as a community through thick and thin!

If you missed this year’s inspiring conference do not despair! You can purchase the conference recording at <https://oacao.wildapricot.org/event-5009980> for only \$20!

There were so many highlights from the conference, myself personally, I had so many memorable times including the incredible Indigenous welcome by Canadian Author Michelle Good; the opening Keynote by Javed S. Khan regarding “Digital Marketing Trends”; and who can forget the warmest welcome we received from the Honourable Raymond Cho, Minister for Seniors and Accessibility, whose support and enthusiasm could be felt through the screen!

To the committee, thank you so very much for your time, effort and commitment. This year was one to remember as we used our learnings from our first virtual conference to make our second one even bigger and better!

I hope you enjoyed the process as much as I did and wish you the best of luck with the 2023 Conference which will be in person! The OCAO 2023 Aging Well Conference is planned for October 23<sup>rd</sup> & 24<sup>th</sup> in Mississauga and will feature dynamic speakers, celebratory social events, amazing workshops, networking, OCAO awards and so many exciting surprises! And will be a celebration to remember as the OCAO will be celebrating our 50<sup>th</sup> Anniversary!!!

I can't wait to see what the OCAO has in store for us next year! With sincere thanks for putting your time, funds and energy into Aging Well, we hope the Conference inspired you and provided you with some much-needed social connection and learning opportunities.

Thank you to our amazing core Conference Planning Committee including: Julie Pennal, Sarah Feeney-Martin, Kelly Meeussen, Suzanne Teixeira, Sue Hesjedahl, Dena Silverberg, Lisa Tobio, Fiona Mueller, Karie Papillion, Lina Zita, Karen Pyatt-Westbrook and Jaye Kuntz. Thank you to many other volunteers who assisted as moderators, tech support and many behind the scenes roles that made everything run smoothly!

We would also like to thank our generous Conference Sponsors and Business Partners for their continued support. We thank our Conference Title Sponsor – Arbor Memorial Inc.; Gold Sponsors – Johnson Insurance and The Good Companions Seniors Centre; Silver Sponsor – Sanofi Pasteur and our Bronze Sponsor – OASSIS Benefit Plans for Not-For-Profits.

**See you all IN PERSON at Conference 2023!**

With Thanks,  
Dena Silverberg (Committee Member/OCAO staff)



### OUR CONFERENCE WINNERS!

#### Five Little Indians Book Winners

Moninder Nahar - Town of Ajax  
Anna Do - St. Demetrius Development Corporation

#### Yeti Cooler Winner

Life After Fifty Centre in Windsor

#### Goose Chase Winners

Catherine Ross, Celeste De Almeida, Jolaine Montgomery, Stephanie Hartwick and Julie Pennal

### CONGRATULATIONS!





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

**OACAO**

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



## OACAO – Celebrating 50 Years in 2023!

The Older Adult Centres' Association of Ontario (OACAO) was founded in 1973 based on the common interest of senior centres in Ontario and was incorporated as a not-for-profit corporation in 1982. Over the years, the Association has grown through the hard work, dedication and passion of many incredible volunteers and staff.

The supportive work of the OACAO is vast and focuses on education, partnerships, sharing of information, advocacy, liaising with the provincial government, newsletters, annual conferences, fairs and more.

Starting in January 2023, 50<sup>th</sup> Anniversary celebration ideas and initiatives will be shared at OACAO Regional meetings. We hope groups will share memories and photographs, celebrate with food, host virtual workshops and trivia contests and host in-person meetings. Join us throughout 2023 as we celebrate with ideas and activities culminating in a final celebratory bash at the OACAO 2023 Aging Well October conference in Mississauga. Please reach out to [info@oacao.org](mailto:info@oacao.org) if you have any questions or to share ideas and suggestions on how the OACAO can celebrate this amazing milestone!

You can mark all the OACAO 50<sup>th</sup> events with your 50<sup>th</sup> Anniversary Calendar enclosed!



[www.activeagingcanada.ca](http://www.activeagingcanada.ca)

## Free Access to Older Adult Online Programming

The shift to accessing online programming in the last few years has resulted in great adaptations to continue offering services to older adults. However, the return to in-person programming has also been a reminder of older adults who had and continue to have difficulty in accessing programming; for example due to mobility issues or geographical locations. [Active Aging Canada](http://www.activeagingcanada.ca) is pleased to

have received funding from the Ontario Seniors Community Grant to partner with our member [Art Your Service](http://www.artyourservice.org) to offer free access to their older adult online community for 5 months. This project seeks to reach out to older adults living in rural areas, those with limited income, and those with mobility issues (and their caregivers too!). Art Your Service offers two daily live, interactive sessions such as daily fitness, painting classes, nature and book lectures, and more. Enrollment begins on demand and there is no time commitment. This opportunity is a great way for older adults to stay engaged and active over the Winter months! Please share this opportunity. For more information contact Jen Tindall at [jen@artyourservice.org](mailto:jen@artyourservice.org)





## Canada Summer Jobs wage subsidy

From: **Employment and Social Development Canada**

Canada Summer Jobs (CSJ) provides wage subsidies to employers from not-for-profit organizations, the public sector, and private sector organizations with 50 or fewer full-time employees, to create quality summer work experiences for young people aged 15 to 30 years.

**Accepting applications until January 12, 2023 11:59 am (Pacific Standard Time)**

<https://www.canada.ca/en/employment-social-development/services/funding/canada-summer-jobs.html>

## Contribution salariale d'Emplois d'été Canada

De : **Emploi et Développement social Canada**

Emplois d'été Canada (EEC) offre des contributions salariales pour inciter les employeurs à créer des emplois pour les jeunes. Ce programme fournit des fonds aux organismes sans but lucratif et aux employeurs des secteurs public et privé de 50 employés ou moins travaillant à temps plein, afin qu'ils créent des occasions d'emploi d'été de qualité pour les jeunes âgés de 15 à 30 ans.

**Acceptation des demandes jusqu'au 12 janvier 2023, 11h59 (Heure normale du Pacifique)**

<https://www.canada.ca/fr/emploi-developpement-social/services/financement/emplois-ete-canada.html>



Ministry of Tourism, Culture and Sport  
Ministère du Tourisme, de la Culture et du Sport

## 2023 Summer Experience Program (SEP)

The Summer Experience Program (SEP) provides funding to eligible not-for-profit organizations, municipalities, Indigenous organizations, and First Nation communities to create meaningful summer employment opportunities for students.

**Applications must be submitted online through Transfer Payment Ontario no later than 5:00 PM Eastern Standard Time (EST) on Wednesday, January 18, 2023.**

<https://www.ontario.ca/page/available-funding-opportunities-ontario-government#section-23>

## Programme Expérience Été (PEÉ) 2023

Le Programme Expérience Été (PEÉ) accorde un financement aux organismes sans but lucratif, aux municipalités et aux organismes autochtones et des Premières Nations admissibles afin de créer des emplois d'été valorisants à l'intention des étudiants.

**Les demandes doivent être soumises en ligne via Paiement de transfert Ontario au plus tard à 17 h, heure normale de l'Est (HNE) le mercredi 18 janvier 2023.**

<https://www.ontario.ca/fr/page/possibilites-de-financement-offertes-par-le-gouvernement-de-lontario#section-22>



# OACAO 2023 WINTER WEBINARS

## CAPACITY BUILDING



### **The Critical Role of Older Adult Centres in Recognizing and Supporting Caregivers** **Tuesday, January 24, 2023 from 10:00am – 11:00am EST**

**Presenter: Alison Kilbourn, The Ontario Caregiver Organization**

There are 4 million caregivers across Ontario, providing care to family members, partners, friends, or neighbours, and the majority of caregiving in Ontario takes place in the community, caring for someone at home. Connecting caregivers to the support they need is critical to improved health outcomes for both older adults and their caregivers. Older Adult Centres can play a key role in recognizing the role of caregivers, engaging with them and directing caregivers to support. This webinar will discuss the impact of caregiving on caregiver well-being, offer practical strategies and tools for Centres to engage and support caregivers, and provide an overview of programs and services that are available for all caregivers across Ontario offered by The Ontario Caregiver Organization.

### **Tips and Tricks to Excellent Social Media Content!** **Thursday, February 2, 2023 from 1:00pm – 2:00pm EST**

**Presenter: Tim Campbell-Smith, Strategist**

Businesses produce a lot of content, consumers are exposed to a lot of content, and it's everywhere...but how do we make it stand out from the noise? In this interactive webinar we'll cover what kind of content people love, considerations when planning for content and little tips and tricks to elevate your content.

### **Benefits of Older Adults in the Workforce** **Wednesday, February 8, 2023 from 1:00pm – 2:00pm EST**

**Presenter: Rene Vanderhaeghe, Chartwell Retirement Residences**

At this webinar you will learn about: Demographics Trends, The Great Resignation Era, Benefits and Experiences of having older adults in the workforce, and Age Discrimination.

### **Resilience, Retention & Recruitment: The three Rs keeping you up at night** **Thursday, March 2, 2023 from 10:00am – 11:00am EST**

**Presenters: Danielle Rocheleau and Valentina Kibedi, Laridae**

Leaders today are facing a multitude of pressures and challenges. The top three that seem to be consistently top of mind:

- #1. Recruiting and retaining great staff,
- #2. Prioritizing diversity, integrating equity, and ensuring inclusivity in everything we do
- #3. Rebuilding a healthy workplace culture.

Join us in this 1-hour webinar to explore the practical steps and strategies that leaders can take to begin addressing these challenges, and ultimately strengthen their organizations.

*OACAO 2023 Winter Webinars cont'd...*

# OACAO 2023 WINTER WEBINARS

## CAPACITY BUILDING



### **Indigenous Resiliency & Relationship Building** **Tuesday, March 7, 2023 from 1:00pm – 2:30pm EST**

**Presenter: Caitlin Patterson, Consultant and Inclusion Specialist**

This 90-minute workshop will aim to provide participants with an opportunity to deepen their knowledge of Indigenous experiences in Canada – and specifically in Ontario – while learning how to take steps to build strong relationships with Indigenous community members.

### **Aging Lives Uprooted: Welcoming and Supporting Older Refugees to Canadian Communities** **Tuesday, March 21, 2023 from 12:30pm – 2:00pm EST** **(OACAO in collaboration with HelpAge Canada and CORE Canada)**

This webinar will paint a picture of the older adult refugee experience in Canada, including the effects of fleeing conflict zones, the process of seeking asylum, and what it means to have lost everything. We will hear from those working in the field - nationally, provincially, and locally – who will share their experiences and how they support older adult refugees. Finally, older refugees themselves will be with us to share, first hand, their experience of coming to Canada. The webinar is for those working in the community-based seniors sector or those serving older refugees and their allies. Join us for an informative and heartfelt discussion, learn and share best practices in supporting older refugees, and discover available programs and resources.

### **Seniors Outdoor Activation Toolkit Review** **Wednesday, March 22, 2023 from 10:00am – 11:00am EST** **Presenter: Ara Manrikyan, WoodGreen Community Services**

The Seniors' Outdoor Activation Toolkit tells the story of a partnership between WoodGreen Community Services, 80 Cities and seniors who saw the pandemic as an opportunity to flip the standard for seniors' programming on its head. The Toolkit aims to expand seniors' opportunities to safely participate in social and recreational activities by equipping service providers with an online guide for adapting seniors' programming to outdoor settings. Hard copies of the Toolkit will be mailed, one copy per centre, after the webinar.

**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**

**For more information, contact OACAO 905-584-8125 or  
Toll Free 1-866-835-7693 or email Lina Zita at  
[coordinator@oacao.org](mailto:coordinator@oacao.org)**

Funding provided by:

**FREE**

**OACAO**

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

**Ontario**

## ***OACAO Seniors Active Living Fairs 2022 – 2023***

We have completed 39 Seniors Active Living Fairs and 28 are being planned for January and February 2023 + a virtual Northern Regions Seniors Active Living Fair.

**Some highlights from the OACAO's Interim Report for the 17 in-person Fairs that were held in August & September:**

Despite sector challenges: HR challenges for SALCs - staff coming down with Covid-19, staff capacity, staff turnover and volunteer recruitment and engagement challenges, feedback has remained positive for participants and exhibitors.

- Participant Feedback:
  - 85% of the participants reported having acquired new knowledge
  - 92% of the participants reported they would recommend the fair to a friend
  - 81% of the participants reported feeling more connected to services and programs in their community
- Exhibitor Feedback:
  - 94% of the exhibitors stated that their time was well spent
  - 94% of the exhibitors stated that the fair was well organized
  - 95% of the exhibitors stated that the fair met their expectations

For more information check [www.oacao.org/events/seniors-active-living-fairs](http://www.oacao.org/events/seniors-active-living-fairs) or contact Lina Zita at [coordinator@oacao.org](mailto:coordinator@oacao.org).



### ***VIRTUAL NORTHERN REGIONS SENIORS ACTIVE LIVING FAIR***

**Thursday, March 23, 2023 from 12:30pm – 3:00pm**

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

**Presentations on:**

**Staying Healthy with Diabetes and Protect Your Health Demonstrations**

**FREE PUBLIC EVENT**

**CLICK HERE TO REGISTER:**

[HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZELFU2OQZOIGT2NUYDF0XBKDBFMTRFZD4YQ](https://us06web.zoom.us/join/9876543210)

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

Hosted by:

**OACAO**

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La voix des centres pour aînés

Funding provided by:

**Ontario** 



***Newsletter Submission for Links2Wellbeing Winter Update – submitted by Dena Silverberg***

It's almost the holiday season and I couldn't be happier to welcome in a new a bright year! We are well into year two of our three-year project and we are 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 (Year 2 and Year 3)
- Opportunity to engage volunteers as Volunteer Link Ambassadors (VLAs)
- Support for community outreach and materials to help your Centre
- Builds Centre Membership and 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 Links2Wellbeing clients)
- Tools and Resources Kits available in paper format and digital through google drive including new outreach postcards for primary care providers and **new VIDEO!** <http://www.oacao.org/programs/links2wellbeing/>

Two Designated Centre Contact (Staff) Training sessions were held in the Fall of 2022, one on September 22<sup>nd</sup>, another on November 24<sup>th</sup>, 2022. A Volunteer Link Ambassador (VLA) Training was also held on November 2<sup>nd</sup>, 2022. Trainings are 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 Monday, January 16<sup>th</sup>, 2023 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 4th Conversation Café on Monday, January 23<sup>rd</sup>, 2023 at 12 noon with special guest TBA!** 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](mailto:dena@oacao.org) to set up a meeting to learn more.



# Older Adults are Building New Connections and Friendships in Your Community!

The **Links2Wellbeing: Social Prescribing for Older Adults** project can help:

- Improve health and wellbeing by connecting to social, recreational and physical programs
- Enhance access to transportation, virtual programs, and friendly phone calls



**For more information**

1-866-835-7693

L2W@oacao.org

[oacao.org/programs/links2wellbeing/](https://oacao.org/programs/links2wellbeing/)



Scan to find a  
Seniors Active Living  
Centre near you



**Links2Wellbeing**  
social prescribing for older adults



**OACAO**

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

## **Technology Information and Knowledge Sharing Virtual Workshops** **Via Zoom and 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, February 7, 2023 at 10:00am EST**

**Tuesday, March 7, 2023 at 10:00am EST**

**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 Virtual Workshop Topics: Technology, Access and Support for Seniors Introduction, Migration from regular tablets to seniors friendly tablets, Guidelines for selecting tablets, How to provide an encouraging technology experience to seniors, How to make devices (tablets & computers) safe, How to do safe browsing on the internet and Online banking & shopping for seniors, Comparison of default Cyber Security features and Online banking & shopping for Seniors, Hands-on Online Banking, How to evaluate and select home internet package and Common cell phone and Wi-Fi signal reception (strength) issues, Comparison of various computer technologies, Setting up Hybrid Program Environment for senior-serving organizations, Zoom Training Basic and Intermediate, Choosing Maintaining and Safeguarding Your Device, Technology for Seniors with early Alzheimer's and Dementia, and Digital Transformation of Services for Seniors.

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

## Ways you can be dementia-friendly



The Dementia-Friendly Canada project is pleased to announce the launch of the public service announcement (PSA) video series, *Ways you can be dementia-friendly*. These short (under 90 seconds) PSAs depict common scenarios people may encounter in their work while interacting with someone living with dementia and demonstrate ways to ensure they feel included and supported. The four PSAs speak to the following strategies:

1. **Reducing distractions:** This PSA speaks to the dementia-friendly actions you can take if you encounter someone who seems to be overwhelmed or distracted because of a busy environment.
2. **Ensuring participation:** Keeping up with instructions can be challenging for all of us, and this is especially true for people living with dementia. This short PSA shows the importance of demonstrating instructions and making them clear.
3. **Providing assistance:** Many of us will interact with someone living with dementia in our communities as we complete our day-to-day activities. We might even encounter someone living with dementia who appears lost or disoriented. This short PSA describes how you can best approach someone if you feel like they may need some guidance in finding their way.
4. **Responding compassionately:** We all want a little understanding. This short PSA shows the importance of connecting with someone living with dementia rather than correcting them.

To learn more about ways you can be dementia friendly and view all the videos, visit [Alzheimer.ca/DementiaFriendlyCanada](https://Alzheimer.ca/DementiaFriendlyCanada).

## Elder Abuse Prevention Ontario

<https://eapon.ca>



Elder Abuse  
Prevention  
Ontario

Elder abuse is a [serious and growing injustice](#). Research indicates, that 8 - 10% of older adults experience some form of abuse or neglect. Elder Abuse Prevention Ontario (EAPO), recognized for its leadership in EA prevention, delivers targeted educational workshops and topic specific training sessions, coupled with resource development and current information to community groups seniors and service professionals, about the complexity of issues impacting many older adults.

By **Stopping Abuse - Restoring Respect**, [EAPO](#) is committed to creating a safer Ontario for all older adults, so that this largest growing demographic, can feel safe, respected and have a strong voice free to enjoy the quality of life everyone deserves.

The shades of purple ribbons in our logo represent the international symbol for EA Prevention commonly associated with [World Elder Abuse Awareness Day](#). The circle emphasizes the interconnected relationships we share with community partners and the importance of working collaboratively to keep seniors safe.

That means, **EVERYONE has a role to play** in safeguarding older adults. We help our audiences, learn to recognize the warning signs and be able to respond appropriately in situations of elder abuse. Our newly launched website ([www.eapon.ca](http://www.eapon.ca)) offers an abundance of tools and resources where everyone can learn more.

**Please plan to join us at some upcoming, cost-free provincial webinars:**

**January 19th, 2023: [Power of Attorney for Personal Care: Pathways to Safeguard your Wishes and Prevent Abuse](#)**

**January 24th, 2023: [Ageing in the Right Place: Actions to promote healthy ageing in communities in Ontario](#)**

**January 27th, 2023: [Ageism in Canada: Reporting the Social and Economic Impacts and COVID-19](#)**



**[Risk Assessment of Older Adults: Practical Tools for Early Detection and Intervention of Elder Abuse](#)**

**January 31st, 2023**

Once again, [EAPO](#) is excited to be hosting our **Virtual Elder Abuse Prevention Conference Series** dedicated to bringing together experts, practitioners, community partners, researchers, and older adults to share knowledge and practical tools for assessing risk to provide early intervention and response to elder abuse.

Funded by:



# Influenza Prevention in Adults 65+

Aging is associated with an increase in the risk and severity of influenza.

**Influenza and influenza-related complications can be severe, life-changing, or life-threatening for adults 65+.**



About 50% of adults 65+ have two or more chronic health conditions like diabetes, heart disease, or lung disease, which increase the risk of influenza infection and complications.

Hospitalization because of influenza may lead to loss in health and ability to be independent.

**Immunization prevents 40% of hospitalizations due to influenza in adults 65+.**



**The immune system weakens with age, but specifically-designed vaccines help create a stronger immune response.**

**Annual immunization is an effective and safe way for adults 65+ to lower their influenza risk.**

Talk to your doctor, nurse, pharmacist, or local public health office about getting immunized against influenza.



#### References:

Statistics Canada. Health at a Glance: Flu vaccination rates in Canada. <https://www150.statcan.gc.ca/n1/pub/82-624-x/2015001/article/14218-eng.htm>

Creditor, Morton C. Hazards of hospitalization of the elderly. *Annals of Internal Medicine*. 1993;118(3): 219-223.

Centers for Disease Control and Prevention. CDC study concludes flu vaccination prevents hospitalizations in older people. <https://www.cdc.gov/flu/spotlights/2013-2014/flu-study-hospitalizations.htm>

National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2022-2023. <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2022-2023.html>

## News from Golden Horseshoe Region

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The Golden Horseshoe Region held it's first in person networking lunch and learn in 2 years. Thank you to everyone who took the time to attend and support our region and the OACAO. We decided to make it a little different this year and hosted with a delicious lunch followed by a make and take learning opportunity that can be easily implemented at your centre. A Stampin' UP! Demonstrator joined us for a Pandemic Proof Program of card making and rubber stamping. Jennifer taught us how to make 3 beautiful holiday/winter cards that are fun to create, easy to do and requires very little planning on the part of the host

centre/program team. You supply the people, she supplies everything else. We had 17 members of our region and beyond participate and after a few oh I could never do that, or I LOVE doing this everyone walked away with a few gorgeous cards to start the holiday giving.

Thank you to Sue at the OACAO for her generous support of the event, for sharing updates and the good work that is being done on our behalf, the GH reps, members and volunteers for attending and Jennifer our Stampin' UP! Demonstrator for her beautiful cards.

Happy holidays everyone. Can't wait to start sharing Conference teasers with you. Stay tuned for how you can join our committee, save the date info and special celebrations to commemorate 50 amazing years!

Julie Pennal

Recreation Coordinator, Oakville Seniors Services



# Newsletter Contributions from our Members

## PIONEER CLUB ATIKOKAN

Submitted by: Celeste Zugec, Communications

### Pioneer Club Atikokan on Track for 50<sup>th</sup> Anniversary Plans

**Atikokan, Ontario – November 28, 2022...**Next year the **Atikokan Pioneer Club**, founded in 1974, will celebrate forty-nine years of fun with seniors and, “In 2024 we will observe The **Pioneer Club’s 50<sup>th</sup> Anniversary**. We are hoping to celebrate with a year full of exciting events for the seniors and their families,” says the Leadership Committee.

What was originally known as the *Atikokan Senior Citizens Club* then the *Friendship Club*, in 1976 became the *Pioneer Club Atikokan*. It began with only a few people but has grown to a membership of around a hundred-and-thirty-five, many of whom attend the daily activities on a regular basis. As with all seniors’ clubs there is a natural attrition as members move to be with younger family members or into long term care (LTC) facilities. However, there is an increasing number being added to its membership. In 2022, twenty-five new or returning members (those that did not renew in 2021) were added and six new members signed up for 2023. Thirty-one new members may not seem significant for larger centres but for a small rural community of only 2,642 (in 2021) that’s definitely a very big deal.

The effects of COVID cannot be overstated but the club leadership found a way around it and managed to keep it going with phone-in programs and volunteers that called to check on members’ wellbeing. This year, as on-site activities resumed, the people eagerly returned to enjoy regular face-to-face exercise, entertainment and events.

There’s never a dull moment as the club runs a myriad of well-thought-out programs, from exercise to BINGO, crafts, cards, pot luck dinners, afternoon teas, guitar lessons, Lunch’n’Learns, shuffleboard and pool, bocce ball (in the summer) and a *time out* just for coffee and a chat. There’s usually a pot of coffee on, the kettle is hot or can be boiled in short order and if you search a bit you might find a cookie in the cupboard.

“This year, we hosted a couple of fun events that involved the whole community,” stated club President Phyllis Angus. “Our *Father’s Day Brunch* brought out seniors with their extended family members and our *Ice Cream Social*, during Atikokan’s **Come Home Reunion** celebration, was well attended by many of the town folks, including the grandkids. We are hoping that 2023 will bring out even more people so that our anniversary year will be spectacular.”

“Next year does promise to be even better,” responded Kim Cross who, as Treasurer, has done an outstanding job at helping to achieve added financial resources for the club. “We’ve received funding for several of our programs such as phone in programs during COVID, Lunch’n’Learns, a new roof, and with help from OACAO, we will be running a **Seniors’ Active Living Fair** on January 12, 2023, at the Atikokan Legion. The motivation for our existence is unquestionably resources, wellbeing, and fun events to keep our seniors engaged.”

Elders are, themselves, a positive resource as they are people with valuable knowledge and time to volunteer. Vice-President, Jocelyne Cenerini pointed out that, “It will take some effort to get ready for a 50<sup>th</sup> Anniversary, so 2023 promises to be a very busy planning year with a need for more volunteers to help run regular programming and to form Anniversary Sub-Committees. Volunteers from Atikokan’s younger community would be welcomed as well.”

All of this is incredibly encouraging to a group for seniors run by volunteers. Atikokan is indeed well named as the *Little Town with a Great Big Heart!*

News updates to come in the new year.



**Information or to Set up an Interview:**  
Celeste Zugec, Communications  
[celestezuec@hotmail.com](mailto:celestezuec@hotmail.com)

Walk. Stretch. Learn. Aurora Seniors are moving, connecting and learning! With the Ontario Seniors Grant we have launched a weekly indoor walking club at one of our facilities indoor tracks free to all participants. We walk for 20 minutes followed by a 10 minute stretch then a 30 minute seminar with a different guest speaker every week. We have partnered with Chartwell to bring in topics such as Brain Fitness, Ask a Pharmacist and Preventing Scams. First visit to the walking club they receive a free walking bag with a water bottle with some walking tips and tricks. We have been broadcasting the seminars over zoom as well as in person so that the information is available to everyone.

We have noticed that the participants are meeting up with each other outside of walking club and have watched new friendships and connections blossom at the same time we are getting people moving.





Le Centre Pauline-Charron (CPC) est très impliqué dans plusieurs activités au sein de la communauté, à l'approche des fêtes et tout au long de l'année.

**Tricot :** Nos tricoteuses travaillent toute l'année, pour remettre environ 2 000 articles à huit organismes de notre communauté afin d'aider les gens dans le besoin.



### **Déjeuner Flocons de neige 2022: 53 000 \$ pour la banque alimentaire Partage Vanier!**

En partenariat avec le Centre des services communautaires de Vanier, comme à chaque année, le CPC est toujours impliqué activement dans la collecte de fonds de cet organisme.

**Campagne 1000 produits en 40 jours :** Cette année, le CPC a décidé d'aider les plus démunis en faisant la collecte de 1 000 produits d'hygiène en 40 jours. Ces produits ont été remis à Partage Vanier à l'occasion du Déjeuner Flocons de Neige. Grâce à la générosité de nos membres, l'objectif a été largement dépassé : la campagne a récolté 2 063 unités.



**Repas de Noël dans les résidences :** en collaboration avec le Centre des services communautaires Vanier, le CPC participe activement à la distribution des repas de Noël dans des édifices résidentielles de la communauté.



**Exercices dans la communauté :** le CPC poursuit sa mission de garder les aînés de la communauté actifs. En collaboration avec le Centre des Ressources Rideau Rockcliffe, une bénévole du CPC offre des exercices **Vie Active** une fois semaine aux participants des logements communautaires.

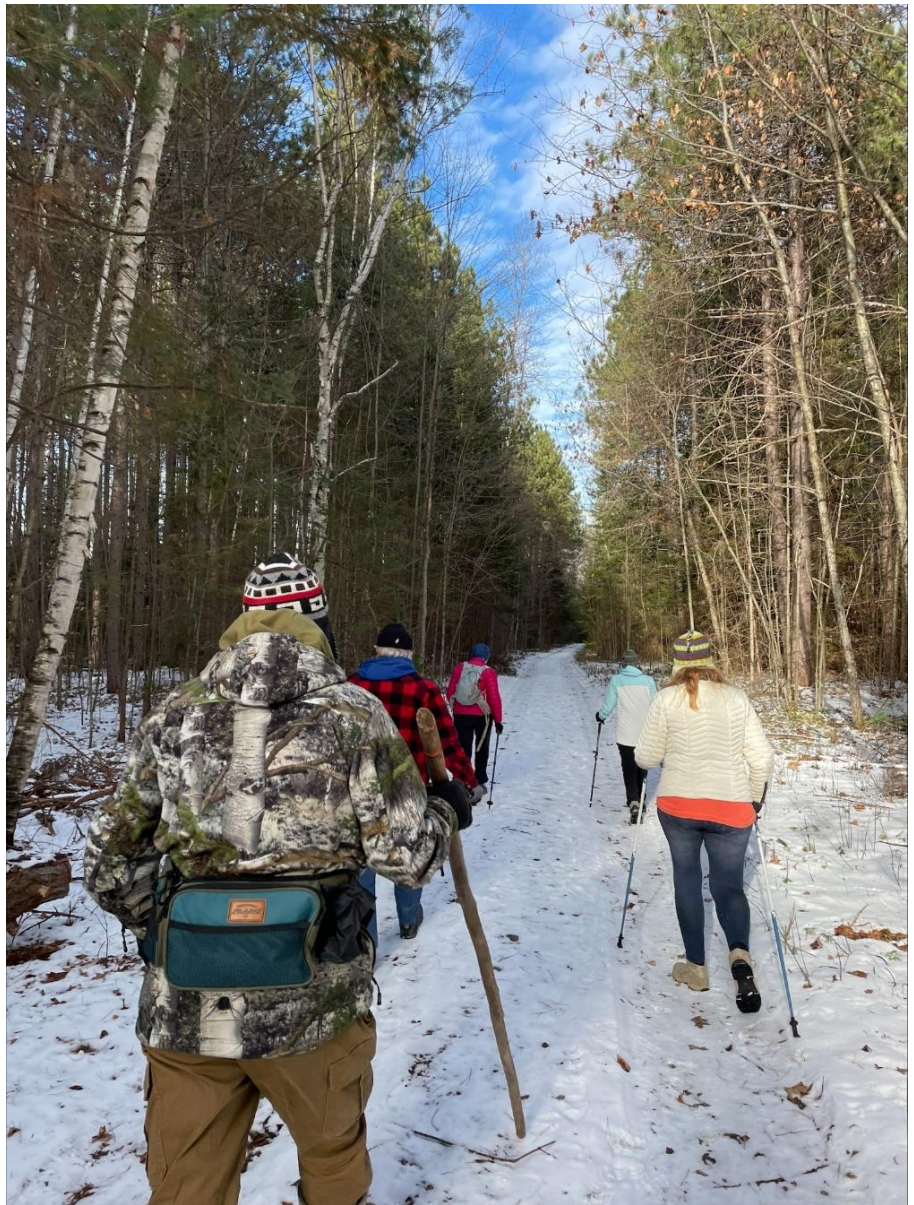




## EGANVILLE & DISTRICT SENIORS

*Submitted by: Kayla Menkhorst, Executive Director*

The Echo Centre presents... Eldertrekking In The Valley! This is a grant through the Government of Ontario, working through our Seniors Active Living Centre, with community partners to provide opportunities for seniors to learn how to do different outdoor physical activities. Eldertrekking In The Valley has been taking place throughout our local area, including neighbouring municipalities and the neighbouring First Nations Reservation to focus on rural, isolated seniors who would not usually attend our usual programs based on location, confidence in skill level or interest in current activities. Our structure for this program is to have a free introductory program for each type of adventure, from kayaking, e-biking, ice skating, hiking, kicksledding, etc, where participants can "Try It", which is then followed up within a week or so of a guided adventure club, and then that group continues to meet and go on adventures throughout the local area. New relationships are formed, friendships grow and skill levels all increase. We provide transportation to those who need it and all equipment is provided and our lending hub is available for post programming adventures, truly breaking down the barriers of accessible outdoor recreation. This program impacts an array of different seniors, it allows our more active older adults to take ownership of a program after our instructional classes and build their confidence in coordinating other social and physical get togethers with those of the same interests. By having safety tools such as first aid kits and GPS tracking communication tools, older adults will feel safe to explore and adventure outside of "town limits." We are excited to have Eldertrekking In The Valley throughout the long, winter months to give our older adults an opportunity to stay social and active while connecting and learning with others.





## Seniors' Virtual Active Living Fair

The Prince Edward County Community Care for Seniors Association offered it's fourth annual Active Living Fair and the second online version. This year, due to the unplanned

circumstances of what is occurring around each and every one of us, and to help keep seniors safe within our community – our annual Active Living Fair was presented virtually.

The fair began at the beginning of October and ran to the end of December. There were twenty presenters that took part in the webinars, all from various businesses and organizations that were within Prince Edward County and from surrounding areas.

**FREE** COMING UP December 2022  
**Seniors' Virtual Active Living Fair**  
To register call 613-476-7493

DEC 6	Keeping Our Community on the Move With Shelly Ackers, County Transit
DEC 7	Why Brain Health is so Important with Jennifer Loner, Public Education Coordinator Alzheimer Society of Hastings-Prince Edward
DEC 13	Foot Care, Meal Programs and rides to help seniors live at home With Co-ordinators from PEC Community Care for Seniors
DEC 14	Fraud Awareness, Current Scams and Safe Winter Driving With Constable Aaron Miller, Community Safety Officer PEC OPP
DEC 21	20 Questions, A chance to ask anything you might want to know more about from your local OPP With Staff Sgt. John Hatch, Detachment Commander, PEC OPP

The webinars took place on Tuesdays and Wednesdays starting at 1pm. The fair was **free to all** seniors 60+ that wished to participate. This means participants did not have to be a member of our Active Living Programs to partake in the webinars, they only had to reach out to our office and provide an email address. The Seniors' Virtual Active Living Fair had over forty participants connect to these webinars. Community Care was able to collect donations of fabulous items from the participating businesses and organizations and with those contributions were able to create "swag bags" to offer to the participants. The bags included pamphlets, brochures, treats along with a great deal of other information. There was also a draw after every webinar for an attendee to receive a door prize.



Feedback from the webinars has been positive. This fair made it possible for participants to learn more of what is available to them, and they were able to contact Community Care for Seniors, or the organization that presented, if they had any additional questions.

Through the Seniors' Active Living Fair we provided beneficial information and resources to seniors within our community.

Even while the Seniors' Active Living Fair was on offer, we continued with our regular online and in-person programming for members. A membership in the active living programs is at the low, annual cost of \$25. See at full line up of programming on the Activity Calendar on our website at [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

*Debbie MacDonald Moynes is Executive Director of The Prince Edward County Community Care for Seniors Association. Article written by Stacy Burris, Co-ordinator. Call 613-476-7493 for more info.*

The Rexdale Community Health Centre's Senior's Program has some exciting news to share. We are working together on a new project: Voices of Diversity: When voices of diversity share wisdom, those speaking and those listening are both empowered.

In response to the social isolation, loneliness, and fear created by Covid-19, RCHC has been laser focused for more than two years on building the capacity of our older adult community members. Our virtual seniors' program is, for many, a place of refuge where skills are developed, connections are encouraged, and isolation is alleviated. Throughout the pandemic, it's been inspiring to witness the tremendous spirit and determination exhibited by older adults in our community going virtual. The grace some seniors have shown when navigating the tribulations presented by lockdowns and their own mental and physical health concerns is something that anyone could learn from. However, with an ongoing lack of face-to-face social experiences, the capacity of our seniors to fully connect with their voices, thoughts, and ideas has diminished. Without the familiarity of in-person events to facilitate meaningful dialogue between people, it may appear to some older adults that no one is truly listening, nor is what they have to say of interest to others.

Voices of Diversity is a new project designed to provide older adults throughout the Rexdale community with an online platform to share their unique and encouraging story with peers and across all generations of listeners. The initiative will provide seniors with skills building experiences framed to re-discover their voices; to be heard, to listen and learn from one another, to inspire, and to be motivated.

Professor Markus Schafer from the University of Toronto, states that, "elderly people who don't have an opportunity to share their experiences feel their lives to be more pointless. While over-60s clearly benefit most from giving and sharing their worldly knowledge, it seems that this is the age where opportunities to do so become increasingly scarce." Building upon the concept of the popular, TED Talks, this project will document the curated stories/experiences/lessons of seniors who have wisdom to share in a series of well-produced short films. These videos will capture the voices of older adults from a diverse group of cultures, perspectives, and beliefs. Community is built when wisdom is shared and voices are heard.

Storytelling has been a way of preserving history, sharing wisdom, building community, and connecting people throughout the ages. It connects the storyteller to the audience by presenting a story that encourages the active imagination of the listeners.

In fact, our brain receives different stimuli when it learns something through stories because stories connect with our emotional side.

Storytelling gives us a voice, provides insight into other cultures and religions, promotes empathy, and strengthens our minds. We often find stories act as a mirror and give us a sense of personal identity by promoting creativity and inspiring adventure. There is no doubt that storytelling boosts emotional health for both the storyteller and the listener and thereby fosters social interaction and group unity.

We are excited to be engaged in this project with our amazing community of seniors.

Keep an eye out for your opportunity to participate in the launch of our films sometime in the New Year. All of us benefit through active engagement with story-telling!

Each film will be premiered on a live Zoom event, which includes a Q&A with the storyteller and a facilitated discussion with the audience. The result will be a professionally filmed video series that documents stories with life value told by RCHC seniors rich with wisdom.

*Joy (project participant) tells us - "Telling my story was very liberating. Victory can come out of defeat. Though you fall down, get back up again. Be willing to take advice and receive help from others. Don't allow yourself to be proud. Walk in humility"*

We look forward to sharing the wisdom of our seniors with all of our community!

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



C'est avec grand enthousiasme que Retraite active de Peel a repris ses activités au Centre Frank McKechnie en septembre.

Les groupes d'activités étaient contents de reprendre leurs rencontres régulières. Les clubs de tricot et de couture ont pu échanger sur leurs projets d'été et les projets à venir. Une dizaine de passionnés de vitrail se rencontrent chaque semaine pour fabriquer leurs œuvres et apprendre les uns des autres. Le format bien rôdé du cercle de lecture permet de riches échanges d'idées et de livres. Il semble que la pandémie a suscité l'intérêt pour la lecture car la vente de livres usagés en novembre fut un grand succès après un hiatus de deux ans.



Les amateurs de cartes et jeux sociaux se rencontrent régulièrement et le tournoi de canasta en novembre a suscité une compétition vive mais à l'amiable.

Du côté santé physique, il y en a pour tous les goûts : pilates, pickleball, aquaforme, marche nordique dans un magnifique décor d'automne, et pour ceux qui préfèrent rester chez eux, des exercices de renforcement physique en douceur via Zoom.

Quel plaisir de sortir ensemble, que ce soit pour aller cueillir des pommes par une belle journée de septembre, pour admirer les lumières de l'installation Illumi ou pour une tournée guidée du patrimoine de la ville de Mississauga.



Chudleigh's Farm, Milton



Ceux et celles qui aiment les arts profitent des ateliers organisés par Anne qui donnent suite à des activités commencées en 2021: fabrication de cartes de souhait, décoration de sous-verres et autres articles avec peinture à l'alcool ou acrylique, journal d'art.

Nous continuons à relever le défi d'utiliser le format hybride pour permettre à plus de membres de profiter de l'expertise d'une variété de conférenciers et conférencières sur des sujets touchant la santé physique et la santé mentale, et les sujets d'actualité.

Quelle plus belle occasion pour se réunir que de célébrer le temps des Fêtes? Notre fête de Noël clôturera les activités d'automne, avec un repas et un concert avec Nathalie Nadon et Janie René.

Nous sommes ravis de continuer à accueillir de nouveaux membres. Si vous désirez en savoir plus n'hésitez pas à visiter notre site web:  
[www.retraiteactivepeel.ca](http://www.retraiteactivepeel.ca)

## **Innovative Programming at Abbotsford House, Ottawa**

In 2020, we pivoted all Senior Active Living Centre programming to Zoom. As in-person resumed, some clients indicated they wished to continue using virtual classes, so we continue to offer a variety of programs in-person and zoom. By doing so, we were even able to retain a popular instructor who moved. This fall we restarted our weekly speaker series which had been on hold during the pandemic. We now present our weekly series in a hybrid model. The speaker presents to a live audience while simultaneously on zoom. Both platforms are well attended. Members love having the option to attend on Zoom any time they cannot attend in person.

As we introduced our zoom programming we realized that not everyone had the ability to join these programs. We obtained funding from Champlain Community Support Association and Royal Bank Foundation to provide tablets to seniors in need. This year we received additional funding from Ontario Trillium Foundation to expand our tablet loaning project, employing a fulltime staff member to manage the project and along with volunteers, provide one on one training with clients.

Both our Dementia day program and our Frail Elderly Day programs continue to have virtual components. We offer zoom and Mercuri sessions to both waitlisted and current clients. Clients accessing our virtual programming appreciate how it eases loneliness and provides purpose to their day. The opportunity to access services remotely made a great difference to clients and families

Many of our clients came to us with concerns about food insecurity. We accessed funding from Ontario Community Support Association, to provide a monthly food hamper to clients in need. We provide a personalized box of healthy food, the emphasis on fresh food and healthy ingredients for clients to make their own meals.



At The Neighbourhood Group, our Senior's Active Living Centre's have been offering many different programs during the pandemic. We pivoted to include our programs over zoom and other platforms to enable seniors who were self isolating to remain active and engaged with one another. Being able to provide many of these seniors the opportunity to have tablets and to learn new technology was especially enlightening and empowering for them!

The seniors in our Supportive Housing Buildings and the community enjoyed several summer outdoor activities and live concerts. Below is a wonderful selection of activities that seniors who were socially isolated, were able to attend and enjoy!

- ★ **Concerts:** participants sing and dance in a safe outdoor environment.
- ★ **Balcony Bingo:** from the comfort of their own balcony they can play this classic game
- ★ **Balcony Chair Yoga:** Our Yoga instructor facilitated this class following all the safety protocols and allowing our members to continue to have a healthy life style
- ★ **Walkathons:** our annual TNG Challenge fundraiser where groups of seniors and staff got together to walk, safely socialize and fundraise for seniors programs
- ★ **Winter Programs and Activities-** door to door delivery of homemade soups, stews, bread, crusty rolls and dessert.
- ★ **Halloween parties** dress up in costume for the occasion, play games outdoors during the pandemic.
- ★ **Day Trips** to different parts of the city
- ★ **Cooking Workshop** During the cold winter months, we offer virtual cooking workshops, where participants can cook a delicious healthy meals.
- ★ **Annual Cookbook** we created a healthy eating cookbook, where our senior member's participated in the creation of sharing traditional family recipes from all around the world
- ★ **Hybrid Games as Trivia Scattegories and Bingo**
- ★ **In Person: Congregate Dinning, Game Night, Darts, Pilates, Chair Yoga, Wii, Holiday Parties**

Concerts



Concerts



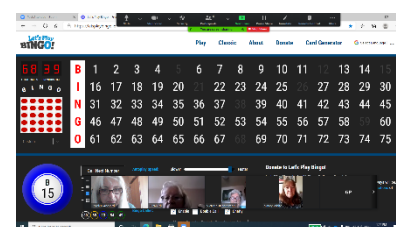
Walkathon



Halloween Party



Day Trips

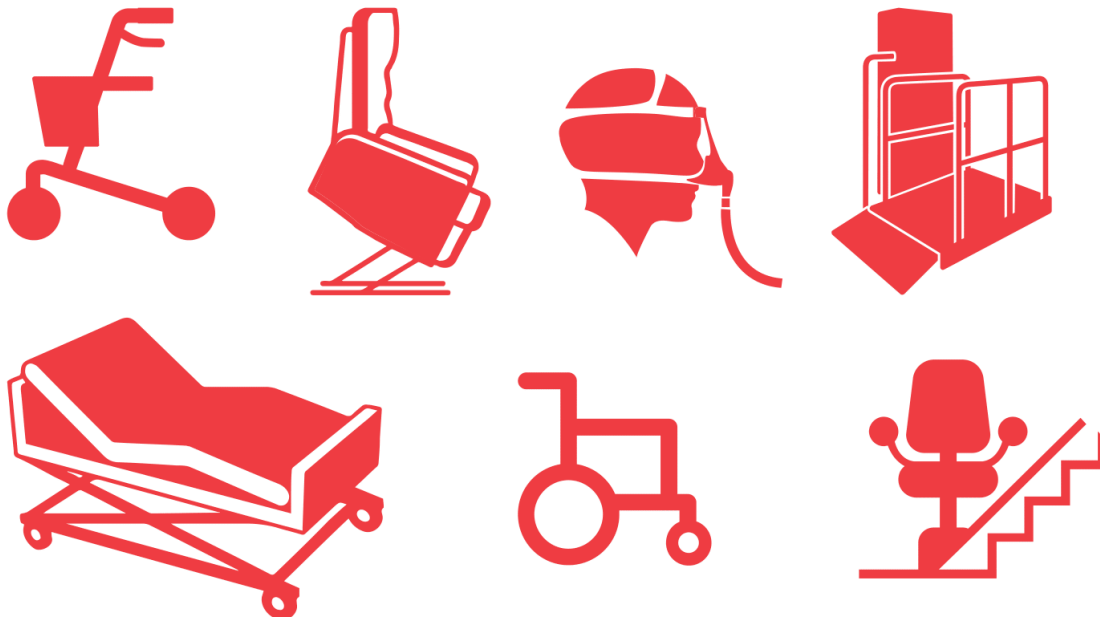


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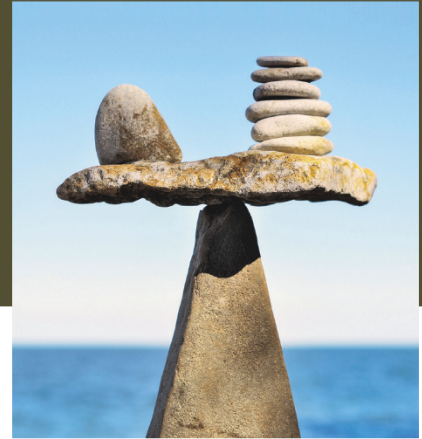
**[www.accessabilities.ca](http://www.accessabilities.ca)**

**905-825-5335**  
Oakville: 549 Bronte Rd.



**416-237-9654**  
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# Exclusive benefits for members of OACAO



## Arbor Alliances Program

Save on funeral and cemetery expenses  
for you and your immediate family members  
with these new special member discounts:

**4%<sup>†</sup> savings**

**for cemetery lots, niches  
and other interment  
rights and excludes  
above ground crypts**

**5%<sup>†</sup> savings**

**on all other funeral and  
cemetery products and  
services on final  
arrangements  
at time of death**

**10%<sup>†</sup> savings**

**on all other funeral  
and cemetery products  
and services on final  
arrangements made in  
advance**

PLUS! Access to Arbor Memorial's planning tools - FREE!

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**Alliances**  
by Arbor Memorial  
arboralliances.ca

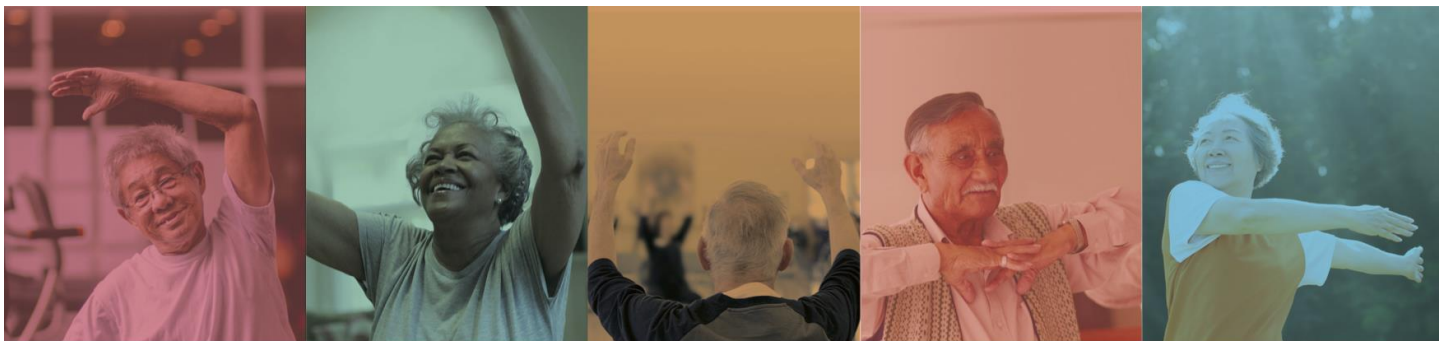
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<sup>†</sup>10% savings on final arrangements made in advance, excluding crypts which are offered at 5% savings if purchased in advance.  
For purchases made in Ontario: 4% savings for cemetery lots, niches and other interment rights and excludes above ground crypts.  
10% savings on all other cemetery products and services.

Arbor Memorial Inc.





# Dancer Not Dementia

CANADA'S  
NATIONAL  
**BAILET**  
SCHOOL  
*Sharing Dance*  
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Community Dance

Too often, stereotypes and prejudices reduce the identities and experiences of people living with dementia to the diagnosis of dementia. Let's challenge dementia-related stigma through dance.

Celebrate the creativity, joy, playfulness, community and connection of dancers living with dementia and their carers.

Join the conversation | #DancerNotDementia  
[www.dancernotdementia.ca](http://www.dancernotdementia.ca)



## NEW BOOK

Co-edited by Dr. Rachel Herron, Dr. Rachel Bar and Dr. Mark Skinner, *Dance, Ageing and Collaborative Arts-Based Research* focuses on the development of an innovative arts-based program for older adults and the collaborative process of exploring and understanding its impact in relation to ageing, social inclusion, and care.

Learn more at  
[www.nbs-enb.ca/dancernotdementia](http://www.nbs-enb.ca/dancernotdementia)

Lozinski Centre  
for Community  
Dance at NBS,  
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🌐 CHS.ca

Offer valid until January 31, 2023 or while quantities last.

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## HEARING CARE COUNSELLING PROGRAM (HCCP) FOR AGES 55+

Canadian Hearing Services offers free counselling services and supports to people aged 55 and over who have hearing loss to help improve communication with family, friends, and service providers; stay involved in social activities; and remain safe and independent at home. Our counsellors can also help select the right communication devices for you.

### FREE CONSULTATION AND SERVICES

To contact a hearing care counsellor:

☎ 1-866-518-0000 Ext.4294  
☎ 1-877-215-9530

✉ hearingcarecounselling@chs.ca  
🌐 CHS.ca



CANADIAN  
HEARING  
SERVICES  
RAISING THE BAR



# Enjoy a season of **social connection** at Chartwell

—  
This winter, would you benefit  
from a safe and social atmosphere  
where you can access support  
from friendly staff when  
you need it?



Chartwell's Winter Stay program  
offers **short-term accommodation**  
**with personalized services** such as dining,  
housekeeping, lifestyle and fitness experiences,  
and optional care support. And the best part?  
Our staff are on-site 24/7 so you or a loved one  
**never have to feel alone.**

Book your Winter Stay at a Chartwell  
residence in your neighbourhood today to  
enjoy a season of safety and social connection.

**Visit [Chartwell.com](https://www.chartwell.com) or call 1-844-727-8679.**



The holidays are a time for family, friends, and of course, food! Whether it be a classic spread or eccentric family tradition, a holiday meal is filled with memories and celebration. Heart To Home Meals aims to bring the taste of the holidays into your home without any of the fuss, making it convenient for seniors to enjoy delicious, nutritious, and heartwarming dishes during the most wonderful time of the year. Check out our favourite meals that are sure to spark some holiday cheer!

### Turkey with Cranberry Orange Sauce

It's hard to imagine the holiday season without a classic turkey dinner and all the fixings, and now, you don't have to. This elevated take on the traditional meal pairs roasted turkey breast slices with a tart, citrusy cranberry and orange sauce for a combination of flavours that perfectly compliment each other. With a side of stuffing, potatoes, and mashed turnip, seniors will have a well-rounded meal they can easily prepare in minutes. The best part? This turkey dinner is high in fibre and low in saturated fat and sodium, so every bite can be enjoyed worry-free.

### Traditional Pot Roast

A roast dinner for the holidays represents family, comfort, and tradition, but to get those deep, savory flavours, it takes time and effort to slow-cook a pot roast. To ease the stress for seniors during the holidays, Heart To Home Meals has prepared a tender, mouth-watering roast beef that's a perfect dish for the season. Topped with a silky gravy and served with mashed potatoes and an asparagus and pea medley, this Traditional Pot Roast is high in protein and fibre, but low in carbohydrates and saturated fat, delivering the perfect balance of comforting flavour and energy-boosting nutrition.

### Honeyed Ham

The caramelized yet smokey flavour of a honeyed ham is the quintessential fusion of salty and sweet, and this Honeyed Ham dish is no different! High in fibre and low in saturated fat, Heart To Home Meals has made it easy as pie for seniors to enjoy juicy slices of ham finished with a sweet, honey glaze. Accompanied by rosemary potatoes and carrots, this meal is guaranteed to get you in the mood for the holiday season.

### Homestyle Meatloaf

Looking for a change from the traditional roasts and turkey? Our Homestyle Meatloaf may be the perfect alternative! Topped with a mushroom and red wine gravy, this tender and flavourful meatloaf exudes the homemade comfort that the holidays are known for. Served with the classic pairings of mashed potatoes and mixed vegetables, seniors can enjoy the simple elegance of this dish while getting a boost of protein and fibre.

### Vegetarian Shepherd's Pie

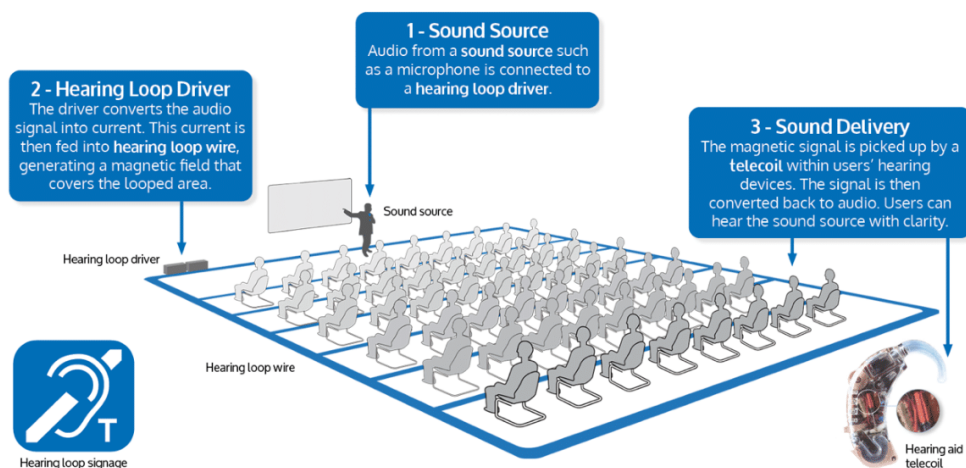
For seniors on the hunt for a vegetarian holiday meal, look no further than Heart To Home Meals' Vegetarian Shepherd's Pie. Replacing ground beef with hearty lentils and capped with smooth mashed potatoes, the homestyle flavours of this hearty and healthy dish are reminiscent of your favourite holiday moments. Accompanied by a vegetable medley of lima beans, corn, peppers, and onions, this meal is as full of nutrition as it is of feel-good deliciousness.

Put the pots and pans away and leave the holiday cooking to Heart To Home Meals. Explore these dishes and more [HERE](#).



**Do your members struggle to hear well within public spaces? If they wear a telecoil enabled assistive listening device, they need to know about Hearing Loops!!**

## How Hearing Loops Work



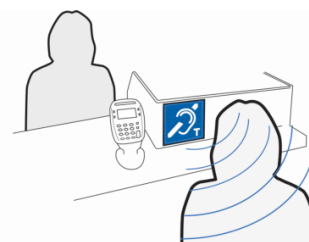
### What is a Hearing Loop?

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 in the image above.

### 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](http://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.

Most organizations are eligible to apply for various government funding / grants opportunities to offset the cost associated to installing assistive technology and making your spaces inclusive and accessible.

Contact us today for more information!

Stephanie Brown – 416-522-4771 | [stephanieb@hearingassistivetech.com](mailto:stephanieb@hearingassistivetech.com)



# Homecare Hub

## ABOUT US

Homecare Hub envisions a new system and new kind of care for older adults. We are creating a distributed network of high-quality, hyperlocal, small, shared living homes that are created ~30% cheaper than traditional long-term care options. We can provide light to heavy care for those in either shared living or in their own homes.



### SMALLER HOMES

High quality 2-12 person care homes on-demand as a ~30% cheaper option than traditional long term care options.



### PERSONALIZED CARE

Matches patients by characteristics and leverages excess capacity in homes through an Airbnb-like hosting process.



### FUTURE

Helps us solve our upcoming post-acute care crisis so we can serve our aging population with dignity in the years ahead.

Started in Toronto, now expanding across the country and the US, Homecare Hub will continue to create more shared living homes in 2023 to support older adults with caregiving and housing needs. Further, Homecare Hub seeks to partner with organizations working directly with older adults to help create more shared living homes in every community.

## Contact us today

1 (888) 227 - 3080  
[info@homecarehub.com](mailto:info@homecarehub.com)  
[www.homecarehub.com](http://www.homecarehub.com)





# OACAO

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

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Our team of Insurance Brokers are dedicated to helping you find the best coverage at the lowest price possible

### Why Choose Us?



Exclusive Discount of 10% on Auto & 15% on Home Insurance



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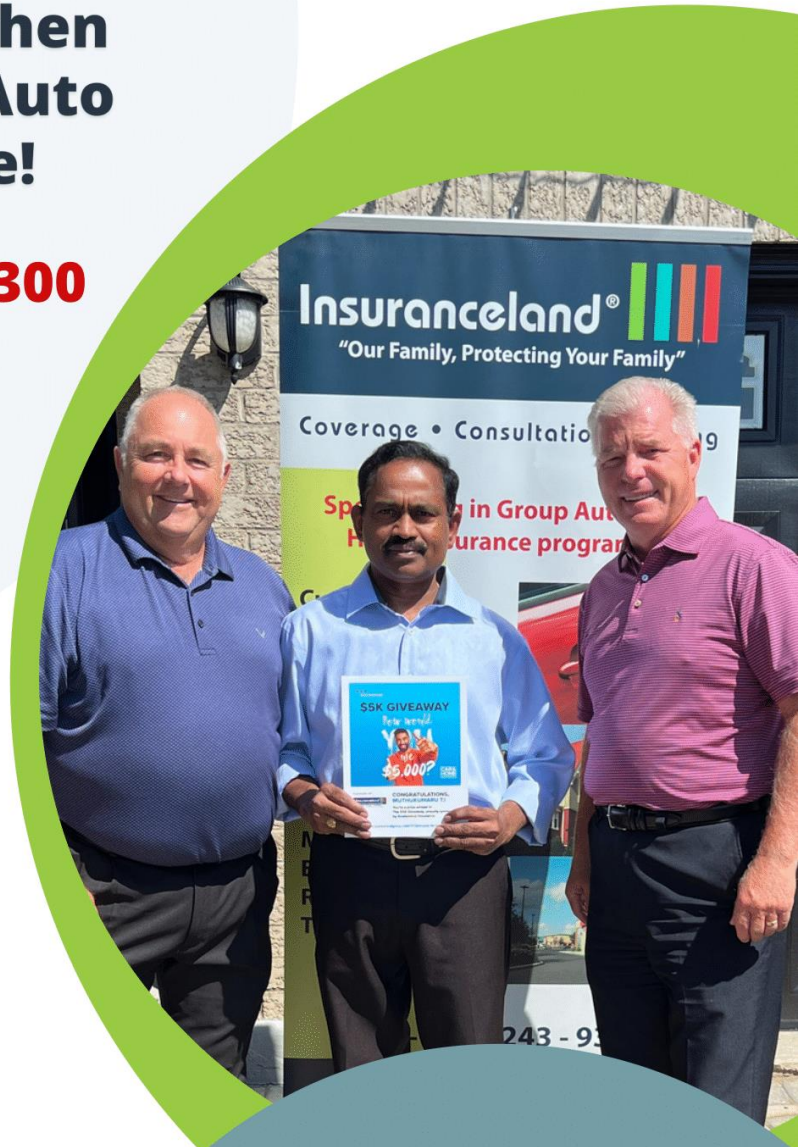
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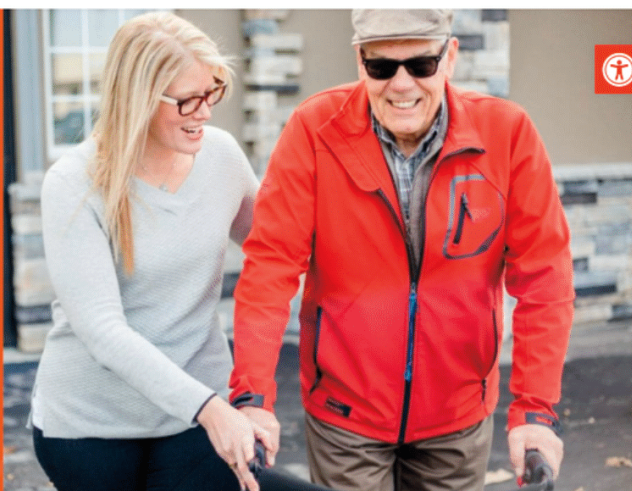
\*This contest is sponsored by Economical Insurance

# www.En-AGE.ca



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**STAY ENGAGED  
THROUGH EVERY  
LIFE CHANGE WITH  
OCCUPATIONAL  
THERAPY**



[En-AGE.ca](#) is made with the needs of **older adults**, informal caregivers, occupational therapists and **policymakers** in mind.

EN-AGE.ca features **10 modules** focused on common **later life transitions** and highlights **personal stories from older adults** as well as the supportive role occupational therapists play. Modules include:

**Thinking About  
Retirement**



**Staying Socially  
Connected**



**Deciding Where  
to Live**



**Managing Changing  
Health Status**



Ontario Society of  
Occupational Therapists

Email [osot@osot.on.ca](mailto:osot@osot.on.ca) to learn how occupational therapists can support your programming.



# Learn More About The Health Depot!

Our team of clinical pharmacists help make sure our patients are on the right medication and the right dosage to get the most from their therapy.

The Health Depot is now a certified compounding pharmacy, preparing customized prescription lotions, creams, and ointments.

We offer free telephone or online medication consultations with a clinical pharmacist.



**ANDREW DONALD**  
Clinical Pharmacist and President,  
The Health Depot

## Ask Andy!

**CONTACT US TODAY TO LEARN MORE, OR TO BOOK A PRESENTATION AT YOUR CENTRE.**

Some popular topics include:

- Pain management
- Medication overuse in older adults
- Sleep 101
- Over-the-counter medication safety

W W W . T H E H E A T H D E P O T . C A • 1 - 8 5 5 - 8 4 4 - 2 2 4 2

## Meet Margaret & Joe ...

“

“We lived in our house for decades and discussed moving into a retirement home many times. Every time we considered the move, we just felt so overwhelmed, and we kept putting it off.”

“Joe’s knee surgery was our wake-up call. Working with Keisha and her team was such a relief. We finally could see how everything was going to get done, and it did.”



## Our Clients Say

*“I Wish I’d Done  
This Sooner!”*

Imagine settling into your new community and looking back with relief — knowing your home’s been decluttered and sold and all the difficult decisions are behind you. And saying, “That wasn’t as hard as I thought it would be!”



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info@transitionsre.ca  
www.downsizingexperts.ca

*“You are not a transaction,  
You are making a Transition.”*

\* Fees may apply for services provided by third-party providers such as retirement communities, financial planners, senior move managers and organizers, cleaners, designers, lawyers, stagers, and more.

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WE MAKE  
**Downsizing into a  
Retirement Community**  
**STRESS-FREE & EASY**

## We Know It’s Not Easy!

Downsizing into a retirement community can be emotional and challenging.

Does this sound like your downsizing situation?

- You don’t have enough help
- You don’t know where to start
- Decluttering is daunting
- Selling your house is stressful
- You have hundreds of decisions to make
- You’re unsure of what retirement home to choose
- You’re unclear what type of care you need



## Downsizing Experts at Your Service

At Transitions, we’re  
compassionate  
Downsizing Experts and  
Licensed Realtors®.

We’re the only real estate brokerage in the Greater Toronto Area (GTA) that’s dedicated to serving the downsizing needs of people 50+.

WE  
BELIEVE

You deserve to be supported and cared for after a lifetime of caring for others.

Transitioning into a retirement community doesn’t have to mean giving up your independence and freedom.

You deserve a smooth and seamless transition into a retirement community.

MAKE YOUR MOVE  
EFFORTLESS WITH OUR

## Downsizing Done Right PROGRAM

An easy-to-follow, Step-by-Step Plan for decluttering your stuff, selling your house, and moving you to the right retirement community.

**Don’t Worry — We’ll Do the  
Heavy Lifting!**

You’ll have peace of mind knowing that we’ll:

- Coordinate all tasks, professionals, and services
- Make decluttering your home easier than you imagined
- Find loving homes for your treasured memorabilia
- Fully prepare your house for sale
- Sell your house as your trusted Realtors®
- Help you tour retirement communities and choose the best one for you

CALL YOUR DOWNSIZING  
EXPERTS TODAY!  
**647-948-7415**

# Newsletter Contributions from our Gold Business Partners

## Helping Canadian seniors in need, year after year

Amica residents, team members and sponsors support vulnerable seniors through the Amica Helping Hands Charity (AHC).



During the holiday season, Amica residents' and team members' hearts, minds and fundraising efforts are focused on helping seniors with low incomes. AHC recently funded hearing aids for an 89-year-old senior living in isolation with hearing challenges and cognitive impairment. This gift allowed her to communicate with her family again.

The charity also supplies food, gift baskets filled with necessities, and funding for vital medical and social services not covered by health insurance, to support vulnerable seniors who need our help more than ever.

## What is the Amica Helping Hands Charity?

Established in 2003, the Amica Helping Hands Charity provides Canadian seniors in need with goods, funds and services to help them thrive. Amica residents and team members fundraise throughout the year for the charity, by selling or auctioning their handmade crafts and artwork, for instance. In addition, the charity receives corporate sponsorship from valued partners across the country. AHC then partners with local non-profits, community-service groups and health organizations to assist seniors who need it most.

## Holiday gift baskets that make a difference

Every year, Amica residents and team members work with local organizations to lovingly pack and distribute gift baskets with non-perishable foods, a gift card for a grocery store or pharmacy and, often, hand-knit items created by Amica residents, such as a scarf or blanket. This December, we will deliver 2,700 baskets to seniors in need across Canada. As one grateful recipient wrote, "I cannot fully express just how much this Christmas gift meant to me in this most difficult year. The goodwill spirit of your thoughtful gift basket will nurture me."

## Supporting seniors through hospital foundations

The Amica Helping Hands Compassionate Fund also gives hundreds of thousands of dollars to non-profit seniors' and healthcare organizations such as Lions Gate Hospital Foundation in British Columbia and William Osler Health System Foundation in Ontario. These funds provide invaluable assistance for individual seniors, from covering the costs of dentures or dental work to paying for therapy equipment, mobility devices, nutritional supplements and more.

Lions Gate was able to provide grocery delivery to seniors, help fill much-needed prescriptions and even helped keep an 83-year-old client with Parkinson's disease safe in his home by providing critically needed grab bars.

## Creating innovative fundraisers each year

Amica team members and residents love dreaming up new and creative ways to raise funds for the charity. Amica Stoney Creek hosted a magical Christmas Market fundraiser, for example, complete with horse-drawn sleigh rides, a live ice sculpting demonstration, hot drinks and snacks and even a visit from Santa and his elf. These efforts not only raise money for underprivileged seniors, but they create experiences where volunteers can share their time and talents.

## Supporting our OACAO partners

Many Amica residences donate holiday baskets to our OACAO member centres annually. This year, Amica The Glebe will donate baskets to seniors in need at Abbotsford House in Ottawa. Our head office donated baskets to WoodGreen in Toronto, while Amica On The Avenue donated to Sprint Senior Care in Toronto. Amica Stoney Creek donates to Club 60 Seniors in Stoney Creek, and Amica Georgetown donates to the Hillview Active Living Centre. If your organization serves vulnerable seniors and you have an Amica Senior Lifestyles residence nearby, please email [amicahelpinghands@amica.ca](mailto:amicahelpinghands@amica.ca) to learn more about our basket program and the Amica Helping Hands Charity. Together, we can bring holiday comfort to seniors in need.





# Vision places the world in front of us. Hearing places us in its centre.



HearingLife Canada, a Partner of the OACAO, has over 400 network clinics across the country to help you reconnect with a world where more things are possible with better hearing.

**We are offering an exclusive FREE trial for you and your family to try the latest advanced or premium digital hearing aids for 30 days, risk free\*** OR take advantage of our 90-day money back guarantee on purchases!

At your appointment, our hearing professionals will perform a FREE hearing assessment\* – no referral required – to determine your eligibility for the trial. If testing indicates that you could benefit from wearing hearing aids, our hearing professionals will fit you with hearing aids best suited to your loss and lifestyle.

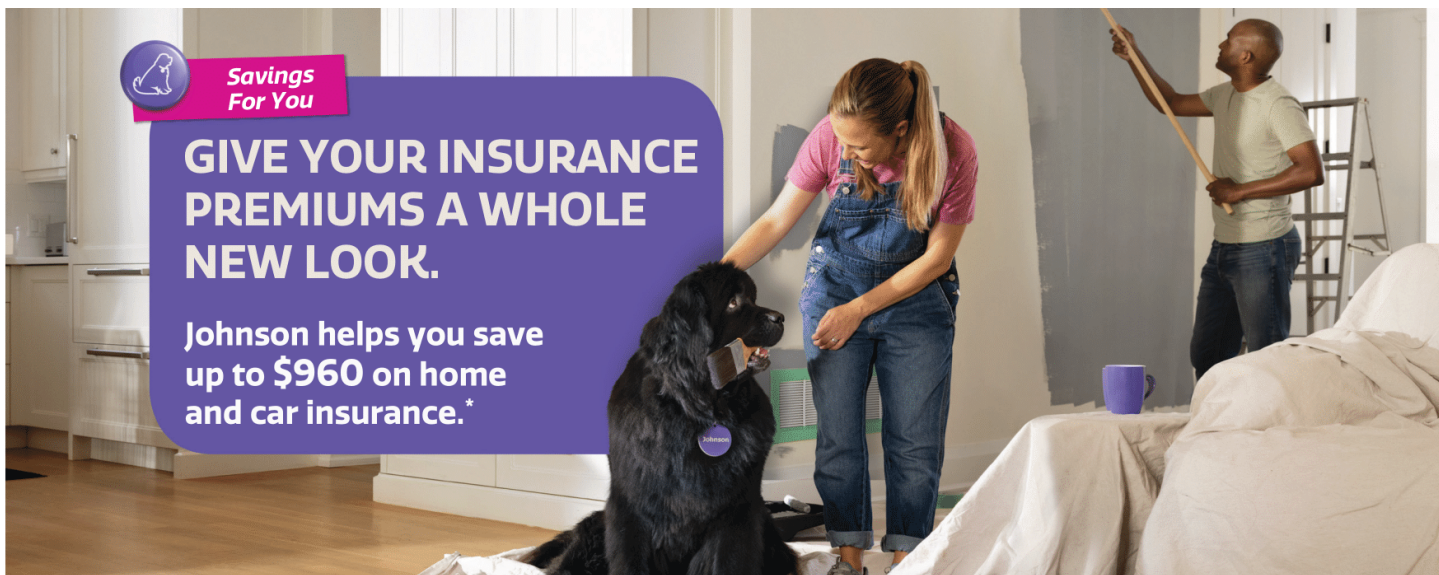
Plus, you can collect 100 AIR MILES® Reward Miles\*\* when you complete your first free hearing test with us!



**Book your free  
hearing test today!**

Visit **HearingLife.ca/TBYB-OACAO**  
OR call **1-888-720-9857** and mention  
the code: **ENS-TBYB-OACAO**

\*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report, an administrative fee will apply. Child hearing tests are conducted at select locations for a fee, please contact us for more information. This promotion is valid for select hearing aid models and cannot be combined with more than 1 promotion or discount unless stated otherwise. Offer applies to private sales of select hearing aids and discount is applied after government funding has been deducted. Please allow 45 days for Miles to be posted to your Collector Account. Some conditions apply, see clinic for details. AIR MILES available only at participating locations. ®™ Trademarks of AM Royalties Limited Partnership used under license by LoyaltyOne, Co. and HearingLife Canada Ltd. Offers not valid in Quebec. Offer expires 01/31/2023.



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Call for a no-obligation quote and you'll be entered for a chance to

**WIN** 1 of 12 prizes of **\$2,500<sup>†</sup>**

**NEW Effective Sept 1, 2022:** MEDOC® Travel Insurance now includes Trip cancellation, interruption, and delay coverage<sup>1</sup> if you are unable to travel or have to interrupt your trip due to you or your travel companion contracting COVID-19. Visit [johnson.ca/MEDOC](https://johnson.ca/MEDOC) for details.

**OCAO**

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

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See reverse for disclaimers.

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



Royal  
Botanical  
Gardens

### Winter highlights:

The holiday season brings [Winter Wonders](#) to RBG, a fantastic display of lights to spark the imaginations of everyone young and old. Time-ticketed event so don't forget to register – open Wednesday to Sunday, November 23 to January 8; date exceptions apply.

The [Botanical Train Display](#) is back. Something for all ages – plant and train enthusiasts alike! While you are there, check out the poinsettia display in the Breezeway on your way to the Mediterranean garden.

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

[Programs](#) are offering both onsite and virtual, including "Ask the Experts", "Watercolour" or [Virtual Chair Yoga with Ageless Arts](#)

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



### Interactive and Engaging Virtual Programs via Zoom:

Have you ever wondered where **chocolate** comes from?  
When you are out walking, are you curious about the **trees** that you're seeing?  
Would you like a **live** tour of the **Mediterranean Garden**?  
These are just some of the questions that can be answered during one of the many engaging live programs that we offer all year round.  
Participate in programs (\$150 each) from your centre, from the comfort of your home or both!



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

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

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



### Winter featured plant: Poinsettia:



A native to Mexico and Central America, this beautiful plant with its red leaves (a.k.a., bracts, not petals) and tiny yellow flowers in the middle are a typical holiday season plant. It was introduced to the rest of North America in the 1830s. The first US Ambassador to Mexico was an avid botanist and loved this plant. He brought clippings back with him to his home in South Carolina and shared the grown plants with friends. By the way, we owe the common name of this plant to him, Joel Robert Poinsett.

For more information, contact:  
Karin Davidson-Taylor, Education officer  
Royal Botanical Gardens  
[kdavidson@rbg.ca](mailto:kdavidson@rbg.ca)



Royal  
Botanical  
Gardens

# OACAO Board of Directors

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<b>1<sup>st</sup> Vice President</b>	Kim Evans	<a href="mailto:evansk@whitby.ca">evansk@whitby.ca</a>
<b>Treasurer</b>	Bill Krever	<a href="mailto:w.krever@victoriavillage.ca">w.krever@victoriavillage.ca</a>
<b>Secretary</b>	Sharon Oatway	<a href="mailto:soatway@gloucester50pluscentre.ca">soatway@gloucester50pluscentre.ca</a>
<b>Executive Director</b>	Sue Hesjedahl	<a href="mailto:sue@oacao.org">sue@oacao.org</a>

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<b>Central</b>	<i>Staff</i>	Karie Papillon	<a href="mailto:kpapillon@aurora.ca">kpapillon@aurora.ca</a>
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	<i>Senior</i>	Vacant	
<b>Metro</b>	<i>Staff</i>	Lisa Tobio	<a href="mailto:yorkfairbank@on.aibn.com">yorkfairbank@on.aibn.com</a>
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	<i>Senior</i>	Elaine Mannisto	<a href="mailto:mannisto@tbaytel.net">mannisto@tbaytel.net</a>
<b>North Central</b>	<i>Staff</i>	John Richer	<a href="mailto:john.richer@greatersudbury.ca">john.richer@greatersudbury.ca</a>
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<b>South West</b>	<i>Staff</i>	Karen Pyatt-Westbrook	<a href="mailto:kpyatt@bgclondon.ca">kpyatt@bgclondon.ca</a>
	<i>Senior</i>	Martha Mackintosh	<a href="mailto:mackintoshmartha@gmail.com">mackintoshmartha@gmail.com</a>

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<b>Awards</b>	Kim Bradley	<a href="mailto:kbradley@pickering.ca">kbradley@pickering.ca</a>
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<b>Business Partners</b>	Shirley Glauser	<a href="mailto:sglauser@oacao.org">sglauser@oacao.org</a>

For more information about the  
Older Adult Centres' Association of Ontario  
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at 905-584-8125 or 1-866-835-7693 or [sue@oacao.org](mailto:sue@oacao.org)  
[www.oacao.org](http://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

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**Access Abilities** [www.accessabilities.ca](http://www.accessabilities.ca) 905-825-5335 (Oakville), 416-237-9654 (Toronto)

**Age Comfort** [www.agecomfort.com](http://www.agecomfort.com) 1-800-520-3259

**Amica Senior Lifestyles** [www.amica.ca](http://www.amica.ca) 1-888-264-2299

**Arbor Memorial Inc.** [www.arbormemorial.ca/en](http://www.arbormemorial.ca/en) 1-877-301-8066

**Bayshore Home Health** [www.bayshore.ca](http://www.bayshore.ca) 1-888-959-1082

**Canada's National Ballet School** [www.nbs-enb.ca/Home](http://www.nbs-enb.ca/Home) 1-800-387-0785

**Canadian Hearing Services** [www.chs.ca](http://www.chs.ca) 1-866-518-0000

**Chartwell** [www.chartwell.com](http://www.chartwell.com) 1-855-461-0685

**Factory Direct Medical** [www.factorydirectmedical.com](http://www.factorydirectmedical.com) 1-855-235-2400

**Hearing Assistive Technology Group** [www.hearingassistivetech.com](http://www.hearingassistivetech.com) 1-800-662-2972

**HearCANADA** [www.hearCANADA.com](http://www.hearCANADA.com) 1-866-432-7226 (1-866-HEARCAN)

**HearingLife** [www.hearinglife.com](http://www.hearinglife.com) 1-888-514-9515

**Heart to Home Meals** [www.HeartToHomeMeals.ca](http://www.HeartToHomeMeals.ca) 1-866-933-1516

**Homecare Hub** [www.homecarehub.ca](http://www.homecarehub.ca) 1-888-227-3080

**Insuranceland** [www.insuranceland.ca/oacao](http://www.insuranceland.ca/oacao) 1-800-243-9379 ext. 2337

**Johnson Insurance** [www.johnson.ca/oacao](http://www.johnson.ca/oacao) 1-800-563-0677

**MySeniorCenter** [www.myseniorcenter.com](http://www.myseniorcenter.com) 1-866-739-9745

**OASSIS Benefit Plans for Not-For-Profits** [www.oassisplan.com](http://www.oassisplan.com) 1-888-233-5580

**Ontario Society of Occupational Therapists** [www.osot.on.ca](http://www.osot.on.ca) 1-877-676-6768

**Royal Botanical Gardens** [www.rbq.ca](http://www.rbq.ca) 1-800-694-4769

**The Health Depot** [www.thehealthdepot.ca/pages/oacao](http://www.thehealthdepot.ca/pages/oacao) 1-855-844-2242

**Transitions Realty** [www.downsizingexperts.ca](http://www.downsizingexperts.ca) 647-948-7767

**Thank you to all our 2022-2023 Business Partners**



### NEWSLETTER DEADLINES

*Please note the following deadline for submissions:*

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](mailto:admin@oacao.org)*

# OACAO Business Partners

## Platinum Business Partners



## Gold Business Partners

