

OACAO Newsletter

2023 SUMMER NEWSLETTER



Message from the OACAO President Suzanne Teixeira

Summer is just around the corner! One of my favourite summer recipes is a watermelon and feta salad. Never tried it? Give it a try with this delicious recipe - <https://www.currytrail.in/watermelon-feta-salad/>

I'm sure you have heard the news that the Ministry for Seniors and Accessibility announced the expansion of the Seniors Active Living Centre (SALC) Program for 2023 - 2024.

Through a Call for Applications, that launched on Monday, June 5th through TPON, the Government of Ontario will fund approximately 15 new SALC Programs, noting that priority is being given to applications from municipalities, or organizations partnering with a municipality, that do not currently have an existing SALC program funded by MSAA.



This is great news for our membership, as we know that some of you have been doing great work in your communities, keeping seniors active and engaged, but without the financial support of the SALC Program funding. Applications are due by July 20, 2023 at 5:00 pm EST. Join the OACAO and MSAA for a **SALC Expansion Webinar on June 29th at 10 am** for an overview of the SALC Program Expansion and Q & A Session.

Our OACAO Membership numbers are strong once again. Thank you for your renewal and support of the OACAO, and welcome to our new members.

I'm sure you have seen the emails from Lina introducing our newest business partners. We are thrilled to welcome four new partners this year. All of them offer great products and services for your members at special OACAO rates (where applicable). For a complete list of business partners and what they are offering to your members, visit: <https://www.oacao.org/business-partners/business-partner-directory/>

The Board is hard at work behind the scenes to put together a strategic plan that will help guide us over the next three-five years. If you have any comments or suggestions on some key goals please reach out to Leslie Olsen or Sue Hesjedahl, our Strategic Planning Committee Co-Chairs.

Our Conference Committee has also been hard at work getting everything lined up for a fantastic in-person conference – woohoo! Make sure you save the dates October 23 and 24, 2023. Look for our **50th Anniversary Golden Conference post card** enclosed in your newsletter package. **Please share with your team!** Make sure you register early for a discounted rate on the conference registration fee and book your hotel guest room too as we have secured a reduced price for our delegates.

Just in case you haven't heard, OACAO is celebrating 50 years...yes, 50 years!!!! The OACAO was formed in 1973 by an amazing group of seniors centres and visionary leaders. We are grateful for their passion and vision to create the Association that put Seniors Active Living Centres (formerly Elderly Persons Centres) on the map all across Ontario!

Mark it on your calendars... OACAO Annual Meeting, Friday September 29 @ 9:00am, virtually.

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

Suzanne Teixeira
President



Older Adults' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

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





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Message from the OACAO Executive Director Sue Hesjedahl

Dear OACAO Members, Business Partners and Friends,

With the warmth of the summer months now upon us, we reflect on the joy, both mentally and physically, it brings us! It is hard to believe that we are just passed the Summer Solstice. We are pleased to recognize the longest day of the year, June 21st, as **National Indigenous Peoples Day**. It is a day to celebrate and honour Indigenous history, heritage, resilience and diversity of First Nations, Inuit and Métis Peoples across the country.

The OACAO has a lot to be thankful for this year as we **Celebrate our 50th Anniversary** and appreciate that we would not be recognizing this special milestone without the long-time support of our Members, Board Members, Volunteers, Business Partners, Funders, Friends and the communities that we serve. Thank you for coming along on this amazing journey with us!

Milestones are an opportunity to reflect on the past, and to celebrate the future. Do you have photos or memorabilia from past OACAO events and conferences that you can share? Please dust them off and send them our way! See page 20 for more details. All that is collected will be displayed at our **2023 Aging Well Conference in Mississauga**.

The OACAO Board of Directors have created a **special one-time 50th Anniversary Award to honour 50 amazing people from our sector**. Please see page 20 for the details of '50 for 50' and how we will be rolling out this special Award. The portal will open soon to submit your nominations for these special people, and names will be announced at the conference. Please also note that the **OACAO 2023 Awards Program nomination process is now open** for our other outstanding opportunities to recognize both staff and seniors in your centres and clubs <http://www.oacao.org/programs/awards-program/>. Nomination deadline is September 11th. These Award recipients will be honoured at the OACAO Virtual Annual Meeting on Sept. 29th.

I am pleased to announce that the **Nominations deadline has been extended to July 15th, 2023 for the Ontario Senior Achievement Awards**. <https://www.ontario.ca/page/honours-and-awards-community#section-2>

I am excited to share that the OACAO Board of Directors met on June 19th to begin working on the **development of a new OACAO Strategic Plan**. Members will have the opportunity to submit your input soon as we will be conducting a membership survey in the next couple of weeks and hope that you will participate to help shape the future direction for the OACAO. What are the sector priorities for the next few years? How can we all strive and thrive, as we recover from the pandemic? What strengths and opportunities have been untapped? Watch the OACAO list serve for an invitation to participate.



We are pleased to introduce and welcome **Abigail Elliott as our 2023 Summer Student**. Abigail will be starting a Bachelor of Kinesiology program this fall at the University of Waterloo and is excited to join the OACAO as our Community Development Worker this summer. Abby will be working with both the OACAO and the Caledon Seniors Centre supporting their programming this summer. (Funding provided by Canada Summer Jobs Program).

We have so many things to share and be excited about this month. We are launching a new program called **Nature-Based Programs to Enhance the Quality of Life of Older Adults**. With funding support from Levante Foundation, we are launching this program this month. We will open the application process by the end of June, for OACAO members to apply for a chance at one of ten \$1,000 micro-grants to create a new, or revamp a previous Nature-Based Program at your Centre. The deadline to apply is August 1st and projects will run between September 1, 2023 – August 31, 2024.



We are also thrilled to continue working with Honourable Raymond Cho, Minister for Seniors and Accessibility and the Ministry for Seniors and Accessibility to administer the **Seniors Active Living Fairs funding program** again. The application portal is open and Fairs can begin on August 1st. Don't miss out on this opportunity for your community. The OACAO will also continue offering many Capacity Building training opportunities to the SALC Sector including webinars, conference sessions, and resources that enhance and support the work that you do.

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See page 13 for our Fairs Application announcement and pages 15 and 16 for our line-up of Webinars this Summer and early Fall.

One of the most exciting announcements this month was the Government of Ontario's **Call for Applications for the Seniors Active Living Centres (SALC) Program Expansion for 2023 – 2024**. This has been a priority for the OACAO over the past few years and to see it come to fruition is amazing! Please join us **on Thursday, June 29th at 10:00 am for a SALC Program Expansion Webinar that the OACAO is co-hosting with MSAA staff**. Ministry staff will provide an overview of the SALC Program Expansion. We will facilitate an interactive Question and Answer period and encourage you to submit your Questions in advance when you register. Regional Development Advisors will join us as they are your 'go to' experts in the field for this funding opportunity. Please spread the word to communities in your Region that don't currently have SALC programs.

June is still in full swing and so is the Great Canadian Giving Challenge. The OACAO is participating in this worthwhile fundraising event again this year and thank those who have already donated to support the OACAO. (See page 6) Donations can be made through [CanadaHelps.org](https://canadahelps.org)

The OACAO is supporting the **Canadian Coalition for Seniors' Mental Health (CCSMH) with their Social Isolation and Loneliness Project**. CCSMH is currently conducting a **National Survey of Older Adults** which will inform the development of guidelines to support health and social service providers to recognize, assess and find ways to help address social isolation and loneliness among older adults in Canada. Adults who are 65 and older are asked to share their knowledge and insights of social isolation and loneliness. We are pleased to inform you that the results of the survey will be reported at the OACAO Conference in October, with more details to be announced soon. Very exciting!!

The survey links: Survey in English: https://ccsmh.qualtrics.com/jfe/form/SV_9vH8q4HsiRf6Ybc

Sondage en français: https://ccsmh.qualtrics.com/jfe/form/SV_5A5Cd4MKL77DpnU

Have a great summer!



Sue Hesjedahl
Executive Director



2023-2024 Membership Renewal

Thank You very much to all our members who have renewed your OACAO Membership for the 2023-2024 year. Welcome Back! We are very excited about this year as we celebrate the 50th Anniversary of the OACAO and glad you will be celebrating along with us!

For those members who have not yet sent in their membership renewal payment, please make sure to contact Fiona at admin@oacao.org as this will be your last mailing unless your membership is renewed.

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 main 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 main contact person listed in the system under your organization.



Please contact Fiona Mueller at admin@oacao.org if you any questions on how to update or any concerns about OACAO Memberships, or call 905-584-8125 or Toll Free at 1-866-835-7693.

Welcome to our New Members



The Kimel Centre for Brain Health and Wellness
55 Ameer Avenue, North York, ON M6A 2Z1
Phone: 416-785-2500 • <https://www.baycrest.org/>

The Encore Club of Kirkland Lake & District
30 Second Street, East, Kirkland Lake, ON P2N 1R1
Phone: 705-567-8747



Community Care Concepts of Woolwich, Wellesley & Wilmot
Phone 519-664-1900 with programs in:

Wellesley <https://www.wellesley.ca/en/living-here/seniors-services.aspx>

Wilmot Active Living Centre <https://www.wilmot.ca/en/things-to-do/Active-Living-Centre.aspx>



Welcome to our New Platinum Business Partner



ROGERS COMMUNICATIONS

Rogers Communications, a leading telecommunications and media company, is thrilled to announce its exciting partnership with the Older Adult Centres' Association of Ontario (OACAO). This collaboration brings together two influential organizations dedicated to enriching the lives of older adults throughout the province.

Drawing upon its extensive experience in providing cutting-edge communication services, Rogers aims to empower older adults by connecting them to the digital world. As technology continues to advance rapidly, this partnership recognizes the importance of ensuring seniors have access to the tools and resources necessary to thrive in the digital age.

Through this collaboration, Rogers and OACAO will work hand in hand to bridge the digital divide that exists among older adults. Members of the OACAO will also have access to exclusive pricing and promotions on their wireless and residential services.

To learn more about the partnership and the services available, visit <https://www.primewireless.ca/OACAO> or contact Kizzy Hartling at 519-771-7489.

Welcome to our New Gold Business Partners



HEAR WELL BE WELL

Hear Well Be Well has been a family-operated business for 40 years bringing compassion, trust and innovation to treating hearing loss. As an independent, family-run business, Hear Well Be Well can provide hearing solutions that match your lifestyle from every manufacturer in Ontario. With a thorough, proprietary hearing test process, clients have confidence in their results and recommendations. Our philanthropic and advocacy work has made a difference in people's lives both in Ontario and internationally. With a 4.9/5 rating on Google Reviews, Hear Well Be Well ranks as a provider of choice for hearing solutions and after care in Ontario. There are 13 locations to serve you in mid-size and small cities, and rural communities in Ontario.

Book your free hearing test (no doctor referral required) today. 1-888-457-3453 or www.hearwellbewell.ca



SAVE ON ENERGY

Save on Energy's Energy Affordability Program provides support to income-eligible electricity consumers by helping them to better manage their monthly electricity costs and to increase their home comfort. This program offers energy-saving upgrades tailored to the specific needs of your home, all at no cost. And a more energy-efficient home means more comfort and more money in your wallet. Saving energy is simple with the Energy Affordability Program.

To learn more about the Energy Affordability program and other energy savings programs, please visit our website at: [Save on Energy | Unlock Your Energy Potential at Work and at Home](#). You can also contact us by phone to sign up, find out if you qualify or learn more about the program at: 1-844-770-3148



PERSONAL AFFAIRS CONSULTING

Do you have your affairs in order?

Personal Affairs Consulting is proudly owned and operated by an independent Canadian family. We believe paperwork, and forms should not make one feel overwhelmed or confused. Whether it be applying for your pension, Estate Planning for yourself, needing guidance and assistance with the Estate Administration of a deceased loved one, we are here to help. Through our friendly, caring, and professional staff, we deliver high quality administrative services that empowers our clients to be able to make informed decisions. We provide you with advice, guidance, and support. We will gladly help you navigate through some of life's milestones. To learn more about our services, please visit: www.personalaffairsconsulting.com

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

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

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

If we receive the Great Canadian Giving Challenge prize this year, we intend to allocate the \$20,000 towards enhancing our range of services and resources aimed at providing assistance to our network of community-based centers for older adults as they continue to grapple with the efforts to rebuild and revamp. Any donation helps us our chances, we thank you so much for your support!!



OACAO Regional Networking Meetings

OACAO Regional Board Reps host both virtual on zoom and in-person meetings 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. Beside the date will let you know if it is in-person or a Zoom meeting! Please contact your representative to get full meeting details.

REGION	REPRESENTATIVE	EMAIL ADDRESS	NEXT MEETING
Central	Karie Papillon	kpapillon@aurora.ca	Friday, August 18 th at 9:00 am (by Zoom)
Eastern	Monique Doolittle-Romas	mdoolittle-romas@thegoodcompanions.ca	Thursday, August 10 th at 10 am (by Zoom)
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	Tuesday, Sept. 12 th at 1:00 pm (by Zoom)
Grand River	Sue Hesjedahl	sue@oacao.org	Thursday, August 24 th at 1:00 pm (by Zoom)
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, July 11 th at 9:30 am (by Zoom)
Northern Regions	John Richer	john.richer@greatersudbury.ca	Wednesday, Sept. 20 th at 2:30 pm (by Zoom)
South West	Karen Pyatt-Westbrook	kpyatt@bgclondon.ca	Thursday, Sept. 7 th at 1:30 pm (by Zoom)

June is Seniors Month

Working for Seniors

Tips on how you can support Seniors Month 2023

Thank the seniors in your life for all their hard work and show them just how much they are appreciated:

- Send a “Thank You” message, either in person, over the phone, by mail or email, or on social media.
- Nominate a senior in June for an [Ontario Senior Achievement Award](#).
- Post a message on the Ministry for Seniors and Accessibility’s [Facebook page](#).

Tell us what you are doing during Seniors Month

- Join our Seniors Month conversation on Twitter and Facebook by using **#SeniorsMonth2023**.
- Post photos of your Seniors Month celebrations and tag us on Twitter: [@SeniorsON](#), and on Facebook: [@SeniorsOntario](#)
- Seniors volunteering and helping in their neighbourhood? Tell us about it! Tag us on Twitter: [@SeniorsON](#), and on Facebook: [@SeniorsOntario](#)

Promote Seniors Month to your friends and family

- Share health and fitness tips for seniors.
- Post info about seniors’ events taking place during Seniors Month (via link to community centres/municipalities)
- Feature topics of interest to seniors (retirement, financial scams and fraud, elder abuse, housing, driving, recreation, and learning) in your posts.
- Provide Seniors Month resources to celebrate the month: poster, factsheet, or ideas to celebrate Seniors Month.

Ministry for Seniors and Accessibility
ontario.ca/SeniorsMonth

Ontario 

Juin est le Mois des aînés

Au service des aînés

Trucs pour faire la promotion du Mois des aînés 2023

Remerciez les aînés dans votre vie pour leur travail acharné et témoignez-leur votre appréciation :

- en leur envoyant un message de remerciement en personne, au téléphone, par la poste, par courriel ou encore par l'entremise des réseaux sociaux;
- en proposant la candidature d'une personne âgée durant le mois de juin dans le cadre du [Prix d'excellence de l'Ontario pour les personnes âgées](#);
- en publiant un message sur la [page Facebook](#) du ministère des Services aux aînés et de l'Accessibilité.

Dites-nous ce que vous organiserez durant le Mois des aînés

- Joignez-vous à notre conversation sur le Mois des aînés sur Twitter et Facebook en utilisant le mot-clic **#MoisdesAînés2023**.
- Publiez des photos de vos célébrations du Mois des aînés et identifiez-nous sur **Twitter** : [@AinesON](#), et sur **Facebook** : [@AinesOntario](#)
- Vous connaissez des aînés qui donnent de leur temps dans leur quartier? Dites-nous ce qu'ils font! Identifiez-nous sur **Twitter** : [@AinesON](#), et sur **Facebook**: [@AinesOntario](#)

Parlez du Mois des aînés à vos amis et à votre famille

- Partagez des conseils sur la santé et la forme physique à l'intention des aînés.
- Publiez des renseignements sur les activités pour les aînés qui auront lieu dans le cadre du Mois des aînés (par l'entremise d'un lien vers les centres communautaires/municipalités).
- Publiez des articles d'intérêt pour les aînés (retraite, escroqueries et fraudes financières, mauvais traitements envers les aînés, logement, conduite automobile, activités récréatives et activités d'apprentissage) dans vos messages/publications.
- Fournissez des ressources pour célébrer le Mois des aînés : affiche, feuillet d'information ou encore des idées pour célébrer ce mois spécial.

**Ministry for
Seniors
and Accessibility**

**Ministère des Services
aux aînés et de
l'Accessibilité**



Minister

Ministre

College Park
777 Bay Street
5th Floor
Toronto ON M7A 1S5

College Park
777, rue Bay
5^e étage
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June 5, 2023

Re: Seniors Active Living Centres Program Expansion for 2023-2024

Dear Friends:

Ontario's Seniors Active Living Centre (SALC) programs offer a wide variety of activities for older adults in communities across this province. These include fitness, healthy lifestyle and wellness classes, recreation and social activities, and learning opportunities such as financial management, elder abuse prevention and volunteering.

I am very pleased to inform you that through a call for applications, our government is adding approximately 15 new SALC programs that respond to the diverse range of needs, cultural backgrounds, interests, and abilities of older adults.

Starting June 5, 2023, through [Transfer Payment Ontario](#) the province will be accepting applications from municipalities or organizations partnering with a municipality that do not have an existing SALC program to start a new program.

The deadline for submissions is Thursday, July 20, 2023, at 5PM EST.

To find out if your municipality has an existing SALC program, please visit [Find a Seniors Active Living Centre program near you | Ontario.ca](#).

There is currently a network of almost 300 SALC programs in place across the province. I encourage all interested applicants in the targeted areas to send in an application – so that, together, we can help more older adults in remote and underserved parts of Ontario, get the programs and services they need.

Lastly, I would like to let you know that [June is Seniors Month in Ontario](#), which is a time to celebrate older adults across the province, and I can think of no better way to celebrate Ontario's seniors than by helping them lead active, healthy and independent lives.

Thank you for your support.

A handwritten signature in black ink that reads "Raymond Cho".

Honourable Raymond Cho
Minister for Seniors and Accessibility

**Ministry for
Seniors
and Accessibility**

Minister
College Park
777 Bay Street
5th Floor
Toronto ON M7A 1S5

**Ministère des Services
aux aînés et de
l'Accessibilité**

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777, rue Bay
5^e étage
Toronto ON M7A 1S5



Le 5 juin 2023

Objet : Expansion des programmes des centres de vie active pour personnes âgées en 2023-2024

Chers amis,

Les programmes des centres de vie active pour personnes âgées (CVAPA) de l'Ontario offrent une foule d'activités pour les aînés partout dans la province. Cela comprend des cours de conditionnement physique, sur les saines habitudes de vie et le bien-être, des activités récréatives et sociales ainsi que des occasions d'apprentissage sur des sujets tels que la gestion financière, la prévention de la maltraitance chez les aînés ou le bénévolat.

Je suis ravi de vous informer que notre gouvernement lance un appel de demandes dans le but d'ajouter approximativement 15 nouveaux programmes des CVAPA pour répondre à la diversité des besoins, cultures, intérêts et capacités des personnes âgées.

À compter du 5 juin 2023, par l'entremise de la page de [Paiements de transfert Ontario](#), la province acceptera les demandes de démarrage d'un nouveau programme de la part des municipalités ou d'organismes en partenariat avec une municipalité où il n'y a pas déjà un programme d'un CVAPA.

La date limite pour la présentation des demandes est le jeudi 20 juillet à 17 h HNE.

Pour savoir si votre municipalité dispose déjà d'un programme d'un CVAPA, veuillez visiter [Trouvez un programme d'un centre de vie active pour personnes âgées près de chez vous | Ontario.ca](#)

La province compte présentement environ 300 programmes des CVAPA. J'encourage tous ceux qui sont intéressés dans les régions ciblées à présenter une demande afin, qu'ensemble, nous puissions aider un plus grand nombre d'aînés dans les régions éloignées et mal servies de l'Ontario à obtenir les programmes et services dont ils ont besoin.

En terminant, j'aimerais vous informer que nous célébrons en juin le Mois des aînés en Ontario pour rendre hommage aux personnes âgées partout dans la province. Et quel meilleur moyen d'honorer nos aînés que de les aider à rester actifs, en santé et autonomes.

Je vous remercie de votre appui.

L'honorable Raymond Cho
Ministre des Services aux aînés et de l'Accessibilité



OACAO Annual Conference AGING WELL

CELEBRATING 50 YEARS

in person!

October 23 & 24, 2023 • Mississauga

SUMMER'S ALMOST HERE AND ONLY . . .

4

MONTHS UNTIL THE OACAO CONFERENCE!

It is SO EXCITING that the OACAO Aging Well Conference will be held IN PERSON this year! The opportunity to sit next to one another, learn and network is something you don't want to miss! On October 23rd and 24th, 2023 we will be celebrating both the 2023 OACAO Conference and our 50th Anniversary. This year's theme **ENGAGING • BUILDING • STRENGTHENING** are the perfect topics to be discussing after a long period of feeling isolated. The OACAO Conference encourages personal and professional development through inspiring, interactive, and informative learning experiences.



All committees are working diligently behind the scenes to ensure a great in-person conference experience. Highlights include exciting workshops and keynote speakers, fabulous Trade Show with OACAO Business Partners and seniors serving companies, networking opportunities, fun social activities including the celebration of OACAO's 50th Anniversary and more!

The **Program Committees** goal is for you to take home something for every part of your organization; programs, volunteers, boards and staff. This year's Monday workshops will focus on looking forward and strengthening your centres. Topic themes including *Innovative Programming and Partnerships, Capacity Building and Sustainability as well as Management & Leadership* will provide information, tools, and resources that both municipal and not-for-profit staff and volunteers can take back to their centres to utilize immediately. Monday evening dinner and entertainment will bring everyone together to have fun, dance if you like and connect with new and old friends.

Golden Ticket Tuesday will bring conference delegates all together for a full day of learning through a variety of presentations and workshop style learning. Our now famous **Lightning Talks** include quick presentations on new ideas, innovative solutions, and inspiring approaches for "think outside the box" results. Tuesday will also offer a deep dive into diversity education and awareness as well as an energetic closing keynote sure to spark new goals and ideas. You will leave conference thinking, motivated, planning and dreaming about what is next for your centre.

Watch for your **GOLDEN TICKET** for lots of fun and great prizes to wrap up the day.

Get started by booking your Room at the **HILTON TORONTO / HILTON MISSISSAUGA/MEADOWVALE**

<https://book.passkey.com/go/OACAO2023>. Don't forget to check out our website

(<http://www.oacao.org/events/aging-well-conference/>) and social media pages,

Facebook (@oacao) and Twitter (@TheOACAO)!

For more information, please contact Sue Hesjedahl at sue@oacao.org Julie Pennal at julie.pennal@oakville.ca for Conference Q&A or to join our committee.



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



Title Sponsor
Arbor
Memorial



Links2Wellbeing
social prescribing for older adults

We are officially into Year 3 of our project and still have LIMITED spaces for Centres to be filled by July 31st!! If you are interested call or email me TODAY! I want your Centre to receive the best training and have the opportunity to participate in this amazing program Thank you to all our Centres who have joined the project so far. We have Centres from all areas of the Province and we will continue to recruit additional centres.

WE NEED YOU!

In case you missed the last newsletter, Links2Wellbeing: Social Prescribing for Older Adults is a three-year project that is funded by an anonymous donor. The OACAO is co-leading the project in partnership with the Alliance for Healthier Communities. The goal of the project is to link isolated older adults with Seniors Active Living Centres, which we all know are incredible priceless community resources!

What is social prescribing? It is a means of referring people to a range of local, non-clinical services. It seeks to address people's needs in a holistic way and aims to support individuals in taking greater control of their own health. Social prescribing looks different in different communities, but often involves a social prescription from a primary care clinician (or other allied health provider) to a Seniors Active Living Centre for social and recreation programming.

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

- Up to one year of funding still available
- Opportunity to engage volunteers as Volunteer Link Ambassadors (VLAs)
- Support for community outreach and materials to help your Centre
- Builds Centre membership and creates new referral pathways
- Helps to connect isolated older adults who may not have connected to your centre in the past (reduces socio-economic barriers)
- Micro-grant funding available for participating centres (tech start-up funds, small admin funding and yearly funds to subsidize clients)
- Tools and Resources Kits available in paper format and digital through google drive including new outreach postcards for primary care providers and VIDEO!

We are actively recruiting for our next COHORT!!! **The next Links2Wellbeing Training is scheduled for Thursday, June 29th, 2023 from 1-2 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 5th Conversation Café on Monday, July 31st at 12 noon with special guests TBD!

For those Centres interested in learning more about Links2Wellbeing or how to become part of the project, please email Dena Silverberg at dena@oacao.org to set up a meeting to learn more.



MAKE SURE TO FOLLOW THE OACAO ON SOCIAL MEDIA



@oacao



@TheOACAO

Linked in



Learn about 2023-24

SENIORS ACTIVE LIVING FAIR FUNDING PROGRAM

Application Deadlines:

**Early Bird: July 7, 2023
at 5:00 pm EDT or
July 28, 2023
at 5:00 pm EDT**

Questions?

**Contact Lina Zita at
info@oacao.org or
905-584-8125**

3 Types of Funding Available:

In-Person Fair Funding

(up to \$2,500 for eligible individual organization)

In-Person Multi-Site Fair Funding

(Multiple sites under one Administration)
(up to \$2,000 for each eligible organization,
maximum 3 sites)

Virtual Fair Funding

(up to \$1,000 for eligible individual organization)

To be eligible for funding, your organization must:

1. Have been in operation for at least one year at the time of application,
2. AND be a current member of OACAO in good standing or a Government of Ontario funded Seniors Active Living Centre (SALC) Program operator.

Find application and guidelines at:

www.oacao.org/events/seniors-active-living-fairs

Funding provided by:

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





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

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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, July 11, 2023 at 10:00am EST

Tuesday, August 1, 2023 at 10:00am EST

Tuesday, September 12, 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

CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT



JULY
25TH

OVERVIEW OF SERVICE CANADA
PROGRAMS AND SERVICES FOR OLDER
ADULTS



10:00
AM EDT

PRESENTER: SERVICE CANADA



AUG
24TH

BASIC ASL VOCABULARY
FOR OLDER ADULTS 55+



10:00
AM EDT

PRESENTER:
CANADIAN HEARING SERVICES

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

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CAPACITY BUILDING



TRAINING



LEARN



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SKILLS



COACHING



SUPPORT



DEVELOPMENT



SEPT
21ST

ENHANCING THE WELLBEING OF
PEOPLE WITH DEMENTIA THROUGH
INCLUSIVE PROGRAMS & SERVICES



TBD

PRESENTER: UNIVERSITY OF WATERLOO



SEPT
26TH

AGING WITH PRIDE (FOR SENIOR-
SERVING ORGANIZATIONS)



1:00
PM EDT

*PRESENTER: SPECTRUM - WATERLOO
REGION'S RAINBOW COMMUNITY SPACE*

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

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

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



Staying active and connected has never been more important - we have a solution for that!

Hello OACAO network! We are Baycrest@Home, a virtual wellness platform focused on supporting older adults and their families to stay active, connected and healthier at home. Our programs are designed to comply with public health recommendations and emerging research on how to stay physically strong and mentally well. Baycrest@Home offers over 30 hours of live activities each week. From fitness and Tai Chi to music and hands-on art workshops, our professionally facilitated programs foster community, self-expression and stimulation, all while promoting brain health and aging well.



In addition to a daily schedule of offerings, Baycrest@Home offers you access to special events with our many partner organizations including Royal Ontario Museum (ROM), Toronto International Film Festival (TIFF), The Smithsonian Museum and many more. All of these group-based experiences focus on recognizing and welcoming participants while learning something new; caregivers are always welcome too.



Our virtual community meets on Zoom. Aided by simple technology (and our dedicated support team to help you get online), Baycrest@Home provides a way for community settings to enhance their in-person offerings, and a way to stay connected for those who

are not able, or haven't yet returned to, in-person programs at local centres.

We are thrilled to announce a new project in partnership with the OACAO, through the generous support of the United Way. We are looking for 10 OACAO member sites to work with us to pilot Baycrest@Home in communities across the province. If you would like to know more, please contact Melissa Tafler at mtafler@baycrest.org or speak with the OACAO for more info.



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OACAO 2023 Awards Program



The OACAO is pleased to launch the Applications for the 2023 OACAO Awards Program. This is a wonderful opportunity to acknowledge, celebrate and recognize the achievements of special volunteers, staff, and community partners that help to make your organizations amazing.



The successful nominees will be honoured at the OACAO 2023 Virtual Annual Meeting on Friday, Sept. 29, 2023 at 9:00 am Eastern Time. Please see the list of Awards below and consider submitting a nomination by 4:30 pm EDT, Monday, September 11, 2023:

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

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

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

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

Community Spirit Award

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

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

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

Regional Award of Excellence

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

Award of Distinction

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

Lifetime Supporter Award

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

Cont'd...

Past President's Award

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

Nominations are now being accepted for the 2023 OACAO Awards Program and can be submitted by any person from a current OACAO member organization. Submission deadline has been extended to **Monday, September 11, 2023 at 4:30 pm EDT.**

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

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

The Selection Committee reserves the right to move a nomination to a more appropriate category, if necessary. Recipient(s) will be chosen for each category. All decisions made by the Selection Committee are final. The successful nominees will be honoured at the OACAO 2023 virtual Annual Meeting on Friday, Sept. 29th at 9:00 am.

Deadline for nominations is:

Monday, September 11, 2023 at 4:30 pm EDT <http://www.oacao.org/programs/awards-program/>



SAVE THE DATE

OACAO 2023 ANNUAL MEETING OF MEMBERS

Older Adult Centres' Association of Ontario (OACAO)
will be held on:

Friday, September 29th, 2023, at the hour of 9:00 am (EST)

Virtual Meeting (over zoom)

Registration Deadline is September 25th, 2023
Registration details will follow

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

OACAO – Celebrating 50 Years in 2023!



In 1982 the Senior Citizens Centres Association of Ontario members agreed to incorporate under the name “The Older Adult Centres' Association of Ontario” - OACAO. A new letterhead and logo were developed with red and black lettering. An introductory membership of \$25 was approved and the OACAO had 56 full and 26 associate members.

Regions and centres are already planning ways to celebrate the 50th anniversary with trivia contests, sharing what the OACAO means to them and of course – eating cake.

If you have any digital photos from past OACAO conferences, workshops, seniors fairs etc. we would love to have them. Please send any past OACAO conference photos by email to Fiona at admin@oacao.org. If your photos are too large to send by email you can send by WeTransfer or speak with Fiona at 905-584-8125 to work out a way to transfer them.

If you have any pictures you want to bring to conference, we will have a place where you can pin them up. Please ensure your name and address are on the back if you want them returned to you.

We are also looking for any past OACAO swag or memorabilia ie., pins, shirts, etc. If you could let me know what you have (nancy.beddoe@oakville.ca) and bring the swag to conference for display that would be appreciated!!

Thank you,
Nancy Beddoe, 50th Anniversary Chair



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50 for 50

OACAO's 50th Anniversary Special Award

The OACAO is celebrating it's 50th Anniversary this year and we can't think of a better way of celebrating this special milestone than by honouring some exceptional staff and volunteers who are involved in Seniors Active Living Centres (SALCs), Older Adult Centres and Seniors Clubs across the province.

The OACAO Board of Directors have created this one-time OACAO Special Award '50 for 50' – to honour and celebrate 50 amazing, incredible, individuals.

Whether you have an **amazing volunteer or board member** who has been influential in the shaping and operation of your centre for many years; or a **staff member** who has dedicated a significant portion of their working life to the betterment of your centre and the people you serve; the **purpose of this award is to recognize that exceptional effort and contribution to the field** (SALCs), Older Adult Centres and Seniors Clubs across the province, **and/or for exceptional support of the Older Adult Centres' Association of Ontario.**

The 50 individuals will be honoured as part of the 50th anniversary celebrations at the 2023 OACAO Conference on Monday October 23, 2023.

A simple on-line nomination form will be available soon requesting you to submit a few sentences highlighting the good work of your nominee and to tell us why you feel they deserve to be recognized. Nominations can be submitted on-line starting July 14, 2023 with a nomination deadline of October 5, 2023. Contact info@oacao.org if you have any questions.

Thanks for your Support!



Thank you so much for the donations from Cheryl Kaplan, Martha Mackintosh, Sue Hesjedahl, Grant and Sheila McLaughlin, a donation made in the Memory of Margo May, and an anonymous donation in honour of Geoff. They are all greatly appreciated. The OACAO is a registered Charity and can issue tax receipts.

Go to www.oacao.org and click on the Donate Now button. Charitable Registration No. 125123471 RR0001. Please consider the OACAO for your charitable donation.



NATURE-BASED PROGRAMS

TO ENHANCE THE QUALITY OF LIFE OF OLDER ADULTS



Many of our readers will know that the OACAO, through the Links2Wellbeing project and an earlier New Horizons for Seniors Program project, has been an active participant in, and advocate for, social prescribing for a few years now. Social prescribing has been steadily gaining traction in Canada. Within the broader framework of social prescribing, scientific evidence about the benefits of nature prescriptions has also been increasing.

We are pleased to announce that, with financial support from the Levante Foundation, the OACAO is launching a year-long demonstration project that offers SALCs and older adult centres across the province an opportunity to introduce new and/or to revitalize existing outdoor programs for their members.

This demonstration project will provide up to \$1,000 each for 10 centres to create new nature-based programs or to revitalize previously offered outdoor programs. What we collectively learn through these 10 projects will help us to develop tools and resources to create awareness about the benefits of nature-based programs, including ways for centres to integrate more nature-based programs to benefit the health and wellbeing of their members. We are excited to announce a contest (see flyer below for contest details) to select the 10 projects to be funded.

If you are interested in learning more about the contest and how to submit a proposal, please join Sue Hesjedahl (ED, OACAO) and Pat Spadafora (Kaleidoscope Consulting) from noon – 1:00 p.m. on Monday, July 10th for an online information session.

Please register in advance: <https://oacao.wildapricot.org/event-5306312>

NATURE-BASED PROGRAMS FOR HEALTH AND WELLBEING

NEW PROJECT ANNOUNCEMENT!! Nature-based Programs to Enhance the Quality of Life of Older Adults Project

"Backed by hundreds of studies over several decades, research suggests that connecting to nature is one of the best things you can do to improve your health"

(PaRx website)

We are pleased to announce that, with financial support from the Levante Foundation, the OACAO is launching a year-long demonstration project that offers OACAO Members an opportunity to introduce new or revitalized outdoor programs for their members.



Up to 10 centres will receive a \$1,000 micro-grant for Demonstration Projects



Call for proposals for demonstration projects highlighting how you will introduce new and/or revitalized outdoor programs for older adults – late June 2023



Project Information Session and Micro-Grant Question and Answer - July 10, 2023



Deadline for submission – Tuesday, August 1, 2023



Successful applicants will be notified on August 14, 2023



Demonstration Projects to run between September 1, 2023 – August 31, 2024



Questions and Application submissions – info@oacao.org



Why do we need to get a flu vaccine every year? Answer: drift and shift.

Influenza (flu) viruses are always changing. They change through two processes: “antigenic drift” and “antigenic shift”.

What is Antigenic Drift?

Imagine you’re playing the game “Broken Telephone” with a group of friends. You may start with one sentence, but as the sentence is whispered around the circle, small changes and errors creep in. By the time the sentence gets back to you, it may be similar to the sentence you began with, but not entirely the same. This process is similar to how antigenic drift works for flu viruses.

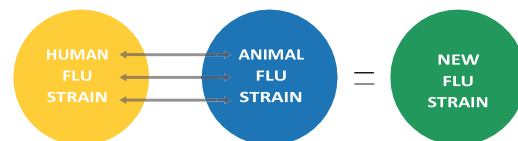


As the flu virus spreads from one person to another, it is always making copies of itself. As it continually replicates, small changes to its genes can happen over time. As more changes accumulate, the harder it becomes for your immune system to recognize, and protect you against, the newer versions of the virus. This process is called “antigenic drift”. This is the main way flu viruses change over time. It is also one of the main reasons we need annual flu vaccines.

What is Antigenic Shift?

Imagine you’re playing that same game of Broken Telephone, except this time someone decides to completely change the language the game is being played in midway through the circle. Because the person who made the change is the only speaker of that language in the circle, the sentence then becomes unrecognizable to everyone else playing.

This version of the game is similar to how antigenic shift works for flu viruses.



Antigenic shift occurs when two different flu strains, one native to humans and one native to animals (commonly birds), swap genetic material. This swap creates an entirely new flu strain that has the potential to infect humans. Since this flu strain would be completely novel to our bodies, our immune systems would not have any memory of how to fight it. This is why antigenic shift can be so dangerous, and why it has the potential to cause pandemics. Luckily, antigenic shift does not happen often, and influenza pandemics are rare.

Talk to your doctor, nurse, pharmacist, or local public health office about getting immunized – your best protection against the flu.

References

[Centres for Disease Control and Prevention. How Flu Viruses Can Change: “Drift” and “Shift”.](https://www.cdc.gov/flu/about/viruses/change.htm)
<https://www.cdc.gov/flu/about/viruses/change.htm>

The Vaccine Makers Project. News & Events: Animation Expedition #9 – Antigenic Shift and Drift: How Does Influenza Adapt?
<https://vaccinemakers.org/news-events/animation-expedition-9-antigenic-shift-and-drift-how-does-influenza-adapt>



DEMENTIA RESOURCES FOR EATING,
ACTIVITY, AND MEANINGFUL INCLUSION

DREAM

The DREAM project team is a collaboration of Canadian researchers, nutrition and physical activity experts, community service providers, health care providers, people living with dementia, and care partners.

We worked together to develop resources that will improve the supports for people living with dementia to live as well as they can with dementia, with a focus on physical activity and eating.

Community Service Providers

- Evidence-based, free, on-line learning modules that teach you about dementia and dementia-inclusive practices related to physical activity, eating, mealtime, and wellness programs and services
- Videos to help you understand the experiences of people living with dementia and how to support them
- Resources to share with people living with dementia

People Living with Dementia & Families

- Resources and content to understand dementia, your rights, and how physical activity and healthy eating can help you live as well as you can
- Videos that share the stories of how other people living with dementia and their families live as well

Aims

To help Community Service Providers:

- Understand the diversity of dementia
- Support the rights of people living with dementia
- Develop strategies to support people living with dementia in their programs, especially those related to physical activity and healthy eating

To give People Living with Dementia & their Families:

- The knowledge and confidence to be physically active, eat well, and participate in their communities

To find more, go to: www.dementiawellness.ca

NO SENIOR LEFT BEHIND

Many older adults in our communities are **unable to access in-person or online programs.**

Eliminate barriers in your community by offering **free, telephone-based programs** that make it **safe & easy** for seniors to participate in group activities, meet new people, and make meaningful connections – **all from the comfort of their own home!**



**SENIORS' CENTRE
WITHOUT WALLS**

PARTNERSHIP PROGRAM

Join the SCWW Partnership Program at no cost and get access to exclusive tools, personalized training, and financial resources to help you build and sustain a Seniors' Centre Without Walls in your community.

Together with our partners, the SCWW network has reached thousands of isolated seniors with amazing results.

**LAUNCH YOUR OWN SENIORS'
CENTRE WITHOUT WALLS
QUICKLY AND EASILY THROUGH
OUR PARTNERSHIP PROGRAM**



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

To learn more, contact
Angella Rawsthorne at (613) 229-3593
arawsthorne@thegoodcompanions.ca

Greetings From

MEN'S SHEDS Ontario

www.mensshedsontario.ca

Submitted by: John Peters

First, the good news: the grant we told you about in the March newsletter has arrived!

With these funds in hand, Men's Sheds Ontario (MSO) is now arranging in-person visits from the end of June to the end of August. Even before the Grant Funds arrived, we had been working with Burlington where a new Shed has emerged thanks in large part to the cooperation of the Senior's Centre there. And, in the Upper Bruce Peninsula, we have followed up on the initiative taken by Senior Centres Without Walls and an emerging Shed has been formed there.

I'm also pleased to say that Darrel O'Shaughnessy from the Arnprior Shed is now working with our outreach team. He has made a presentation to the Brant County Council and a Shed is starting to form in Brantford as a result. He also made a presentation to the Renfrew County Council which has resulted in a promise of support in that County for any community wanting to start a Shed. So in a short year and a half, and even before receiving funds to underwrite our outreach, Men's Sheds Ontario has already grown from 7 Sheds to 10 Sheds and 3 more in a formative stage.

Now, with money at our disposal, MSO is boldly reaching out from the end of June to the end of August to the Oakville, Brampton, Mississauga, Kitchener, Hamilton, & London areas. We already have a date for a presentation at the Aurora Senior's Centre in July, another presentation in Rexdale and, thanks to someone noticing our article in the OACAO March newsletter, we've launched a meeting with the Retraite Active de Peel Centre in Brampton.

If your community is within a 1/2 to 3/4 hour drive of any of these centres, we'd welcome an inquiry from you about including a visit to your community to stir up interest in Men's Sheds there. And after this summer program, MSO will continue to add other areas to visit before the snow flies if funding allows. And when these funds are gone, we will work with communities by zoom to help groups of men start their own Men's Shed. So drop us a note by email mensshedsontario@gmail.com and we'll do all we can to include you in a live or virtual visit.

We look forward to hearing from more of you and to working with you to amplify the wonderful work you now do for seniors in a way that socially involves and integrates men.





EMERGENCY-GRANDPARENT SCAM

Fraudsters are targeting seniors by calling and pretending to be a family member in distress, the police or a justice official claiming that a loved one or grandchild is in trouble, and needs money immediately. **Victims are told there's a gag order, and can't speak to anyone.**

PROTECT YOURSELF



Fraudsters...

! Call demanding immediate payment for bail, or fines to avoid going to jail

Remember! The courts won't ask for cash to bail out someone in custody, and will require people to be present in court.

! Claim to be a lawyer, police or family member in an emergency situation demanding funds

Be suspicious of calls that require immediate action. **Hang up!** Call your local police and contact the family member directly.

! Request cash and send couriers for pick up, or demand the victim send cash by courier services or via cryptocurrency

Never send cash, cryptocurrencies or any other funds to unknown persons, unverified addresses or bank accounts.

If you believe you have been scammed, contact your local police and the **Canadian Anti-Fraud Centre:**

1 (888) 495-8501 / antifraudcentre.ca

Fraud. Recognize. Reject. Report.



FRAUDE LIÉE AU BESOIN URGENT D'ARGENT - ARNAQUE DES GRANDS-PARENTS

Les fraudeurs ciblent les aînés en appelant et en se faisant passer soit pour des membres de la famille prétendant être en difficulté, soit pour la police ou encore des officiels du système de justice déclarant qu'un/e proche, un petit-fils ou petite-fille est en difficulté et a besoin d'argent immédiatement. **Les victimes sont avisées qu'il y a une ordonnance de non-publication et qu'elles ne peuvent parler à quiconque.**

PROTÉGEZ-VOUS



Les fraudeurs...

! Appellent et réclament un paiement immédiat pour la caution ou des amendes afin d'éviter la prison

RAPPELEZ-VOUS! La cour ne demande jamais un paiement en argent liquide pour libérer une personne sous caution et exige toujours que la personne compareaisse devant le tribunal.

! Prétendent être un/e avocat/e, la police ou un membre de la famille qui se trouve dans une situation d'urgence et demandent de l'argent

Méfiez-vous des appels exigeant que vous agissiez sans tarder. **Raccrochez!** Appelez le service de police de votre localité et contactez directement le membre de la famille.

! Demandent de l'argent liquide et envoient des messagers pour récupérer l'argent ou demandent à la victime d'expédier l'argent par un service courrier ou en cryptomonnaie

N'envoyez jamais de l'argent liquide, de la cryptomonnaie ou toute autre somme à des individus inconnus, des adresses non-vérifiées ou des comptes bancaires.

Si vous pensez que vous êtes victime de fraude contactez le service de police de votre localité et le **centre antifraude du Canada :**

1 (888) 495-8501 / centreantifraude.ca

La fraude: Identifiez-là, signalez-là, enrayerez-là.

Newsletter Contributions from our Members



EGANVILLE & DISTRICT SENIORS

Submitted by: Megan McGrath President and a program member

This spring the Echo Centre offered a three session workshop to inspire our green thumbs! “Container Gardening” was hosted and supported by members of the Eganville Area Horticultural Society. Participants were guided in the process of how to plant a variety of vegetables and flowers, from seed to container.

Our first session, at the end of April, was a chance to learn about edible flowers and companion planting - that is, which vegetables work well together and which pairings to avoid. Participants were given a large selection of seeds to choose to plant, starter packs and a lovely pair of garden gloves. All of the seeds were provided by West Coast Seeds, while the rest of the supplies were provided by Home Depot. With our choice of seeds carefully planted, we headed home to watch the miracle of growth begin!

Three weeks later, just before the Victoria Day weekend, participants arrived for session two, proudly bearing the tender fruits of their labour! Small green tendrils from a variety of plants were seen around the room. At this session we were guided on how to transplant the little seedlings into small peat pots. We all were given instructions on how to use our spray bottles to mist our little plants and a homework sheet on how to “harden off” our plants before our next gathering.

Our final lesson will take place near the middle of June when we get together again to make the final transition to the containers that will grace our decks, porches and yards. I’m sure all of the participants are as excited as I am to make this last step before we are able to collect the sweet rewards of our harvest!





Elder Abuse Prevention Ontario



Elder Abuse is a serious and growing injustice. Not only is it a public health issue but it is a violation of human rights! By 2030 the number of older people in the world will reach 1.4B, with studies indicating 8-10% are experiencing some form of abuse and many incidents continue to go unreported.

As we emerge from the ravages of the pandemic we are mindful of the devastating effects it had on the quality of life and well-being of older adults and the rising social unrest across the globe. Community care partners across all sectors, struggle to operate within the constraints of resourcing challenges while supporting so many still in need.

Social isolation affects older populations the most, but together communities are finding creative ways to engage with seniors to try and prevent victimization to abuse and harm. **EAPO** encourages all community partners to operate with this collaborative spirit, share information and together help safeguard older adults.



WORLD ELDER ABUSE AWARENESS DAY

Rights Don't Get Old 2023 National Virtual Event

REGISTER NOW



June 15, 2023

1:00 - 2:30 pm EST

Preventing elder abuse starts with you and me, TOGETHER we can build safer communities.

This June 15th (the 18th Anniversary of the UN's declaration of **WEAAD (World Elder Abuse Awareness Day)**), is once again dedicated to raising awareness, and an opportunity to promote a better understanding of the cultural, social, economic and demographic processes affecting older persons. **EAPO** remains focused on ensuring that human rights of older persons are upheld and protected.

Recognized for its leadership in elder abuse prevention, **EAPO** provides education, delivers training and shares resources, to promote knowledge about how each of us, can play a part in Stopping the Abuse- Restoring Respect.

Join us in helping create a safer Ontario for all older adults, so they can feel safe, respected and have a strong voice. Please take a moment to connect with us today by visiting our website (www.eapon.ca) and get the conversation started!

#WEAAD2023

www.eapon.ca/weaad

#RightsDonNotGetOld



As a volunteer of the Art Gallery, active in a Grimsby plein air painting group, and past President of the Grimsby Lakeside Pumphouse Artists' Association, I was very aware of the painting instruction, workshops, exhibitions and gathering opportunities in the area.

On becoming a "Member at large" on the Grimsby Senior Centre Advisory Committee, I heard the discussion about expanding programs to better meet the needs of our members, and to encourage new memberships , particularly after the COVID shutdowns.

The idea for the painting program began to take shape at a Town of Grimsby meet and greet function. With the director of the Art Gallery, Senior Centre Town representative and Director of Community Services we talked about the feasibility of starting, at the Senior Centre, a very preliminary introduction to Watercolour series for those who had never picked up a brush. The big picture was to ease seniors into the six week basic " Newcomers" course, build the numbers by progressing them to the "Alumni" group then encourage those interested to move into the next stage of intermediate lessons at the Art Gallery (have that instructor come to meet the class and talk about the goals of her class) as well as going to a Pumphouse Artists' session as their guests.

Once a grant was secured, supplies ordered, rooms booked, we had our first class of four on November 7, 2022. Our next class grew to eleven, which was quite a challenge and on the third round we settled on six as a workable number, with a wait list. One requirement is to be a current member of the Centre which has helped increased our numbers.

It is said that " Art washes away from the soul the dust of everyday life". That was evident in these budding artists. We have had three exhibits of their work, and their series of Cherry Blossom paintings will be featured in a concert video of our Club choir. Comments from class evaluations included: "Appreciated the relaxed learning environment, enjoyed learning something new and the awesome group dynamic, loved making cards for the family, appreciated the supplies being provided.". All respondents answered yes, they plan on continuing their watercolour journey.

We hope to formalize this pilot program and make adjustments as needed to support our members.



PIONEER CLUB ATIKOKAN

Submitted by: Celeste Zugec

Sign Me Up!

Name _____

Address _____

Phone# _____

E-mail _____

Activities I'm Interested in Are: _____

Activities I would Like to See Offered: _____



Pioneer Club Executive 2023

President: Phyllis Angus
Vice-President: Jocelyn Cenerini
Treasurer: Kim Cross
Secretary: Pat Gosselin
Membership: Barb Olson
Visitation: Kathie Brigham
Social Convenor: Kathy Gibson
Maintenance: Henry Mason
Publicity/Communications: Celeste Zugec

Directors 2023

Fran Kolton
 Doris DeGagne
 Lois Desserre
 Shirley Wiens

Pioneer Club Atikokan is
 a Registered Not-for-Profit Organization
 Charitable #88735 1864 RR0001



Mailing Address:

Pioneer Club Atikokan
 C/O Atikokan Pioneer Centre
 223 Burns Street, Box 354, Atikokan, ON P0T 1C0
 807.597.6080—Email: elders@tbaytel.net



Pioneer Club Atikokan

For Adults Aged 50 Plus

807.597.6080

E-Mail elders@tbaytel.net

About Us

What was originally known as the Atikokan Senior Citizens Club then the Friendship Club, in 1976 became the Pioneer Club Atikokan. It began with only a few members but has grown to a much larger group of people, many of whom attend the daily activities on a regular basis.

The Centre

The Atikokan Pioneer Centre at 223 Burns Street, is the home of the Pioneer Club Atikokan. It is a multi-purpose facility that serves as a gathering place and focal point for the older adults in our community.

Funding

The Atikokan Pioneer Club is a registered not-for-profit charitable organization whose motivation for existence is resources, well-being, and fun events to keep our seniors engaged. As such we are able to apply for and receive programme grants from government, corporate and other funding bodies whose goals and objectives match our own.

There's never a dull moment as the club runs a myriad of well-thought-out programmes. You'll find a pot of coffee on, the kettle hot, (or can be boiled in short order) and if you search a bit you might find a cookie in the cupboard.

Our Programmes

- ♦ Exercise: Walk Fit, Tai Chi, Seated Exercises, Resistance Bands, Balance & Strength, Line Dancing
- ♦ BINGO
- ♦ Crafts
- ♦ Needlework
- ♦ Cards (learn and/or play)
- ♦ Beginner & Intermediate Guitar Lessons
- ♦ Social Events: Pot Luck Dinners, Afternoon Teas; Breakfasts
- ♦ Lunch'n'Leans
- ♦ Monthly Music JAM
- ♦ Shuffleboard
- ♦ Pool
- ♦ Bocce Ball (in the summer)

AND A TIME OUT just for coffee and a chat!

Pick up your copy of the monthly Activity Calendar from the Centre or check daily updates on Facebook.

NOTE: Programs are subject to change.

Why Join?

Membership to the Pioneer Club is available to all Atikokan residents aged 50 plus.

- ♦ Membership entitles you to take part in all the free activities.
- ♦ Membership allows you to attend meetings on the first Wednesday of each month. This is where you can have input into club activities and advocate regarding issues that affect seniors.
- ♦ Membership allows you a discount on facility rental.
- ♦ Membership gives you a caring environment where you can join other seniors and enjoy life together.
- ♦ Membership Fees are affordable at \$15 per calendar year.

For more information or to JOIN contact:

Membership Chair, Barb Olson
 807.598.0761
 Email: dbolson33@hotmail.com

We accept Cash, E-transfer or Cheque





On Monday, May 29th, **The Prince Edward County Community Care for Seniors Association** hosted Kendra Adema from the Ontario Ministry for Seniors & Accessibility at a focus group with staff, board members, volunteers and members of our Active Living Programs.



Left to Right – Margaret Werkhoven, Community Care Past Chair; David Fox, Community Care Board Member and 55 Alive Trainer; Kendra Adema, Ministry for Seniors & Accessibility; Pronica Janikowski, Community Care Board Member.



There was a lively discussion about the impact these programs have on the lives of seniors in Prince Edward County. We also talked about how we're grateful for the ongoing support of Prince Edward County Council with both money and in-kind use of halls.

Our Active Living Programs video was viewed during the event. See it at this link:
<https://www.communitycareforseniors.org/videos-about-services-volunteering.php>

To get involved people are invited to check the Activity Calendar at this link:
<https://www.communitycareforseniors.org/upcomingeventss21.php>

Get active, make friends, be well!

Debbie MacDonald Moynes is Executive Director
of The Prince Edward County Community Care for Seniors Association. Call 613-476-7493 for more info.

Ce printemps, les membres de Retraite active de Peel ont continué leurs activités au même rythme. Avec le beau temps est venu l'envie de reprendre la marche et le vélo et découvrir les parcs de Mississauga et de Brampton.

Des membres qui se sont joints pendant la dernière année ont partagé leur enthousiasme pour la danse en ligne et les sessions ont été très populaires – excellente activité pour la coordination et la mémoire!



Les après-midis portes ouvertes sont toujours populaires et les adeptes de canasta, en particulier, sont fidèles au rendez-vous. Le deuxième tournoi de canasta de l'année fut un succès et la compétition très amicale.

Nos membres artisans et artisanes qui pratiquent leurs talents lors des sessions d'arts ont pu montrer et vendre des œuvres à la Foire artistique organisée par le Cercle de l'amitié en avril.

L'échange de plantes est devenu un événement annuel très attendu par les jardinières et jardiniers qui en profitent pour se partager leurs trucs et montrer la croissance des boutures échangées l'année précédente.

L'assemblée annuelle offre toujours une excellente occasion pour se retrouver et de constater ce que nous avons accompli. Retraite active est particulièrement fière qu'une vingtaine de nouveaux membres se sont joints à nous dans la dernière année – nous sommes maintenant plus de 140.



Il nous reste encore le temps de faire une rencontre de popote et papote pour préparer et déguster des soupes d'été, d'apprendre ce qu'il faut faire pour rester en santé et hydraté pendant le temps chaud, et de célébrer la fin de l'année avec un barbecue ayant pour thème la plage.

Après une bonne pause pendant l'été nous serons enthousiastes de nous retrouver en septembre. Nous sommes toujours heureux d'accueillir de nouveaux membres. Pour en savoir plus, visitez notre site web :

www.retraiteactivepeel.ca

Submitted by: Elaine Molgat

Abbotsford has been the home of 20 painted lady caterpillars and now butterflies. The clients in the Abbotsford Adult Day Program and Luncheon Club have enjoyed watching the caterpillars transform into chrysalises and eventual emerge as butterflies of the course of a few weeks. Just before the painted lady butterflies were release, the clients had an opportunity to get up close and personal with the butterflies. The butterflies will be released into our patio area where we hope that they will lay more eggs and produce the next generation of butterflies for all to enjoy. Next month we will be caring for Monarch caterpillars in an effort to increase the Monarch butterfly population in Ottawa. As part of the effort to attract butterflies, Abbotsford will be growing butterfly friendly plants and milkweed.



Rolling soon into Abbotsford House will be our Ami Trishaw as part of our Cycling Without Age program. Thanks to a grant from New Horizons Abbotsford House has purchased a special trishaw designed to give seniors rides on a special 2 passenger bike piloted by our volunteers. Abbotsford House is fortunate to be located steps away from the Rideau Canal bike path and Dow's Lake.



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In celebration of the OACAO's 50th anniversary, Amica Senior Lifestyles would like to say "thank you" to all association members for your efforts to inspire, engage and support older adults in our communities. From making seniors' dreams come true, to helping them build their legacies, we're proud to share in your commitment to making a difference in the lives of seniors.

DREAMING TO DOING

Amica's *Dreaming to Doing* program is focused on learning about our residents' dreams and helping to make them come true. One resident at Amica Little Lake in Barrie, Gloria, is a lifelong adventurer. She climbed Mount Kilimanjaro at 80 and wanted to celebrate her 87th birthday with the CN Tower's Edgewalk. The team quickly put the wheels in motion to make Gloria's dream a reality.

When the day arrived, Gloria was a little hesitant when she first stepped out on the EdgeWalk, 116 stories above Toronto. But soon, she was appreciating a view that stretched all the way to Niagara Falls and she drummed up enough courage to look down and lean over the edge. Before long, she was cracking jokes: "Maybe I'll find a man up here!" she quipped.

"It's important to me personally to help our residents achieve their dreams and to witness the joy that it brings them," said the team member at Amica Little Lake who made it happen. "I hope this will set an example for other seniors to put aside fears that may be holding them back from trying something new and exciting."

Through the *Dreaming to Doing* program, many of Amica's residents' diverse wishes have come true, including fishing, flying a plane, and visiting an amusement park with loved ones.

LYRICS & LEGACIES

Amica also engaged its residents with the *Lyrics and Legacies* project. In partnership with the Corporation of Massey Hall & Roy Thomson Hall, the program paired Amica residents with accomplished songwriters and musicians to turn their life stories into original, professionally produced songs. The goal was to help residents celebrate what made them who they are and leave a legacy for their loved ones.

The songs are heartfelt reflections of mutual discovery, life milestones and incredible storytelling. Each song represents an emotional journey, and a lasting bond has formed between resident and songwriter. To listen to the residents' songs and learn more about the songwriting process, visit www.amica.ca/partnerships/roy-thomson-hall.

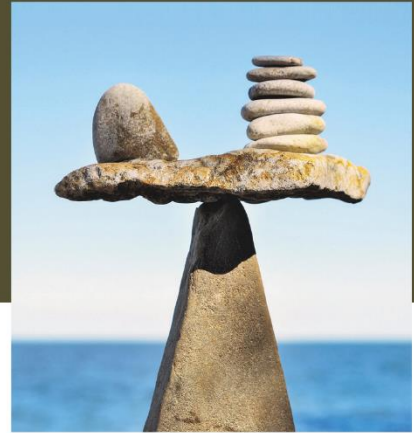
CARING WITH PURPOSE

These unique programs provide a special sense of purpose and life enrichment for residents and team members alike.

Here's to the next 50 years for the OACAO, its members, and the seniors they inspire!



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DANCE IS... Exercise



of seated/standing older adults reported
range of motion improved or greatly improved¹

DANCE IS... Creative

"It made the environment one where people could connect without being judged and feeling that joy from the music." – Site Administrator²

DANCE IS... Fun



of seated older adults reported
mood improved or greatly improved³



DANCE IS... For Everyone!

¹Sodums, D., Kim, S., Gallucci, C. E., Natadiria, M., Bar, R. J., Gardner, S., & Tafler, M. (Submitted September 2022). Impact of Sharing Dance Older Adults on Physical and Psychosocial Outcomes.

²Testimonial from CIHR program evaluation (2019)

³Sodums, D., Kim, S., Gallucci, C. E., Natadiria, M., Bar, R. J., Gardner, S., & Tafler, M. (Submitted September 2022). Impact of Sharing Dance Older Adults on Physical and Psychosocial Outcomes.

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Linda Dagg &
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SOUND ADVICE ON HEARING HEALTH

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

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



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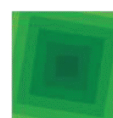
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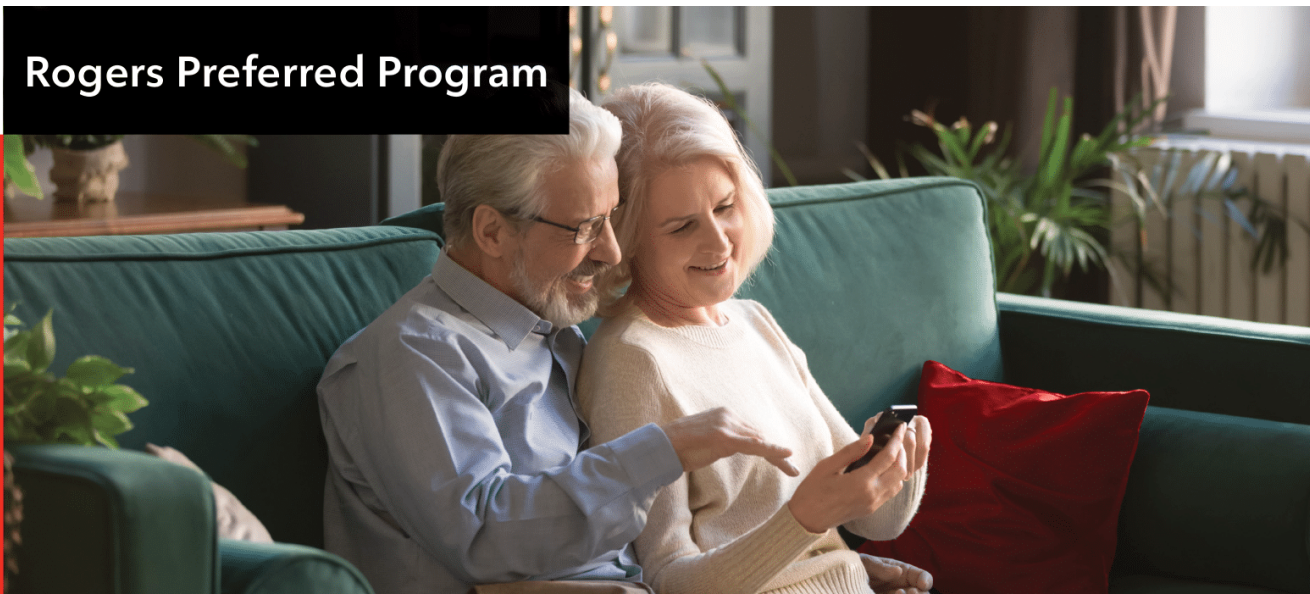
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- Over 1,800 fall related visits to emergency rooms every day in Canada
- Falls cause 95% of all hip fractures
- Falls can cause chronic pain, reduced mobility, loss of independence
- Falls cause 85% of seniors' injury-related hospitalizations
- Over 1/3 of seniors are admitted to long-term care following hospitalization for a fall

¹Statistics Canada, 2021

²Johns Hopkins University Bloomberg School of Medicine & National Institute on Aging

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**\$75/night in a Homecare Hub
home promotion rate for 2 months***



SHARED LIVING & CARE HOMES

Move into our homes to receive care & meals whilst staying with others in your neighbourhood.

- Our small homes are an alternative to long-term care and more cost-effective than assisted living.
- Groups 3-8 individuals together in a comfortable shared living environment available in many locations.
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Sample Services Include

All Meals & Snacks

Customized
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In Home
Physician Services

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Cultural
Specific Care

Learn about our current promotions:

- \$75/night for 2 months*
- FREE Adult Day Program for 2 months*

*Limited supply exists

Homecare Hub's Priorities



Superior
Quality Care



Cost
Effective



Compassionate
Caregivers



Culture and
Language Specific

1-888-227-3080

info@homecarehub.com

www.homecarehub.com

 **Homecare Hub**



Great news, OACAO member!

We have a great deal that's built just for you. With the rising cost of living, it's important you have reliable coverage that offers you great savings. Enjoy discounts when you do things like bundle your home, car, and travel insurance, insure multiple vehicles, or just by being a loyal customer. There are also many more ways to save!

We've worked with OACAO to unlock up to \$960* in great savings for you! Be sure to mention group code **O4** when you give us a call.

Call for a quote today at **1.888.222.1369**.

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Get up to
\$960* in savings
with insurance built for you.

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The Voice of Older Adult Centres
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☎ (905) 792 - 2872

✉ info@personalaffairsconsulting.com

🖱 www.personalaffairsconsulting.com

Activity Directors and Enrichment Coordinators!



What's happening at RBG this Summer

- How does your vegetable garden grow – check ours out for some ideas!
- Check out our rejuvenated Rose Garden, and the pollinators visiting it.
- What's Blooming? June – Irises, Peony and Clematis; July – Lilies; All summer - Roses
- Enjoy over 27 kilometres of trails through meadows, forests and wetlands.
- Don't forget to check out our [Blogs and Videos](#)

Would you like to have a group tour?

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

Tips for the summer in your garden.

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

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

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



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

- What's the story behind Chocolate?
- How can I attract different pollinators?
- What's the easiest plant to grow indoors?
- What are some sustainable gardening techniques?
- Learn more about the gardens and natural areas at RBG.

Program suggestions Welcome, too!!

Book one of our **interactive, engaging programs** on various topics.

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



680 Plains Road W, Burlington, ON
www.rbg.ca
905-527-1158

OACAO Board of Directors

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50th Anniversary Chair	Nancy Beddoe	nbeddoe@cogeco.ca

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

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 Business Partners 2023-2024

OACAO 2023-2024 Membership Discounts and Centre Benefits from our Business Partners are attached. Enjoy the benefits of being an OACAO member. Share these membership discounts with your Centre members and enjoy the Centre incentives.

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

AgeComfort.com www.agecomfort.com 1-800-520-3259

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

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

Bayshore Home Health www.bayshore.ca 1-877-289-3997

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

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

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

Hear Well Be Well www.hearwellbewell.ca 1-888-457-3453

HearCANADA www.hearCANADA.com 1-866-432-7226

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

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

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

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

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

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

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

Personal Affairs Consulting Inc www.personalaffairsconsulting.com 905-792-2872

Rogers Communications www.primewireless.ca/OACAO 519-771-7489

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

Save on Energy www.saveonenergy.ca 1-844-770-3148

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

Transitions Realty www.downsizingexperts.ca 647-948-7415

Thank you to all our 2023-2024 Business Partners



NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2023 Fall Newsletter – September 1, 2023

2023-2024 Winter Newsletter – December 1, 2023

Please send your submissions to admin@oacao.org

OACAO Business Partners

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Gold Business Partners

