

# OACAO Newsletter

## 2023 SPRING NEWSLETTER



### Message from the OACAO President Suzanne Teixeira

Spring is just around the corner and so are many exciting things from the OACAO.

I am excited to ask you to mark October 23<sup>rd</sup> and 24<sup>th</sup> on your calendars for our in person annual Aging Well conference.....yes in person!!!! It will be held at the Hilton Mississauga/Meadowvale hotel. Watch for teasers and conference information coming soon! Are you as excited as I am? If you are, I encourage you to join our planning committee. We meet once a month and always have room for more energy and enthusiasm!

I am sure by now you have heard the exciting news that OACAO is turning 50!!!! What a milestone for our organization. Over the next several months your OACAO Board Regional Reps will include our 50<sup>th</sup> celebrations in your meetings. Let's test your knowledge about the sector and OACAO. Stay tuned!

As like many of you, now that we are back up and running in our new environment, the OACAO Board of Directors will be taking on the task of updating our Strategic Plan. One that will incorporate what our current environment is, understanding all the new ways of doing business, increasing partnerships, reaching new people and advocating for additional funds into the sector. Once the document is completed, it will be presented to the OACAO membership and reviewed regularly to ensure we are striving to meet our goals.

As OACAO membership renewal time is fast approaching, I am pleased to advise you that at our recent board meeting, the board voted unanimously to keep the fees status quo recognizing that our Centres are in a position of financial regrowth. You will have received an email notification in March, with membership renewal payments due by the end of April 2023. Please reach out to the OACAO staff team if you have any questions or if they can assist you with the process.

The Government of Ontario's Inclusive Community Grant is now open and accepting applications. For additional information, please find details on page 12 (English) and page 13 (French) or follow this link: <https://www.ontario.ca/page/inclusive-community-grants> The deadline to apply is April 20<sup>th</sup> at 5:00 pm Eastern Time. Good luck to those that apply.

I would like to extend a thank you to our staff team for their continued hard work. Thank you 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 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.

## OASSIS group benefit plans have unique coverages and value added services

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.

Contact us directly for a quote.



1-888-233-5580 Ext. 302



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



5407 Eglinton Ave West Suite 208

# Message from the OACAO Executive Director Sue Hesjedahl

---

After a snowy February and March, we head into Spring thinking of new beginnings with the thoughts of flowers blooming and warm weather on its way! The onset of Spring is always a busy time wrapping up year-end projects, submitting funding proposals, planning for the new fiscal year, but we have the added excitement of celebrating the OACAO's 50<sup>th</sup> Anniversary in 2023! We do hope that you can join us in this year-long celebration!

Reflecting on 2022 – 2023 has brought great pride as we continue to grow our OACAO membership and provide meaningful support to the SALC sector. We are wrapping up and getting ready to share our two survey reports including the **2022 Profile Survey Report** and the **2023 Volunteer Engagement Survey Report**. They will both be available very soon in English and French. Thank you to all who supported these sector-wide research projects. They will be valuable resource tools for all.

We are extremely grateful for our continued funding support from the Government of Ontario, Ministry for Seniors and Accessibility (MSAA), and Minister Raymond Cho, as we were thrilled to ramp up **in-person Seniors Active Living Fairs** again in 2022 – 2023, and hosted many successful SALC Capacity Building webinars, and shared valuable resources. We thank MSAA for supporting the two research surveys noted above, and thank our members for their participation and support. We are currently awaiting funding approval from the MSAA for the 2023 - 2024 Seniors Active Living Fairs project. Please watch for announcements on the OACAO list serve and website.

We are also proud of our tremendous growth in the **Links2Wellbeing: Social Prescribing for Older Adults project** this year. We have one year left in our 3-year project in partnership with the Alliance for Healthier Communities with support from an Anonymous Donor. We have room for 20 more OACAO members to join L2W in the next few months. Please don't delay in contacting us if you are interested. See pages 16 & 17 for details about the project.

Thank you to all the OACAO staff, board members and volunteers who achieved these successes together over the past year, and most of all, thanks to our members for putting your trust in the OACAO to continue supporting you through a time of transition.

**Looking ahead to Spring 2023**, we are pleased to offer many interesting **Capacity Building webinars** listed on pages 7 & 8. We are excited to be hosting another **ONCA training event: Build Your Own Bylaws (BYOB) Virtual Workshop** on Wednesday, May 10 from 9:30 am – 2:30 pm EST. Our ONCA session on December 9<sup>th</sup> was very well received by our non-profit members. Presenter: Benjamin Miller from Community Legal Education Ontario (CLEO) will be back to guide us through the bylaws deep dive process using the CLEO on-line bylaw builder tool.

With some celebrations already started for our **50<sup>th</sup> Anniversary**, check out page 14 and see how you can help along with the excitement! We are also delighted to host our **2023 Aging Well Conference in-person again this year!** YEAH! Planning underway for one of our best conferences ever. Members and partners are encouraged to get involved! (see page 15).

The **OACAO continues to advocate to the Government of Ontario on behalf of our members and the SALC sector**. The Ontario Government will be announcing their **2023 Ontario Budget** on March 23, 2023. As in the past, the OACAO submitted a Pre-Budget submission emphasizing the importance and essential work that SALCs offer and highlighting the negative impact of the Covid-19 pandemic on these valuable community hubs. We are hopeful that the government will recognize the need to **Rebuild and Expand the Network of Seniors Active Living Centres (SALCs) programs in 2023 – 2024**. Our recommendations included: A. Increasing the SALC Program Maintenance and Operating Grant from \$42,700 to \$50,000 annually; B. Strengthening the SALC Program funding so that it can better support the SALC Special Grant maximum legislated amount of \$15,000 per year; and C. Expanding the number of SALC programs across Ontario by opening up the Call for Applications for new SALC program funding. We know that rebuilding from the pandemic will require dedicated financial resources and supports to help centres revamp their volunteer programs, enhance their marketing activities, and strengthen community partnerships to offer diverse programs and expand outreach initiatives. SALCs continue to reduce social isolation and provide opportunities for connectedness and engagement for seniors communities all across Ontario. I am hopeful for a positive outcome in the 2023 Ontario Budget!

*...cont'd*

Our **OACAO Regions have returned to in-person meetings** this year. See page 5 for upcoming meeting dates and Regional Rep contact information. Virtual meetings will continue as well to provide accessible networking opportunities for all.

**Volunteers, we salute you!** The OACAO is very excited to be hosting a virtual event in celebration of **National Volunteer Week** again this year. Please join us on **Monday, April 17<sup>th</sup> at 1:30 pm** titled: **Optimizing Mental Health through Art**. Please share this event with your volunteers. (See page 18)



A quick reminder that the **OACAO membership renewal process has begun for the 2023 – 2024 membership year**. The OACAO Board of Directors are pleased to announce another year with no increase to the membership fees, and as in the past few years, we are using the Wild Apricot Membership Management Software. Members will receive emails from the system with information about your OACAO membership renewal. We encourage all members to renew on-line and to please verify and update your centre profile information each year. Payments are due April 30<sup>th</sup>, but arrangements can be made if you require more time. Please contact Fiona Mueller at [admin@oacao.org](mailto:admin@oacao.org) if you have any questions. (See page 4 for more information)

As a follow up to the OACAO Capacity Building Webinar that we hosted on February 2, 2023 titled: *Tips and Tricks to Excellent Social Media Content!*, our presenter and Social Media Strategist Tim Campbell-Smith authored a resource for us which is included in the newsletter packages. The resource is titled: *Should Businesses and Non-profit organizations Stay on Twitter, or Leave? A digital marketing expert weighs in*. Digital copy with links, can be found at: <http://www.oacao.org/wp-content/uploads/2023/03/Social-Media-Content-FINAL.pdf>

On a final note, I would like to thank all of our members and partners for their submissions to the 2023 Spring Newsletter. You continue to amaze me with your innovation and creativity to support seniors across Ontario!

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



## 2023-2024 Membership Renewal



With April just days away, it means it is time to renew your OACAO Membership for the 2023-2024 year! We are very excited about this year as we celebrate the 50<sup>th</sup> Anniversary of the OACAO!

A BIG Thank You for those who have already renewed and beat the deadline, we really appreciate it!

Please remember to keep your centre's information updated on your membership account for 2023-2024. 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.

Update  
your  
Information



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



**Town of Grimsby – Livingston Activity Centre**  
18 Livingston Avenue, Grimsby, ON L3M 1K7  
Phone: 905-309-2075  
<https://www.grimsby.ca/en/index.aspx>



## Thanks for your Support!




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 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. As you can see we are getting back to being in-person! Please contact your representative to get full meeting details.

### In-Person Meetings:

<p><b><u>Eastern Region</u></b></p> <p><b>MARCH 27, 2023 @ 10:30 AM</b></p> <p><b>Beyond the Closet: Supporting LGBTQ2+ seniors in a changing world</b></p> <p>The training will aim to sensitize and educate folks within the following categories Historical experiences of LGBTQ2+ seniors, Discrimination and harassment, Cultural competency and Support networks.</p> <p><b>Presented by Marie Robertson, Counsellor, activist, community developer, Serving the LGBT Community since 1970</b></p> <p><b>Stephane Gauthier, LGBTQ2+ Program Coordinator, The Good Companions</b></p> <p>Link to register <a href="https://oacao.wildapricot.org/event-5209996">https://oacao.wildapricot.org/event-5209996</a></p>	<p><b><u>South West Region</u></b></p> <p><b>MARCH 28, 2023 @ 10:00 AM</b></p> <p><b>Decline in volunteering since COVID19 &amp; Diversity, Newcomers and Community</b></p> <p>The day will be filled with roundtable discussions, networking, lunch, snacks, trivia and celebrating the OACAO turning 50!</p> <p><b>Presented by Marianne Fischtner from Cross Cultural Learning Centre</b></p> <p><b>HORTON STREET SENIORS CENTRE at the Boys &amp; Girls Club London 184 Horton Street, London, ON N6B 1K8</b></p> <p> RSVP to <a href="mailto:kpyatt@bgclondon.ca">kpyatt@bgclondon.ca</a></p>	<p><b><u>Grand River Region</u></b></p> <p><b>MARCH 30, 2023 @ 11:00 AM</b></p> <p><b>Empower Your Mind, Empower Your Life – How to Thrive in Today's World</b></p> <p>In a world where there is so much uncertainty, we have seen an unprecedented rise in stress and anxiety leading to a mental health crisis. This has had negative ripples across families, communities, and organizations.</p> <p>In this dynamic talk, Julie outlines 3 key principals to help individuals harness their inner power, take control of their lives, and increase their joy!</p> <p><b>Presented by Julie Cass, Entrepreneur, Best Selling Author, Keynote Speaker and Life and Business Coach</b></p> <p>Link to register <a href="https://oacao.wildapricot.org/event-5179139">https://oacao.wildapricot.org/event-5179139</a></p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

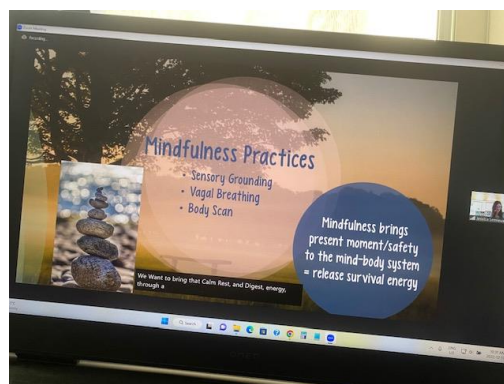
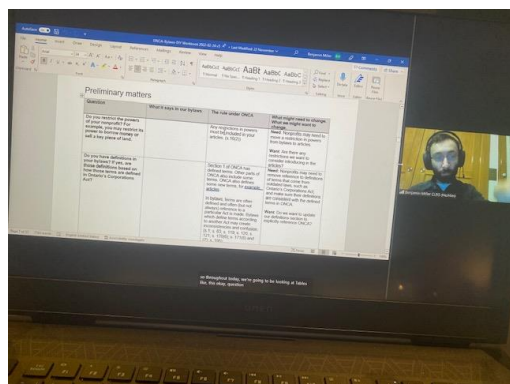
REGION	REPRESENTATIVE	EMAIL ADDRESS	NEXT MEETING
Central	Karie Papillon	<a href="mailto:kpapillon@aurora.ca">kpapillon@aurora.ca</a>	Tuesday, March 21 <sup>st</sup> at 9:30 am (in-person)
Eastern	Monique Doolittle-Romas	<a href="mailto:mdoolittle-romas@thegoodcompanions.ca">mdoolittle-romas@thegoodcompanions.ca</a>	Monday, March 27 <sup>th</sup> at 10:30 am (in-person)
Golden Horseshoe	Julie Pennal	<a href="mailto:Julie.pennal@oakville.ca">Julie.pennal@oakville.ca</a>	TBA
Grand River	Sue Hesjedahl	<a href="mailto:sue@oacao.org">sue@oacao.org</a>	Thursday, March 30 <sup>th</sup> at 11:00 am (in -person)
Metro	Lisa Tobio	<a href="mailto:yorkfairbank@on.aibn.com">yorkfairbank@on.aibn.com</a>	Tuesday, March 21 <sup>st</sup> at 9:30 am (Zoom) Tuesday, May 9 <sup>th</sup> at 9:30 am
Northern Regions	John Richer	<a href="mailto:john.richer@greatersudbury.ca">john.richer@greatersudbury.ca</a>	Wednesday, April 19 <sup>th</sup> at 2:30 pm (Zoom)
South West	Karen Pyatt-Westbrook	<a href="mailto:kpyatt@bgclondon.ca">kpyatt@bgclondon.ca</a>	Tuesday, March 28 <sup>th</sup> at 10:00 am (in-person)

# OACAO CAPACITY BUILDING WEBINARS RECAP

We've offered 17 very successful Capacity Building webinars in the last year. The timely topics were selected to meet the needs and interest of OACAO members and SALCs, and to support them through their ever-changing demands. We give a heartfelt thank you to the presenters who shared their expertise and knowledge on:

Here are the topics we covered in 2022 – 2023:

1. Fraud and Identity Theft
2. Practical Information for People with Vision Loss
3. Emergency Preparedness for Older Adults
4. Key Liability Considerations for Nonprofit Organizations as they Return to in-person Events with live french translation
5. Small Business Health & Safety Resource manual for SALCs and Older Adult Centres (in English & French)
6. The Women's Age Lab and Why It Matters
7. Marketing Your Volunteer Program: Are you Buying or Selling Volunteerism
8. Tidy Your Space, Transform Your Life: CLUTTERED SPACE = CLUTTERED MIND
9. ONCA - Bylaws and Letters Patent DIY
10. Mindful Movement: Supportive Practices for Mind-Body Wellness
11. The Critical Role of Older Active Living Centres in Recognizing and Supporting Caregivers
12. Tips and Tricks to Excellent Social Media Content!
13. Benefits of Older Adults in the Workforce
14. Resilience, Retention & Recruitment: The three Rs that are keeping you up at night
15. Indigenous Resiliency & Relationship Building
16. Aging Lives Uprooted: Welcoming and Supporting Older Refugees to Canadian Communities
17. Seniors Outdoor Activation Toolkit Review



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

Hosted by:

Funding provided by:

**OACAO**

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



# OACAO 2023 SPRING WEBINARS

# FREE

## CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT

### **Dementia Prevention Awareness**

**Thursday, April 6, 2023 from 1:00pm – 3:00pm EDT**

**Presenters: Dr. Andrea Wilkinson PhD and Dr. Mark Chignell PhD**

Most people don't realize that 40% of dementia cases are due to modifiable risk factors such as physical inactivity, social isolation, and hearing loss. It's absolutely essential that we improve knowledge about risk factors and what actions are required to prevent or delay dementia. Drs. Andrea Wilkinson and Mark Chignell from the University of Toronto have teamed up with the Public Health Agency of Canada, Cyber-Seniors, and the Institute for Life Course & Aging to develop a research-based 2-hour dementia prevention workshop. The program's goal is to raise awareness about the signs, symptoms and modifiable risk factors of dementia, as well as the stigma associated with it.

*Mark Chignell is the director of the Interactive Media Lab and founder of Centivizer Inc., a University of Toronto spinoff company. Mark carries out research in human factors and user interface design, with particular interest in aging, adaptive interfaces, and healthcare. After receiving her doctorate, Andrea Wilkinson founded BrainShape.ca and became host of the BrainShape Podcast – a show about brain healthy living across the lifespan. And is currently working as a Research Associate in Mechanical & Industrial Engineering at the University of Toronto to improve knowledge about risk factors and lifestyle actions required to prevent or delay dementia.*

### **'ONCA Bylaws Builder' tool DIY**

**Wednesday, May 10, 2023 from 9:30am – 2:30pm EDT**

**Presenter: Benjamin Miller, Community Legal Education Ontario**

Ontario's Not-for-profit Corporations Act (ONCA) was proclaimed on October 19th, 2021. Nonprofits have until October 18th, 2024 to update their bylaws or draft new ones to comply with ONCA. In this 5-hour working session, participants will work through CLEO's bylaw builder to update their own bylaws or create a new set of ONCA-compliant bylaws. Lunch break will be taken between 12:00 – 12:30 pm. This session is for: senior leaders, board members, and anyone involved in the corporate governance of organizations already incorporated under Ontario's Corporations Act or a special Act.

*Benjamin Miller (he/him) is a staff lawyer on the Nonprofit Law Ontario project of Community Legal Education Ontario (CLEO) where he focuses on the legal needs of nonprofits and charities. Over the past 5 years at CLEO, Benjamin has answered hundreds of nonprofit law questions and developed an online interactive bylaw builder for the ONCA. Benjamin also works at the Ontario Nonprofit Network and has worked at the Canada Revenue Agency in the past. Benjamin holds a JD and MPP from the University of Toronto and an MA in political theory from the University of Ottawa.*

# OACAO 2023 SPRING WEBINARS



## **Gardening for Pollinators**

**Tuesday, May 30, 2023 from 1:00pm – 2:00pm EDT**

**Presenter: Karin Davidson-Taylor, B.Sc., B.Ed.,**

## **Royal Botanical Gardens**

How does your garden grow? Or perhaps we need to ask ourselves how does our garden help local pollinators? Join Karin from Royal Botanical Gardens to discover why certain insects are attracted to certain flowers and what you can do to improve their habitat whether you use containers or have a garden.

*Karin joined RBG in 2006, coming with 17 years experience with the Upper Grand DSB in both children and adult education. She has been responsible for establishing RBG as a Canadian leader in the world of interactive virtual programs. She develops and delivers their distance education programming to schools and life-long learners around the world, working in coordination with other staff and partners.*

## **Baycrest @ Home**

**Thursday, June 22, 2023 from 1:00pm – 2:00pm EDT**

**Presenter: Melissa Tafler, MSW RSW, Baycrest@Home**

Older adults and their caregivers have an overwhelming desire to age at home, however physical and cognitive changes can make it increasingly difficult. Virtual based programs help expand access to high quality care and increase utilization of programs that support these goals. This presentation will describe Baycrest@Home, a new virtual program developed to support older adults and carers with a strong focus on preventative dementia care, mitigating risk factors, reducing caregiver strain and enhancing wellness. Part of the growing movement towards integrating virtual care to scale access to seniors services, hear about how Bayrest@Home can be an effective intervention for older adults in your communities.

*Melissa Tafler is the Program Manager for Baycrest@Home. Melissa oversees the design and implementation of the clinical and wellness models available for older adults in Ontario through the platform. Prior to Baycrest@Home, Melissa managed the Arts and Health program at Baycrest. That work involved leading initiatives that integrate the arts across clinical programs, education, training and research in healthcare and aging. Melissa trained and practiced as a Clinical Social Worker for over 20 years, at Baycrest, an International Centre for Aging and Brain Health in Toronto.*

**Free for Seniors Active Living Centres and  
OACAO Members/Partners 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)**

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



## **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, April 4, 2023 at 10:00am EST**

**Tuesday, May 2, 2023 at 10:00am EST**

**Tuesday, June 6, 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)

# Help reduce the spread of respiratory viruses

Respiratory viruses increase in the fall and winter. This year, several respiratory viruses are circulating at the same time, including:

- ▶ COVID-19
- ▶ flu (influenza)
- ▶ respiratory syncytial virus (RSV)

## Preventing the spread

Respiratory viruses spread in several ways. That's why using several layers of protection is the most effective way to help reduce your risk of getting and spreading viruses.

**It's important to:**

 <p>get your annual flu shot</p>	 <p>stay up to date with your COVID-19 vaccinations</p>	 <p>stay home when sick</p>	 <p>wear a mask in public indoor settings</p>	 <p>clean your hands often</p>
 <p>improve indoor ventilation when possible by opening a window or door</p>	 <p>avoid touching your face with unclean hands</p>	 <p>cover your coughs and sneezes with a tissue or the bend of your arm</p>	 <p>clean and disinfect high-touch surfaces and objects frequently</p>	 <p>pay attention to public health alerts and advice in your community</p>

For more information: [Canada.ca/respiratory-viruses](https://Canada.ca/respiratory-viruses)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

# Contribuez à réduire la propagation des virus respiratoires








Les virus respiratoires augmentent à l'automne et à l'hiver. Cette année, plusieurs virus respiratoires circulent en même temps, notamment :

- ▶ la COVID-19
- ▶ la grippe (influenza)
- ▶ le virus respiratoire syncytial (VRS)

## Prévention de la propagation

Les virus respiratoires se propagent de plusieurs façons. C'est pourquoi l'utilisation de plusieurs couches de protection est la façon la plus efficace d'aider à réduire votre risque d'infection par des virus et de transmission de ces virus.

**Il est important :**

 <p>de vous faire vacciner contre la grippe;</p>	 <p>de tenir à jour votre vaccination contre la COVID-19;</p>	 <p>de rester à la maison lorsque vous êtes malade;</p>	 <p>de porter un masque dans les lieux publics intérieurs;</p>	 <p>de vous laver souvent les mains;</p>
 <p>d'optimiser la ventilation intérieure dans la mesure du possible, en ouvrant les fenêtres ou les portes;</p>	 <p>d'éviter de vous toucher le visage avec des mains non lavées;</p>	 <p>de tousser et d'éternuer dans un mouchoir ou dans le pli du coude;</p>	 <p>de nettoyer et de désinfecter souvent les surfaces et les objets fréquemment touchés;</p>	 <p>de porter attention aux alertes et aux conseils de santé publique dans votre communauté</p>

Pour en savoir plus : [Canada.ca/virus-respiratoires](https://Canada.ca/virus-respiratoires)



Agence de la santé  
publique du Canada

Public Health  
Agency of Canada

Canada

## NEWS RELEASE



### Ontario Invests in Inclusive and Accessible Communities

Applications now open for 2023-24 Inclusive Community Grants

**March 10, 2023**

[Ministry for Seniors and Accessibility](#)

TORONTO — The Ontario government is investing \$750,000 to help communities across the province become more inclusive and accessible for people of all ages and abilities.

Applications for the 2023-24 round of Inclusive Community Grants opened today. These grants provide municipalities, non-profit organizations, and Indigenous communities with up to \$60,000 for local projects that will help older residents and people with disabilities participate in community life. This year, Ontario is prioritizing projects focused on improving opportunities for community engagement and those that support older adults to age and live at home with access to care.

“We know inclusive communities support independent, active living and help reduce social isolation,” said Raymond Cho, Minister for Seniors and Accessibility. “That’s why I’m proud to announce the launch of the latest round of funding for Inclusive Community Grants, which will help enable older adults and people with disabilities to contribute to all aspects of community life.”

Since the Inclusive Community Grants Program was created in 2020, it has provided up to \$3.7 million to support [72 projects in communities across Ontario](#).

Applications for Inclusive Community Grants are [now open](#). Eligible organizations have until April 20, 2023 to submit their applications.

#### Quick Facts

- Ontario is investing \$750,000 to support community-based projects as part of the 2023-24 cycle of the Inclusive Community Grants Program.
- Inclusive and Age-Friendly Communities work to promote accessibility, safety and active living for people of all ages and abilities.

#### Additional Resources

- [Inclusive Community Grants](#)
- [Creating a more inclusive Ontario: age-friendly community planning guide for municipalities and community organizations](#)
- [Accessibility in Ontario](#)
- [Programs and services to support Ontario’s seniors](#).

#### Media Contacts

Wallace Pidgeon

Minister’s Office

[wallace.pidgeon@ontario.ca](mailto:wallace.pidgeon@ontario.ca)

Media Desk

Communications Branch

[msaa.media@ontario.ca](mailto:msaa.media@ontario.ca)

## COMMUNIQUÉ

### L'Ontario investit dans des collectivités inclusives et accessibles

La période de présentation des demandes est maintenant commencée pour le Programme de subventions pour des collectivités inclusives 2023-2024

10 mars 2023

#### [Services aux aînés et Accessibilité](#)

TORONTO – Le gouvernement de l'Ontario investit 750 000 \$ afin d'aider les collectivités de la province à devenir plus inclusives et accessibles pour les personnes de tous âges et de toutes capacités.

La période de présentation des demandes pour le cycle 2023-2024 du Programme de subventions pour des collectivités inclusives a débuté aujourd'hui. Ces subventions octroient aux municipalités, organismes communautaires sans but lucratif et collectivités autochtones un montant allant jusqu'à 60 000 \$ destiné à des projets locaux qui permettront aux résidents plus âgés et aux personnes handicapées de participer à la vie communautaire. Cette année, l'Ontario accorde la priorité aux projets visant à améliorer les possibilités de participation communautaire et à ceux qui aident les personnes plus âgées à vieillir et à vivre chez elles en ayant accès aux soins.

« Nous savons que les collectivités inclusives favorisent une vie indépendante et active et contribuent à réduire l'isolement social », a déclaré Raymond Cho, ministre des Services aux aînés et de l'Accessibilité. « C'est pourquoi je suis fier d'annoncer le lancement du dernier cycle de financement du Programme de subventions pour des collectivités inclusives, qui permettra aux personnes plus âgées et aux personnes handicapées de contribuer à tous les aspects de la vie communautaire. »

Depuis sa création en 2020, le Programme de subventions pour des collectivités inclusives a octroyé jusqu'à 3,7 millions de dollars pour soutenir [72 projets dans des collectivités de tout l'Ontario](#).

Il est maintenant possible de présenter une demande pour le [Programme de subventions pour des collectivités inclusives](#). Les organismes admissibles ont jusqu'au 20 avril 2023 pour présenter leur demande.

#### Faits en bref

- L'Ontario investit 750 000 \$ pour soutenir des projets communautaires dans le cadre du cycle 2023-2024 du Programme de subventions pour des collectivités inclusives.
- Les collectivités-amies des aînés et inclusives œuvrent à la promotion de l'accessibilité, de la sécurité et de la vie active pour les personnes de tous âges et de toutes capacités.

#### Ressources supplémentaires

- [Programme de subventions pour des collectivités inclusives](#)
- [Pour un Ontario plus inclusif : Guide de planification pour les collectivités-amies des aînés à l'intention des municipalités et des organismes communautaires](#)
- [L'accessibilité en Ontario](#)
- [Programmes et services pour aider les aînés de l'Ontario](#).

#### Rubriques connexes

##### Domicile et communauté

Renseignements destinés aux familles concernant les principaux événements de la vie et les options en matière de garde, notamment le mariage, les naissances et la garde d'enfants. Comprend également des outils de planification pour les municipalités. [Apprendre encore plus](#)

##### Renseignements pour les médias

###### Wallace Pidgeon

Bureau du ministre

[Wallace.Pidgeon@ontario.ca](mailto:Wallace.Pidgeon@ontario.ca)

###### Bureau des médias

Direction des communications

[MSAA.Media@ontario.ca](mailto:MSAA.Media@ontario.ca)



# OACAO Seniors Active Living Fairs 2022 – 2023

Thank you to all centres that hosted Seniors Active Living Fairs! We acknowledge and thank the Government of Ontario for the funding provided to the Older Adult Centres' Association of Ontario for the implementation of the 2022 – 2023 Seniors Active Living Fair project. We hosted a total of 64 In-person Fairs, 3 Virtual Fairs and we have one upcoming Virtual Northern Fair hosted by the OACAO in partnership with our Northern Region members on March 23, 2023.

As in the past, a funding proposal has been submitted to the Ministry for Seniors and Accessibility earlier this year with a request for continued and expanded funding to support the OACAO to administer the Seniors Active Living Fairs project for 2023-2024. Watch the OACAO website and list serve for announcements: <http://www.oacao.org/events/seniors-active-living-fairs/>

Hosted by:

**OACAO**

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

Funding provided by:

**Ontario** 



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!

In May 1973 at the Annual Elderly Persons Centre conference, held at Geneva Park in Orillia, the Senior Citizens Centres Association of Ontario (now known as the OACAO) was established. The purpose of the association was to **"increase the competence, knowledge, skills and status of personnel of its member centres, and to promote all positive things relating to Senior Citizens Centres in Ontario."**

But it was actually on February 29, 1968 that the main impetus for the formation of new centres came about with the passing of the Elderly Persons Centres Act which allowed funding of centres to a maximum of \$15,000 per year. In 1968 that was a lot of money.

Regions and centres are already celebrating the 50<sup>th</sup> anniversary of the OACAO and at this years conference plans are underway for an epic party. If you have any photos from past OACAO conferences, workshops, seniors fairs etc. we would love to have them. Please email any past OACAO conference photos to Fiona at [admin@oacao.org](mailto:admin@oacao.org) and remember to include the date and any information that could go along with the photo.

We are also looking for any past OACAO swag – cups, mugs, pins, vests – that's right one year we wore vests at conference. If you could let me know what you have ([nancy.beddoe@oakville.ca](mailto:nancy.beddoe@oakville.ca)) and bring the swag to conference for display that would be appreciated!!



# OACAO Conference 2023 is going to be EPIC!

50 years of celebrations and our first in person event in 3 years. We are so excited to be in the planning stages and have incredible ideas and



OACAO Annual Conference

## AGING WELL

CELEBRATING 50 YEARS!

October 23 & 24, 2023 • Mississauga

*in person!*

Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life."

Amy Poehler

activities in the works. If

you are thinking you might like to participate in the execution of this event please reach out to Sue or myself. We are always looking for committee members! The team is a diligent group and meet once a month to brainstorm and action items on our ever growing timeline of things to do. Be a part of this special year and work closely with an amazing bunch of people.

If you have ideas or topics of interest that could be a keynote or presenter please share your thoughts, referrals and ideas and we will consider those in the programming planning. Our social planning team is as always coming up with some fantastic party tricks, entertainment, swag and fun activities to keep you on your toes, laughing and having a blast with friends, colleagues and our older adults.

*"An investment in knowledge pays the best interest."*

Benjamin Franklin

If you haven't ever attended Conference because you are a new OACAO member or partner, you will definitely want to mark the date in PEN in your calendar. October 23 – 24, 2023 will be a 2 day extravaganza and making the investment in yourself, your Centre, staff and members is an invaluable resource that will inspire you

all year long. If you have attended virtually these last few years, imagine taking all that learning and knowledge and then doubling it because of the energy, excitement, networking and resource sharing you will get from the in-person event.

Stay tuned for regular updates and opportunities to celebrate and acknowledge the 50<sup>th</sup> Anniversary of the OACAO all year long.

Can't wait to see you in October.

*Julie*

Conference Chair 2023

[Julie.pennal@oakville.ca](mailto:Julie.pennal@oakville.ca)

905-845-6601 ext. 3978

OACAO Annual Conference

## AGING WELL

CELEBRATING 50 YEARS!  
*in person!*

October 23 & 24, 2023 • Mississauga

### SAVE THE DATE!

because we can't wait...  
to see YOU IN PERSON on  
**OCTOBER 23 & 24, 2023**

### CONFERENCE HIGHLIGHTS

- DYNAMITE KEYNOTES
- CELEBRATORY SOCIAL EVENTS
- AMAZING WORKSHOPS
- NETWORKING
- OACAO AWARDS

and so much more...

watch for more info to follow...  
<http://www.oacao.org/events/aging-well-conference/>

OACAO celebrating 50  
The Voice of Older Adults Centres  
La voix des centres pour aînés

It's almost Spring and we can hear the birds starting to chirp in the new season! We are now moving into year three 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 are offering the project in English and French now. We are continuing to recruit for Year 3! **IT IS NOT TOO LATE TO PARTICIPATE IN THE L2W PROJECT!**

Thursday, March 9<sup>th</sup>, 2023 was International Social Prescribing Day! This was the 4<sup>th</sup> annual celebration of social prescribing. Our L2W partners recognized and thanked referral sources, community partners and Centres that support people's health and well-being through social prescribing! This special day, featured social events and opportunities to learn more about Social Prescribing.

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?**

- One year of funding still available, funded by an Anonymous Donor (Year 3 of the project)
- Micro-grant funding available for participating centres (tech start-up funds, small admin funding and yearly funds to subsidize clients)
- Helps to connect isolated older adults who may not have connected to your centre in the past (reduces socio-economic barriers)
- 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
- Tools and Resources Kits available in paper format and digital through google drive including new outreach postcards for primary care providers and new VIDEO!

We are actively recruiting for our next COHORT!!! **The next Links2Wellbeing Training is scheduled for Monday, March 20<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 5<sup>th</sup> Conversation Café on Monday, March 27<sup>th</sup> at 12 noon with special guests Doctors Paul Merkley and Namrata Bagari, co-founders of Seniors Junction.** We will also be hosting special Links2Wellbeing sessions this Spring, 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.



# Social Prescribing RECAP

Thank you to all our Links2Wellbeing Partners who participated in the 4th annual **Social Prescribing Day on March 9th, 2023**. Thank you for showcasing your outstanding Centres and programs and dedication to Social Prescribing!

Social Prescribing enables healthcare professionals to refer people to local, non-clinical services including community and social services including Senior Active Living Centres!! On International Social Prescribing Day we celebrate and are inspired by the those who prescribe and provide!

Below are some photos demonstrating how amazing Social Prescribing is and celebrating our staff, volunteers and participants. Thank you all for supporting the Links2Wellbeing: Social Prescribing for Older Adults Project.

Sincerely,  
Dena



LIFE AFTER FIFTY WINDSOR Social gathering and a Bobbin Lace workshop (above)



## ACTIVE LIVING CENTRE MISSISSAUGA

To the right is a photo of Anne Goldspink getting ready to deliver Social Prescription Tea in a Box to the Discharge Team Leads meeting at Trillium Health Partners in Mississauga, Ontario. ALCMiss decided to celebrate the individuals who advocate on behalf of the social prescription clients.



## Physical Activity for Older Adults Now Available in 12 Additional Languages



Physical activity supports healthy ageing by reducing the risk for chronic conditions and supporting good immunological function. Older adults often don't know how to start to be more active or how to start safely. This has been identified to be a critical issue for immigrant older adults who are at greater risk for being inactive. A barrier to accessing and understanding healthy lifestyle information is limited English proficiency. In order to support healthy aging among the Canadian older adult population whose primary spoken language is other than the two official languages, we have translated the **“Physical Activity for Older Adults”** booklet into 12 additional languages.



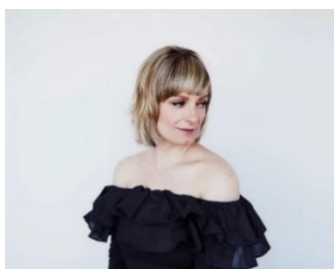
With funding from the New Horizons for Seniors program we have **FREE** print copies of the 12 languages available for order. English and French available in downloadable pdf format. For more info visit:

<https://www.activeagingcanada.ca/participants/get-active/active-agers-in-canada.htm>



Let's celebrate National Volunteer Week! OACAO Volunteer VIRTUAL Appreciation Event  
OACAO Member Centre volunteers are invited to:

## Optimizing Mental Health through Art



**Monday, April 17, 2023 from 1:30pm – 2:30pm EDT**  
**Presenter: Melissa Lauren Pisarzowski B.F.A, M.F.A**

Participants will be taken through grounding meditation through music, connectivity exercises, and creative writing facilitated using Cognitive Behaviour Therapy and Dialectical Behaviour Therapy techniques. Explore reframing negative thoughts through arts-based practices, create interconnected visual and musical landscapes through shared feelings, and learn how to turn their life experiences into art and music.

*A bit about her background – with a Master's degree in Musicology from York University, Melissa has been a practicing music therapist with a number of organizations for the past 12 years, as well as an Addictions Counselor and Group Facilitator at Alpha House in Toronto. In her spare time she both arranges musical pieces and leads several choir locations for the "My Pop Choir Organization".*

**Free for all OACAO Members/Partners volunteers.** Participation can be done Virtually (with Closed Captioning) or by Telephone. **(Register in Advance)**

<https://oacao.wildapricot.org/event-5192117>

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

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

## SENIORS' CENTRE WITHOUT WALLS



### SCWW CHANGES LIVES

Anna isn't alone. Seniors' Centre Without Walls (SCWW) programs across Ontario are improving the lives of isolated seniors by reducing their sense of loneliness and helping them feel connected.

The SCWW Expansion Team has all the resources, trainings, and support you need to start a program in your community. Connect with us to find out how easy it is to start a program for seniors in your area!

CONTACT Lisa Swant at 613-277-0693  
lswant@thegoodcompanions.ca

It had been a difficult year for Anna. She had recently lost her husband of over 60 years and a diagnosis of stage four terminal cancer left her homebound. She began to dread each day, often wondering how she would ever get through it.

She wasn't excited when she first heard about the phone-based group programming with Seniors' Centre Without Walls. Was this really for her? With a little encouragement from a friendly staff member, she decided to give it a chance.

Today, Anna looks forward to her daily phone program and attends several programs per week. She was quiet at first but now actively engages with other clients and the facilitators. She says the program is "the answer to a prayer". For her, it's a source of hope and joy in life. Participating makes her feel "included, supported, and valued."



## Announcing the winners of the inaugural Dementia-Friendly Communities Awards!



As part of Alzheimer's Awareness Month, on Sunday, January 15, the Dementia-Friendly Canada project hosted the inaugural Dementia-Friendly Communities Awards! The awards recognized the incredible work people are doing to make Canada more welcoming, inclusive and supportive of people living with dementia. The winners were:

- Dementia-Friendly Voice: **Jim Mann**
- Dementia-Friendly Ally: **Charlene Knudsen**
- Dementia-Friendly Grassroots Group: **Memory Café Nova Scotia**
- Dementia-Friendly Municipality: **The District of West Vancouver**
- Dementia-Friendly Small to Medium Organization: **The Hamilton Council on Aging**
- Dementia-Friendly Large Organization: **Vancouver International Airport**

The Dementia-Friendly Canada project congratulates all the nominees and winners for their dedication to making a difference – you are all an inspiration!

To see a recording of the awards broadcast, as well as the full list of categories, nominees and winners, click here: <https://lnkd.in/gmyQxGzJ>.

Men's Sheds Ontario (MSO) welcomes this opportunity to contribute to this OACAO newsletter. As we gratefully partner with OACAO to facilitate the expansion of Men's Sheds in Ontario, we thought it wise to share with you an updated word about Men's Sheds. Under our partnership, the OACAO has been approved for a Men's Shed Project grant through HelpAge Canada which OACAO will manage, and MSO will implement the project. We plan on traveling to communities throughout the province to spark an interest in Men's Sheds. As we have worked with other members of your association (such as John Richer of the Parkside Senior's Centre in Sudbury), we hope to work with many more of you to create a network of Men's Sheds across Ontario.

Some have asked "With what we're doing, why do we need a Men's Shed in our Community?" Good question! To suggest adding a Men's Shed to what you are now doing in your community is not to question the good work your agency is doing. However, OACAO's "Engaging Men in Older Adult Centres Toolkit" by Maria Lindgen notes that much community programming does not reach men as effectively as it does women. It further notes that Men's Sheds is a male-friendly way of appealing to and involving men so as to enhance senior's programming in any community. All too often men retire and retire into themselves as they begin to miss the things a work environment provides. A Men's Shed seeks out these men and reintegrates them into society in a productive and healthy way.

Australia was the birthplace of Shedding when Maxine Chaseling, a seniors' centre coordinator there, recognized that there was a problem getting proper care for her ailing father. The Shed she started there has gone from one Men's Shed to over 1,000 in Australia. There are also Sheds in New Zealand, the UK as well as non-English speaking countries such as Iceland, Greece, Spain and Denmark for a total of over 3,000 Men's Sheds worldwide. Such a rapid spread of Men's Sheds in just 30 years plus the testimonials from men AND their spouses repeatedly affirming that Men's Sheds has been their saving grace, is sure evidence that SHEDS WORK.



Shedding came to Canada when Doug Mackie's daughter urged him to start a Men's Shed in Winnipeg in 2010 and today there are 50+ Sheds in our country. In Ontario, Doug Mackie was invited to Carleton Place by Lanark Mental Health and Carebridge. His presentation on that occasion inspired a core of three Sheds to start in the Ottawa Valley. Then in 2022, John Peters, a member of two of these Sheds, felt that it was time to do three things: to band the 7 existing Ontario Sheds together for mutual support, to provide a unified voice when talking to provincial organizations and to ignite a spark of interest in Shedding in communities across Ontario.

Therefore, we now ask you to await a contact from our MSO outreach team, asking to work with you in the promotion of a Men's Shed in your community. And if there is already a local group in your community that is already a Men's Shed in all but name, or if you have questions about any of the above, please contact us at [mensshedsontario@gmail.com](mailto:mensshedsontario@gmail.com). For updates on the progress of this Project, watch your future newsletters.

## Newsletter Contributions from our Members

---



### CALEDON SENIORS CENTRE

*Submitted by: Beverley Nurden, Manager*

A ribbon cutting marked the official 'Grand Opening' of the expanded Caledon Seniors Centre, and was presided over by Raymond Cho, Ontario's Minister of Seniors and Accessibility, MPP Sylvia Jones, Mayor Annette Groves, Councilors, Board of Directors and Manager Beverley Nurden

The Centre has had a 7800 square foot addition which includes a new state of the art Kitchen, and 3 Multi-Purpose rooms which can be opened up into one large room for Special Events.



### EGANVILLE AND DISTRICT SENIORS

*Submitted by: Brenda Dwyer*

Hello! I'm the new SALC Program Coordinator for the Eganville and District Seniors. I have a varied background that includes owning a farm-stay vacation farmhouse, running a cake decorating business, working as a PSW and speaking as a dementia training specialist. I have always enjoyed the company of seniors, which makes this new position a perfect fit for me!

Our centre has a really wide range of exercise classes already available but I hope to add line dancing and drum fit to the repertoire. Music therapy is so very powerful as it not only improves memory and focus but it helps with depression and stress. Line dancing and drum fit engage a wide range of skill levels and not only encompasses music therapy but exercise as well.

With my cake decorating skills, I will introduce the basic rose swirl technique and other drop flowers on cupcakes with buttercream. As members get familiar with holding an icing bag, I will teach them how to flood cookies with royal icing. I will keep the lessons easy and fun.

Charcuterie boards continue to be a popular trend and an easy way of entertaining. The boards can be designed to incorporate the current holiday being celebrated. I plan to offer classes at different times of the year to demonstrate how to lay out a charcuterie board and add the fancy details (ie. the salami roses). Afterwards, the group can enjoy eating the board and having some social time.

I look forward to keeping up with existing thriving programming but also adding an array of new programming to the Centre. The chance to work alongside seniors in my own community and share my skillsets and meet new people are all something I look forward to doing, as well as learning from OACAO and all of their members.

# 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 (to all sectors) coupled with resource development and relevant 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.

**Please plan to join us at some upcoming, cost-free provincial Conference and Webinar:**

Elder Abuse Prevention Ontario

**EAPO ANNUAL CONFERENCE SERIES | 2023**

**Elder Abuse Interventions:  
Reducing Harm & Building Connections**

**DATE**  
March 22<sup>nd</sup>, 2023

**SAVE THE DATE**

EAPO CONFERENCE Series 2023

HOSPITAL BANK

**EAPO** is excited to be hosting the next 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 reducing harm, building connections, developing partnerships, and hosting dialogues aimed at growing our capacity for community-based responses to elder abuse.

**Register Today here!**

[Join EAPO for Upcoming Webinar:](#)

**May 16th, 2023: Supporting Vulnerable Victims and Witnesses**

@EAPreventionON

[eapon.ca](https://eapon.ca)

*Funded by:*

**Ontario**

**Celebrating 25 Years of Service**  
Supporting Seniors of Peel Region since 1998



We are celebrating 25 Years of service in the Peel Region!

EHP has provided seniors with caring and compassionate programs. EHP is committed to diversity and inclusion with its focus on interactive programs and services that enable seniors to stay active, healthy, and engaged in the community. Alleviating the loneliness experienced by many seniors is an important step in improving their health and quality of life.

For information on our programs and services, please visit our website,

<http://www.elderhelppeel.org> or call our office at 905-457-6055



**Elder Help Peel**  
6 George St. South, Unit 2B Brampton, Ontario, L6Y 1L9  
Charity Registration: 869634261 RR0001

T: (905) 457-6055  
E: [info@elderhelp.net](mailto:info@elderhelp.net)  
W: [www.elderhelppeel.org](http://www.elderhelppeel.org)



## IGNACE SILVER TOPS #1450

Submitted by: Liz Russell

We are the Ignace Silver Tops #1450 – a non-profit seniors club that is charged with “...the betterment of all seniors in our community, and ... to manage and operate the Silver Tops Centre, including recreational, cultural, physical fitness, social, craft, fund raising, literary and educational programs”. We live in Ignace – population 1200 – on the Trans-Canada Highway in Northwestern Ontario, halfway between Lake Superior and Manitoba.

We own our building, and are responsible for maintaining it. Fundraising is high priority. Fortunately, fundraising activities create opportunities for socialization, which – we all now realize – is extremely important for mental health.

In such a small town, partnerships are very important. Many of our programs are delivered in cooperation with



local and district organizations. With their support we offer a fitness program, a weekly mental health music program, a monthly Paramedicine wellness program, and short courses of interest to seniors – eg, air fryers! – and coming up in April, a murder mystery dinner theatre in cooperation with the local high school drama class! With grant monies, we offer an ongoing digital literacy course, to enable seniors to become more comfortable with the technologies they need for healthcare, appointments, research, and social media.

Our weekly Soup and Sandwich lunches provide an affordable hot-meal outing with friends, and there's Bingo

every week, another opportunity to socialize while having fun.

We join in the town's carnival festivities – in February, it's an “In From the Cold” movie matinee, and in July it's a ride on the lake on a pontoon boat.

Monthly potlucks feature trivia games, music, live entertainment, and video clips from TV shows. Our book club has an eclectic reading list. Drop-in, crafts, and open mic events fill out the week.

Ignace Silver Tops – supporting the senior community, learning new skills, and having fun!



Des nouvelles de Retraite active de Peel  
Mars 2023

La programmation d'hiver fut des plus variées pour les membres de Retraite active et nous continuons à développer notre capacité d'offrir certaines sessions en mode hybride. Le Cercle du livre a continué ses riches échanges, et les rencontres régulières des groupes de vitrail, de tricot et de courtpointe sont appréciés non seulement pour leur aspect créatif, mais aussi pour leur camaraderie.

Lors des sessions de portes ouvertes sur les arts les participantes et participants ont eu l'occasion de pratiquer des techniques apprises dans des ateliers précédents.

On maintient notre forme physique par l'entremise de sessions hebdomadaires de pilates, pickleball, aquaforme et exercices de renforcement physique en douceur. Pour la première fois, les membres ont pu s'essayer à la danse en ligne, et en redemandant! Nous ne négligeons pas les autres aspects de santé et avons beaucoup appris lors de présentations sur le bilan de santé, la santé vasculaire, le bilan sanguin et les premiers soins.

Quel plaisir d'étirer ses ailes après le confinement des dernières années! Grâce à un financement de l'Ontario dans le cadre d'une subvention pour l'inclusion des aînés, nous avons pu offrir une belle gamme d'ateliers et de sorties aux membres.

En partenariat avec la Fédération des aînées et aînés du Canada et le théâtre Parminou, nous étions fiers d'offrir la pièce de théâtre «Passée date» en janvier. Ce fut une belle occasion de commencer un dialogue sur la place des aînés dans notre société. Nous avons également pu donner suite aux suggestions des membres lors d'échanges précédents en offrant un atelier sur les testaments, la procuration, et les enjeux et risques de faire des dons de son vivant.

Les visites au Musée Royal de l'Ontario, au Musée McMichael et au Salon du livre ont été bien populaires. Une sortie aux quilles a été ponctuée de rires et les membres se proposent de se faire une ligue maison. Au courant de l'hiver les artistes franco-ontariennes Natalie Nadon et Janie René nous ont beaucoup appris sur la musique franco-ontarienne, tandis que Julie Kim a su nous faire chanter à plein cœur pour souligner la Saint-Valentin.

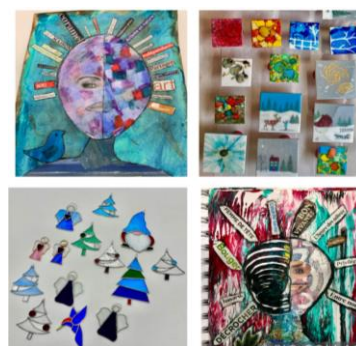


Nous avons pu reprendre une activité mise de côté pendant la pandémie – la cuisine communautaire, cette fois dans un beau nouveau local au Centre communautaire Churchill Meadows où, nous avons préparé, dégusté et partagé des mets délicieux, guidés par nos membres et en collaboration avec le Centre de santé familiale de Credit Valley.

Comme à chaque année, nous avons célébré la journée internationale des femmes, cette fois par l'entremise d'un repas et une session interactive autour du thème « Notre place dans un monde numérique » qui nous a permis de réfléchir et

d'échanger dans une ambiance accueillante et agréable.

Des nouveaux membres continuent à s'ajouter à notre groupe, et nous sommes heureux de les accueillir. Si vous désirez en savoir plus n'hésitez pas à visiter notre site web: [www.retraiteactivepeel.ca](http://www.retraiteactivepeel.ca).



## Lunar New Year Celebration

The Chinese Seniors program held its Lunar New Year celebration on Jan 23<sup>rd</sup>, 2023 with 115 participants (58 in-person and 57 via zoom). It was a fun-filled day with many live performances.

We had a traditional lion dancing and the god of wealth who blessed everyone. The seniors put on a terrific show and performed their best dances and showcased their many talents with singing, dancing, playing instruments, and more. All of the participants enjoyed the show.

After two years of celebrating Chinese New Year online, we were very fortunate to celebrate the New Year together both in person and virtually, in our Supportive Housing site located at 11 Coatsworth Crescent. This meant a lot to us and our seniors, we are not only having fun with the seniors in-person but also taking care of the seniors who could not attend.



## Sign Language Song

We made it different.

Right from the start, seniors were curious about how they could learn sign language and just follow what we taught. They never remembered the meaning of the sign at the beginning. After practicing every week, they enjoyed and remembered the meaning of some signs.

Now they have already learned more than thirty songs including Cantonese, Mandarin, and English. They are also the performers of the party.

Do not limit yourself to learning new things, just do it!



## Cup Beat

Cup Beat is using hands and cups for playing the beat of the song,

It aimed to help the seniors to practice their hearing, moving, and seeing at the same time. Since they need to follow the rhythm to move, they need to concentrate on hearing. It is totally different between the in-person and the virtual classes, they found that there are a lot of distractions when they are having a class with other classmates. Not only does this teach them to play the song, but also helps them to focus on the thing too.



## Yi Jin Bang

Ji Jin Bang aimed to treat subacromial pain syndrome, mainly for shoulder pain, frozen shoulder, and other pain from the upper back. Seniors can do it in both home base and/or outside. Yi Jin Bang has been involved in 10 different forms.

Seniors may not finish at the first time, but after a month of practicing, they can now do it.

Miracles happen in our in-person program, which is different from the online program. In-person programming can always provide a hidden encouragement opportunity for the participants, allowing them more focus on the program.





University Settlement is the oldest community-based multi-service agency in Toronto that has been supporting families, seniors, newcomers and immigrants since 1910. As one of the Seniors Active Living Centres located in downtown Toronto, the agency is committed to creating a strong and vibrant community for our diverse group of seniors. The agency offers a wide range of social and recreational programs throughout the year to support seniors and older adults to stay active and connected to their peers. Some of our year-round Seniors programming include Tai Chi, Yoga, Line Dancing, Chinese Calligraphy and Opera Singing Classes.



In the last quarter, the centre delivered a variety of educational workshops through Seniors Active Living Fair and our Seniors programming. The workshop topics ranged from Fraud Prevention, Stress Management, CPR training, to Computer Literacy for Seniors. We also host and celebrate important cultural event with our seniors and their families. In January this year we celebrated the Lunar New Year Celebrations in-person after a two year hiatus due to the pandemic.



Coming spring, we are excited to be launching the Links2Wellbeing project at the centre, which will bring more outdoor programming along with more health and wellness workshops for seniors including, Cooking with Seniors in the Park, Food and Nutrition for Seniors, and Knowledge on Diabetes, etc.

As the weather gets warmer, the centre is also looking to organize seniors' outings to the Art Gallery of Ontario, the Royal Museum of Ontario, and day trips to Niagara Falls and Blue Mountain. We hope that these social, recreational and educational activities, will not only help reduce feelings of loneliness and social isolation that our seniors may be experiencing, but also empower seniors and older adults by providing an inclusive, diverse, and welcoming space that promotes happy, active, and healthy ageing.



 **agecomfort.com**  
life should be comfortable

USE CUPON CODE  
**OACAOTEN**  
TO SAVE  
**10% OFF**  
YOUR ORDER  
EXPIRES AUGUST 31<sup>ST</sup> 2023

**2023 Winter Catalogue**  
BATHROOM SAFETY • MOBILITY • PHYSICAL THERAPY • MEDICAL SUPPLIES  
INCONTINENCE • DAILY LIVING AIDS • AND MORE!



**FREE SHIPPING OVER \$100**

**1-800-520-3259**  **PROUDLY CANADIAN** **www.agecomfort.com**

# 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!**

**Call 1-877-301-8066 for your Information Kit.**



**OACAO**

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

<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.





## What does remaining at **home** mean to you?

Whether it's just a little assistance for daily tasks or round-the-clock care, Bayshore's caregivers can ensure you are living your best life while remaining at home.

**LET'S TALK.**

**1.877.289.3997**

[clientservice@bayshore.ca](mailto:clientservice@bayshore.ca)

[bayshore.ca](https://bayshore.ca)

PERSONAL CARE | HOME SUPPORT | NURSING

# Dancer Not Dementia

## Make a Commitment to Challenge Stigma Through 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.

Research on aging finds that dance offers a unique combination of physical, emotional and social benefits for older adults. The opportunity to dance *itself* challenges dementia-related stigma by highlighting the creativity, joy, playfulness and expressiveness of people living with dementia. Furthermore, dancing reduces isolation and creates a sense of community, connection and space for artistic expression.

**Join today** in a shared commitment to champion and advance access to dance opportunities for people living with dementia and their carers!

Together, we can:

- Use dance as a tool to better the quality of life and wellbeing of people living with dementia
- Celebrate the creativity, joy, playfulness, community and connection of dancers living with dementia and their carers
- Support people living with dementia to flourish
- Build community and enhance social inclusion for people living with dementia

### Make YOUR Commitment

I/my organization believe(s) that all people living with dementia and their carers should have access to dance opportunities. I am/we are committed to challenging dementia-related stigma through the transformative power of dance.

### SIGN HERE

Members will:

- Be connected with like-minded people and communities who are interested in making an impact on the lives of people living with dementia and their carers
- Receive NBS' monthly community dance newsletter, which highlights dance opportunities for older adults
- Access Dancer Not Dementia campaign materials and assets to promote awareness in your communities
- Have the opportunity to connect with other member organizations
- Seek out and/or share dance opportunities in their community for people living with dementia

For questions or more information, email [sharingdance@nbs-enb.ca](mailto:sharingdance@nbs-enb.ca) | Learn more at [www.dancernotdementia.ca](http://www.dancernotdementia.ca)

**About Canada's National Ballet School:** At Canada's National Ballet School (NBS), programming excellence, access and inclusion fuel our belief in sharing the transformative power of dance to change lives for the better. This is what drives our commitment to making dance a part of all Canadians' lives—from the Olympic-calibre dancer training for a professional ballet career on the world stage to the young child or older adult who may be embracing the joy of dance for the first time.

Lozinski Centre  
for Community  
Dance at NBS,  
Founding Donors &  
Honorary Chairs



Financial contribution from

Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

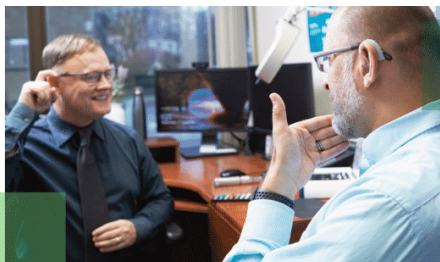


NBS Operating Funders



Research and Evaluation Partners





## Canadian Hearing Services offers a full suite of hearing healthcare services and can support you every step of the way:

- ✓ Hearing Aids & Devices
- ✓ Audiology Testing
- ✓ Interpreting Services
- ✓ Hearing & Mental Health Counselling
- ✓ Education & Training
- ✓ Workplace Assessments & Accessibility Consultations

### HEARING LOSS

Hearing loss frequently goes unnoticed, and because it happens gradually, many people are in denial about their hearing loss. They often stop communicating and withdraw from family, friends and social situations because they can't understand what is being said.

### HERE ARE SOME COMMON SIGNS OF HEARING LOSS:

- Speaking louder than necessary in conversation
- Constantly asking for words to be repeated
- Straining to hear
- Misunderstanding conversations, especially in noisy situations
- Favouring one ear
- Thinking that people always mumble
- Turning the television or radio up louder than usual
- Having difficulty hearing on the telephone
- Withdrawing from social contact
- Ringing or buzzing in one or both ears
- Appearing dull and disinterested, or slow to respond

## WE'RE HIRING!

Canadian Hearing Services is committed to championing diversity, accessibility and equal opportunity. Join our team and make a difference in the lives of Deaf and hard of hearing Canadians.

Search careers at Canadian Hearing Services at: [www.chs.ca/jobs-chs](http://www.chs.ca/jobs-chs)

### We look forward to serving you!

When you work with Canadian Hearing Services, you also support the communities we serve.

## BOOK YOUR APPOINTMENT TODAY!

1-866-518-0000  
[hearingcarecounselling@chs.ca](mailto:hearingcarecounselling@chs.ca)  
[audiology@chs.ca](mailto:audiology@chs.ca)  
[www.CHS.ca](http://www.CHS.ca)



**CANADIAN  
HEARING  
SERVICES**



# Activity Booklets

Chartwell would like to offer OACAO Senior Centre members a complimentary Activity Booklet, that is filled with fun activities, and educational content. You will also be entered in a draw to win 1 of 5 chances, of a \$100 gift card, at a local restaurant. Call or email us today !

Chartwell is a "proud partner" of OACAO and wants to give back to our communities, as we are committed to "Making Peoples lives Better."

**Contact Mary Minielli**  
**416-333-9965 or [mminielli@chartwell.com](mailto:mminielli@chartwell.com) for your complimentary booklet today !**

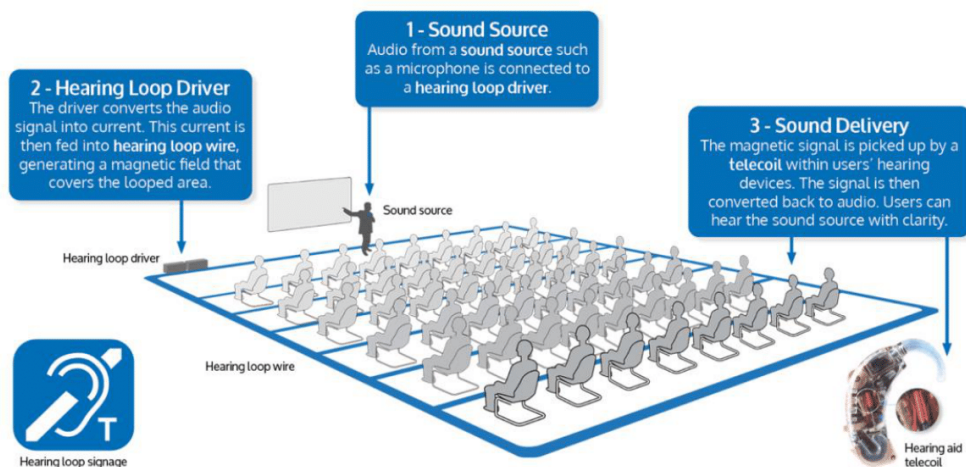
Brought  
to you by: **OACAO**  
The Voice of Older Adult Centres  
La voix des centres pour aînés

[CHARTWELL.COM](http://CHARTWELL.COM)

 **CHARTwell**  
retirement residences

**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



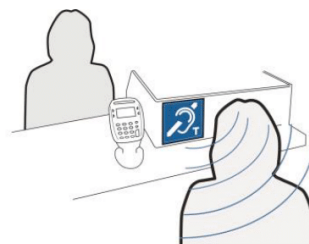
### What is a Hearing Loop?

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!



*Let our Family Take  
Care of Yours*



Call us at 1-888-227-3080



info@homecarehub.com



homecarehub.ca/shared-living



## ABOUT US

Shared Living by Homecare Hub is a high-quality, high-value solution designed for those with caregiving needs who wish to live in a more intimate homelike setting with others and share the cost of care while remaining in their own community.

An alternative to traditional long-term care and retirement homes, Shared Living matches individuals based on care needs, diagnosis, and interests. Live in a personalized homelike setting and receive the level of care you need and deserve.



## ADVANTAGES OF SHARED LIVING?

- ✓ Reduced cost of care
- ✓ Reduced caregiver burn-out
- ✓ Alternative and safe option to long-term care homes
- ✓ Matches based on individual care needs and interests
- ✓ Accessible and high-quality care
- ✓ Complimentary Care Navigation from registered Social Workers
- ✓ Helping seniors age in place and combat social isolation

CALL TO SCHEDULE A PERSONALIZED TOUR  
**1-888-227-3080**

# Things change as you age. Be ready.



[En-AGE.ca](https://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



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



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



## 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) with a  
comprehensive program designed to  
make seniors' downsizing stress-free and  
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

## 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."

*"You are not a transaction,  
You are making a Transition."*

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**

info@transitionsre.ca  
www.downsizingexperts.ca





### Activities to reduce dementia risk

Wondering how you can boost your brain health and lower the likelihood of Alzheimer's disease and dementia? Researchers and senior care experts agree that socializing, physical activity, playing games, learning and doing brain exercises are some of the best cognitive activities to reduce dementia risk for seniors. It can be as simple as taking a 20-minute walk, calling a loved one or playing a game of Bridge — whether you're in your 60s, 70s or 80s.



---

#### PLAY YOUR WAY TO BETTER BRAIN HEALTH

Consider playing a game of Scrabble or doing mental exercises on Luminosity. Challenging solo and group games rely on problem-solving skills, counting, memory and other strategic and cognitive skills that benefit your neurons. A study of 65 to 89-year-olds from Simon Fraser University determined that playing games, doing hobbies, baking and spending time with friends all lowered dementia risk. Frequency matters, too.

---

#### WORK YOUR BODY AND YOUR MIND

Learning some new Zumba moves, trying a Qigong routine on YouTube or doing a walking meditation are all ways to combine dementia-fighting exercise and learning.

"Learning something new is almost always rewarding," says Terry Wong, a Life Enrichment Coordinator at Amica Somerset House. "Many residents try our Cardio Drumming class even though they have no musical experience, for instance. After a short time, they are usually surprised at how well they've picked up the skill, even when I switch up the speed or cadence of movements."

---

#### MAKE PLANS WITH FRIENDS AND FAMILY

Did you know that social isolation can increase dementia risk by as much as 50%? Togetherness pays, so go ahead and bake cookies with a loved one, meet a pal for dinner or do a crossword puzzle with your spouse to give your brain cells a jumpstart.

At Amica, residents enjoy some of these activities to reduce dementia risk, among others:

- Mastering new art techniques inspired by famous Canadian painters;
- Trying to beat each other's Wordle scores;
- Memorizing the fun-yet-complex steps of line dancing;
- Joining the walking club and hiking local conservation areas together;
- Engaging in learning classes, from beekeeping to meditation;
- Finding out how to make elegant recipes and artfully arrange flowers;
- Volunteering at fundraisers for local causes

"We switch up exercise routines to keep residents thinking and play brain games such as sudoku, trivia and cribbage," says Wong. "Activity and learning boosts neurological connections, and the social aspect is motivating."

For more helpful resources for seniors, visit [www.amica.ca/conversations](http://www.amica.ca/conversations).

## Get a fresh start this spring with **top-of-the-line hearing aids** from HearingLife!

As the milder temperatures return and we enjoy more time outside, healthy hearing allows us to experience changes of the season to the fullest. Start Spring feeling more connected and confident when you spend time with your loved ones, join that new cycling group or sign up for a local art class!

We believe that everyone deserves access to quality hearing aids, regardless of their financial situation. That's why we offer flexible monthly payment plans with interest rates as low as 0%\*\* so you can afford the latest technology in hearing aids without breaking the bank or compromising on quality.

**Don't let hearing loss prevent you from fully enjoying life. Book your FREE consultation today!**

**Book your FREE consultation today!\***



Visit **HearingLife.ca/OACAO-FIN** by scanning this code using your phone's camera or call **1-888-697-4180**

**Mention the code ENS-FIN-OACAO to claim this offer**



\*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. \*\*Conditions apply. Financing options available for adults ages 19 and older. Financing options are as a function of the customers' credit history. The interest rates are a function of the loan term period. Ask your clinician for more information. Offers not valid in Quebec. Offer expires 04/31/2023.



Savings  
For You

## GIVE YOUR INSURANCE PREMIUMS A WHOLE NEW LOOK.

Johnson helps you save up to \$960 on home and car insurance.\*

Dear OACAO Member,

Johnson Insurance has worked closely with the OACAO to provide access to helpful services and products that take care of your home, car and travel insurance needs.

With Johnson, OACAO members have access to:



up to **\$960.00**  
in savings when you  
bundle home & car insurance\*



- First Claim Forgiveness
- Flexible Payment Options
- Identity Theft Protection

Take advantage of this special offer now. Mention **group code 04** for your great rates when you give us a call today at **1.888.222.1369** or visit **Johnson.ca/healthcare**.

Sincerely,

Johnson Insurance

YOUR GROUP CODE FOR DISCOUNTS IS: 04

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.



**JOHNSON**  
INSURANCE  
HOME • CAR • TRAVEL

# MODERNIZE YOUR SALC DATABASE

*my*seniorcenter™



- TOUCHSCREEN CHECK-INS
- MEMBERSHIP MANAGEMENT
- ONLINE REGISTRATION
- ZOOM INTEGRATION
- CREDIT CARD PROCESSING
- VOICE, TEXT AND EMAIL BROADCASTS

EMAIL: [INFO@MYSENIORCENTER.COM](mailto:INFO@MYSENIORCENTER.COM)

CALL: 866-739-9745

SURF: [WWW.MYSENIORCENTER.COM](http://WWW.MYSENIORCENTER.COM)



Royal  
Botanical  
Gardens

Insects and buds, breezes and mud – can you feel it? Spring is in the air! RBG's garden areas are open to enjoy in-person, including our new Healing Garden in Hendrie Park. Explore the connections between people and healing plants from around the world, from traditional remedies to leading-edge drugs in this garden.

### Spring highlights:

Join us from home for the [Patrick Colgan Memorial Lecture: Prescribing Nature](#) OR if you are local to RBG [there is much to explore.](#)

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

### Winter Exhibit: Frogs! A Ribbiting Exhibit (closes April 16, 2023)

Immerse yourself in the sights and sounds of local and exotic frogs and toads. Make some new amphi-friends with daily animal encounters. Great for the whole family from toddlers to grandparents. Exhibit info and ticket purchases [here](#).



### Seed Library: Borrow, Grow, and Return!

Our [seed library](#) provides seeds that you borrow, grow, and then return. If you are new to gardening, interested in growing a greater diversity of plants, or invested in supporting a community of growers, our seed library will help you meet those goals. It focuses on herbaceous perennials, grasses, annuals, and trees and shrubs although some food plants are also available.

### Interactive and Engaging Virtual Programs via Zoom:

Do you use Seed Catalogues? What's the history behind those? We're offering a **new** program in late April (Between the Covers) where we'll explore the hidden world of tens of thousands of historical horticultural catalogues listing seeds for planting, and tools for gardening dating as far back as 1853. We'll be highlighting local history, and the development and use of horticultural plants.

There are lots of other programs relating to our connection to plants including *Healing Plants*, *Chocolate: From Treasure to Treat*, *Live in the Mediterranean Garden* (special request only) and *Gardening for Pollinators*. 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 Check out our list of available [Adult programs](#).



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

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

Find us on:



Royal  
Botanical  
Gardens  
Jardins  
botaniques  
royaux

# OACAO Board of Directors

---

## EXECUTIVE

<b>President</b>	Suzanne Teixeira	<a href="mailto:suzanne@ywalc.ca">suzanne@ywalc.ca</a>
<b>Past President</b>	Nancy Beddoe	<a href="mailto:nbeddoe@cogeco.ca">nbeddoe@cogeco.ca</a>
<b>President Elect</b>	Wendy Caceres-Speakman	<a href="mailto:wendy.caceres-speakman@rexdalechc.com">wendy.caceres-speakman@rexdalechc.com</a>
<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>

## REGIONAL REPRESENTATIVES

<b>Central</b>	<i>Staff</i>	Karie Papillon	<a href="mailto:kpapillon@aurora.ca">kpapillon@aurora.ca</a>
	<i>Senior</i>	Vacant	
<b>Eastern</b>	<i>Staff</i>	Monique Doolittle-Romas	<a href="mailto:mdoolittle-romas@thegoodcompanions.ca">mdoolittle-romas@thegoodcompanions.ca</a>
	<i>Senior</i>	Nellie Kingsbury	<a href="mailto:kingsburynb@xplornet.ca">kingsburynb@xplornet.ca</a>
<b>Golden</b>	<i>Staff</i>	Julie Pennal	<a href="mailto:Julie.pennal@oakville.ca">Julie.pennal@oakville.ca</a>
<b>Horseshoe</b>	<i>Senior</i>	Ted Lambert	<a href="mailto:erllre13@hotmail.com">erllre13@hotmail.com</a>
<b>Grand River</b>	<i>Staff</i>	Vacant	
	<i>Senior</i>	Vacant	
<b>Metro</b>	<i>Staff</i>	Lisa Tobio	<a href="mailto:yorkfairbank@on.aibn.com">yorkfairbank@on.aibn.com</a>
	<i>Senior</i>	Leslie Olsen	<a href="mailto:laolsen10@gmail.com">laolsen10@gmail.com</a>
<b>North West</b>	<i>Senior</i>	Twyla Biluk	<a href="mailto:twyla.biluk@thunderbay.ca">twyla.biluk@thunderbay.ca</a>
	<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>
	<i>Senior</i>	Lyne Way-White	<a href="mailto:lybell55@yahoo.com">lybell55@yahoo.com</a>
<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>

## COMMITTEE CHAIRS

<b>Awards</b>	Kim Bradley	<a href="mailto:kbradley@pickering.ca">kbradley@pickering.ca</a>
<b>OASSIS Liaison</b>	Bill Krever	<a href="mailto:w.krever@victoriavillage.ca">w.krever@victoriavillage.ca</a>
<b>Membership</b>	Kim Bradley	<a href="mailto:kbradley@pickering.ca">kbradley@pickering.ca</a>
<b>Conference Chair</b>	Julie Pennal	<a href="mailto:Julie.pennal@oakville.ca">Julie.pennal@oakville.ca</a>
<b>Finance</b>	Bill Krever	<a href="mailto:w.krever@victoriavillage.ca">w.krever@victoriavillage.ca</a>
<b>Nominations</b>	Nancy Beddoe	<a href="mailto:nbeddoe@cogeco.ca">nbeddoe@cogeco.ca</a>
<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  
please contact: Sue Hesjedahl, Executive Director  
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

---

**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 Summer Newsletter – June 1, 2023

2023 Fall Newsletter – September 1, 2023

2023-2024 Winter Newsletter – December 1, 2023

*Please send your submissions to [admin@oacao.org](mailto:admin@oacao.org)*

# OACAO Business Partners

## Platinum Business Partners



## Gold Business Partners

