

OACAO Newsletter

2023 FALL NEWSLETTER

Message from the OACAO President Suzanne Teixeira

Our annual meeting is fast approaching! The Annual Meeting of the Members of the Older Adult Centres' Association of Ontario (OACAO) will be held virtually on **Friday, September 29th, 2023, at the hour of 9:00 am (EST)**. If you have any questions regarding the OACAO Annual Meeting, please contact Sue Hesjedahl, Executive Director at sue@oacao.org or 1-866-835-7693. The 2023 Annual Meeting is sponsored by OASSIS Benefit Plans for Not-For-Profits.

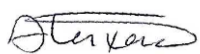
The OACAO Board of Directors have created a special one-time Award in honour of the OACAO's 50th Anniversary. The '50 for 50' - OACAO's 50th Anniversary Special Award – was launched to recognize and celebrate 50 amazing, incredible, individuals. The 50 individuals will be honoured as part of the 50th anniversary celebrations at the 2023 OACAO Conference on Monday October 23, 2023. Please complete the simple on-line form. Nomination deadline for special '50 for 50' Award is Thursday, October 5th, 2023, for your 'nominee' to be considered for this special award. The Nomination Portal is now open: <https://www.surveymonkey.com/r/OACAO50for50>

The OACAO Conference Planning Committee is excited to invite staff, volunteer leaders, seniors, and students to join us at our OACAO 2023 AGING WELL Conference - Celebrating OACAO's 50th Anniversary, In-person on Monday, October 23rd and Tuesday, October 24th in Mississauga, ON. This year's theme AGING WELL: Engaging, Building, Strengthening, speaks to the strength and resilience of our sector, and it sets the stage for growth into the next 50 years. The OACAO Conference encourages personal and professional development through inspiring and informative learning experiences. For additional information, book your hotel room and register for conference, follow this link - <https://www.oacao.org/events/aging-well-conference/?tab=registration>

Please remember to take advantage of the great networking opportunities your regional reps are offering through the OACAO Regional meetings. This is a great time to share information, gather new ideas and put faces to the names on the emails you see so frequently. Not sure when your next meeting is, please refer to page 5 for details. Regional meetings are hosted virtually over zoom, and about once per year, in most Regions, they are hosted in-person in one of our member centres. Please reach out if you would like to host a Regional meeting.

Finally, I would like to provide a brief update on the OACAO's Strategic Planning Journey. We are pleased to have consultants from *tng* who are facilitating the project. The process has involved conducting three Board Strategic Planning Sessions (June and October), a Staff Engagement Session (August), conducting Board and Stakeholder Interviews, and implementing a Strategic Planning Input Survey which was conducted in July to engage our membership. We are on track and very excited to launch our new 3 - 5 year Strategic Plan in December once it has been ratified by our Board of Directors. I thank Leslie Olsen and Sue Hesjedahl as our Strategic Planning Co-Chairs, and our Board of Directors for their passion and leadership.

Thanks to 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





We are looking forward to seeing everyone at the OACAO conference on October 23rd. Stop by our booth to say hello!

This is a great time to evaluate your benefit plan to ensure you are getting the most value for your dollar.

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

Your insurance broker "goes to market" with your employee benefit plan to get the most competitive quotes and the very best prices, however this isn't always the case.

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.** We set our rates to cover claims and administration costs only.

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5407 Eglinton Ave West Suite 208

Message from the OACAO Executive Director Sue Hesjedahl

Hello OACAO members, partners, and friends.

We are so fortunate to live in a country that enjoys the beauty and diversity of four seasons. Fall is one of my favourite seasons partly because of the beauty of the Fall colours, as the leaves turn to bright reds and yellows, but also because I feel a deep sense of gratitude, as it is in September when the centres return to the hustle and bustle, and vibrancy of busy community hubs, engaging and supporting seniors across Ontario.



I am also very grateful for the **continued support of the Government of Ontario, Ministry for Seniors and Accessibility for their trust in the OACAO** to support Seniors Active Living Centres (SALCs) across Ontario.

The OACAO received funding to **support over 100 Seniors Active Living Fairs in 2023 - 2024**, and I am pleased to say that we have met that goal. You will see on page 9 that we are working with 93 SALCs / OACAO member organizations to host over 100 Fairs. We added a new funding category, a 'Multi-site Fair host', and have eight organizations who tapped into that opportunity. **I would like to thank Lina Zita**, OACAO's Development and Marketing Coordinator, and staff lead for the Fairs project, for her hard work and dedication to ensure the success of the Fairs Program. **We welcome Karen Kelly as our new Seniors Active Living Fairs Assistant** who is working closely with Lina to support the Fairs this year. Please contact Lina Zita at coordinator@oacao.org for more information about the Fairs.

Have you registered yet for the OACAO's 2023 AGING WELL Conference taking place on Monday, October 23 and Tuesday, October 24 at the Hilton Mississauga/Meadowvale hotel in Mississauga? The OACAO is celebrating our 50th Anniversary and the theme of the conference is **AGING WELL: Engaging, Building, Strengthening!** The event will kick-off with a special Anniversary Reception on Sunday, October 22nd in the evening. Please join your OACAO colleagues, friends, and partners from across Ontario for our 1st In-person conference since 2019. You won't want to miss it, as it is a great learning and networking opportunity. Delegates will go home with special swag gifts in celebration of our special milestone Anniversary. We are pleased to have some of OACAO's most endearing Past Presidents and Past Executive Directors joining us for the Gala Celebration on Monday night.

The OACAO Board of Directors created a one-time **OACAO Special Award, the '50 for 50' Award** in commemoration of the milestone anniversary and to honour and celebrate 50 amazing volunteers and staff members. Names will be announced at the 50th Anniversary Gala Dinner on Monday, Oct. 23rd. **Nominations are being accepted until October 5th** at <https://www.surveymonkey.com/r/OACAO50for50>

We thank our many generous conference sponsors for their support, but we are most grateful to our Title Conference Sponsor / Platinum Sponsor: **Arbor Memorial** for providing financial support for the event and for providing the beautiful delegate bags that will be stuffed with great resources, swag and goodies from our Business Partners and friends. Don't miss the **Trade Show** taking place in the Graydon Ballroom on Monday! Conference Early Bird Registration and the Hotel room block is available until September 29th. Registration closes on October 13th. **Registration & Session info:** <https://www.oacao.org/events/aging-well-conference/?tab=registration>

The OACAO is so pleased to welcome 7 new Members and 1 new Business Partners to the OACAO this Fall (see page 5 for their names).

The OACAO's **2023 Annual Meeting is taking place on September 29th at 9:00 am**, virtually over zoom. Many organizations, including the OACAO, are hosting their AGMs earlier this year to be compliant with the new Ontario Not-for-profit Corporations Act (ONCA). The virtual format means that all OACAO members have equal access to participate, so we are pleased to host it over zoom. A highlight of the Annual Meeting will be the **announcement of our 2023 OACAO Annual Award Recipients**. Thank you to our members who nominated your special volunteers and staff members to be recognized for their contributions in your centres and communities.

...cont'd

Another event to watch for is the **Flu Awareness and Prevention Webinar** that we are hosting in **early November**. More details will follow soon, but we are pleased to be working with Andy Donald, certified geriatric pharmacist with the Health Depot Pharmacy by Green Shield and Monica Balkaran, a registered nurse from Rexdale Community Health Centre as our co-presenters this year. We encourage you to invite your members to participate. More details will be shared in the coming days.

The OCAO continues to expand our Social Prescribing efforts and have only a few spots left for OCAO members to join the **Links2Wellbeing: Social Prescribing for Older Adults project**. See page 13 for details about our 3-year project is in partnership with the Alliance for Healthier Communities. The Links2Wellbeing project provides our partner organizations with training, tools and resources, as well as a small micro-grant to cover start-up technology costs, provide subsidies for your referred clients, and a small admin budget. Please see page 13 for more information and contact Dena Silverberg, the Links2Wellbeing Project Coordinator at dena@oacao.org, to learn more about the project.

We were also pleased to recently kick off our newest project the **Nature-Based Programs to Enhance the Quality of Life of Older Adults**. With funding support from the **Levante Foundation**, we have been able to provide a small micro-grant to 10 Nature-Based Demonstration Projects over the next 12 months. We had a very strong response to our Call for Applications from our membership and were sorry that we could not fund all the amazing project ideas that were submitted. See page 14 for a list of projects.

September 30th is the 3rd National Day for Truth and Reconciliation. Let's support our Indigenous communities across Ontario today and all year long. This special day has also been commemorated as Orange Shirt Day since 2013. Information and resources can be found here: <https://www.ontario.ca/page/national-day-truth-and-reconciliation> and here: <https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>



I look forward to seeing many of you at our upcoming Capacity Building webinars, Regional Meetings, Annual Meeting, and most of all, at our 2023 Aging Well Conference!

Sue Hesjedahl
Sue Hesjedahl
Executive Director



Links2Wellbeing
social prescribing for older adults



Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
OCAO
The Voice of Older Adult Centres
La voix des centres pour aînés



Thank you and Welcome to our 2023/2024 OCAO Members

We would like to sincerely thank all of you that have renewed your OCAO Membership and to Welcome all of our New Members for this 2023-2024 year!

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 OCAO 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 OCAO Memberships, or call 905-584-8125 or Toll Free at 1-866-835-7693.



Welcome to our New Members

Northwestern Ontario Metis Child & Family Services

1301 Railway Street, Kenora, ON P9N 0B2
Phone: 807-467-2542 • <https://www.nwomcfs.ca/>

PEP – Seniors Therapeutic Centre

12 Elliot Street, Perth, ON K7H 3A3
Phone: 613-201-7172 • <https://morepep.ca/>

St. Clair O'Conner Community

2701 St. Clair Avenue East, Toronto, ON M4B 1M5
Phone: 416-757-8757 • <http://www.scoc.ca/>

Stouffville 55+ Club

6240 Main Street, Stouffville, ON L4A 1E2
Phone: 905-642-7529 • <https://www.townofws.ca/play/recreation/programs/55-club/>

The Corporation of the Township of Woolwich

24 Snyder Avenue South, 2nd Floor, Woolwich, ON N3B 1Z1
Phone: 519-669-1647 • <https://www.woolwich.ca/en/index.aspx>

Thorold Senior Citizens Association

8 Carleton Street South, Thorold, ON L2V 5C2
Phone: 905-227-2161 • <https://www.thoroldseniors.ca/>

YMCA of Hamilton/Burlington/Brantford

79 James Street South, Hamilton, ON K8P 2Z1
Phone: 905-529-7102 • <https://www.facebook.com/ymcahamiltonburlingtonbrantford/>

Welcome to our New Platinum Business Partner



SENIORS JUNCTION

SENIORS JUNCTION

Seniors Junction is a Greater Toronto Area-based business that offers music and arts appreciation courses for individuals aged 55 and above. Their programs are designed to enhance the lives of retirees by providing engaging and intellectually stimulating experiences. Seniors Junction is committed to fostering a sense of community, purpose, and fulfillment among seniors, empowering them to explore their passions and unlock their creative potential.

Seniors Junction's scientific model combines expert instruction with a social approach, ensuring that seniors not only learn but also connect with like-minded individuals. Group classes, facilitated by industry experts, create an engaging space where seniors can appreciate music and arts while forging new friendships. Private lessons, conducted by experienced instructors, offer personalized guidance for seniors eager to learn to play various instruments at their own pace.

As part of its commitment to comprehensive music education, Seniors Junction also offers curated performances, pre-concert talks, and discounts on select musical events.

Website: <https://seniorsjunction.com> • Email: contact@seniorsjunction.com or call: 647-629-0300

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	TBA
Eastern	Monique Doolittle-Romas	mdoolittle-romas@thegoodcompanions.ca	Monday, October 16 th at 2:00 pm (by Zoom) Thursday November 23 rd at 11:00 am (by Zoom)
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	Tuesday, January 9 th at 1:00 pm (by Zoom)
Grand River	Sarah Feeney-Martin	L2W@oacao.org	Thursday, Nov. 30 th at 10:30 am (in person)
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, November 7 th at 9:30 am (by Zoom)
Northern Regions	John Richer	john.richer@greatersudbury.ca	Tuesday, November 7 th at 2:00 pm (by Zoom)
South West	Karen Pyatt-Westbrook	kpyatt@bgclondon.ca	Thursday, Sept. 28 th at 1:30 pm (by Zoom)



OACAO Annual Conference AGING WELL

CELEBRATING 50 YEARS

October 23 & 24, 2023 • Mississauga

in person!

less than
1

**AUTUMN'S ALMOST HERE AND ONLY . . .
MONTH UNTIL THE OACAO CONFERENCE!**

Go where the Leaders go ~ OACAO!

Conference Highlights

- ❖ **Sunday Special** – Celebrate OACAO's 50th Anniversary with a cocktail reception recognizing the achievements of the OACAO, staff and member centres. Mark your calendar for this kick off event.
- ❖ **Marvellous Monday highlights** – Dr. David Conn of Baycrest Academy, Rami Shami and Jennie Queen will bring their unique take on Social Isolation, Building Resilience and Legacy in Leadership. Not to mention the incredible workshop speakers who are industry leaders and trend setters sharing their knowledge on Inclusive Communities, Digital Solutions, AI and La gestion des bénévoles... tout un art! Network with leaders facilitating relevant conversation on questions that you have been asking. This is your chance to work through challenges and share successes.
- ❖ **Monday night gala** featuring anniversary highlights, 50 for 50 awards ceremony, silent auction and the amazing Fiddlestix who will be rocking the ballroom with dance tunes, classics, favourites and are sure to have you on your feet!
- ❖ **Golden Ticket Tuesday:** stay tuned for an EPIC Tuesday event with keynote Dr. Jennifer Heisz renowned Neuroscientist and founder of the Neurofit lab speaking about brain health and aging and how exercise is the key! Lightning talks featuring industry leaders and innovators speaking on trends and hot topics and a Diversity, Equity, Inclusion session that inspire thoughtful questions, sharing and practical steps to implement in your centre.
- ❖ If you haven't yet secured your conference registration, I encourage to make that commitment to yourself, your members, boards and volunteers. Attendees of Conference return to work energized, full of ideas to implement and supportive networks to ask questions and share challenges and successes with.
- ❖ Need help? Have questions please reach out to the OACAO at www.oacao.org or call 1-866-835-7693 or one of your Conference committee members! See you there, Julie 😊

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



OACAO Annual Conference
AGING WELL
CELEBRATING 50 YEARS!
in person!
October 23 & 24, 2023 • Mississauga
ENGAGING • BUILDING • STRENGTHENING

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
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50th ANNIVERSARY CONFERENCE

Monday, October 23 & Tuesday, October 24, 2023

Join us and **CELEBRATE** the **OACAO'S 50th** Anniversary together, *in person!*

at the Hilton Mississauga/Meadowvale Hotel

6750 Mississauga Road, Mississauga, Ontario L5N 2L3

- **Keynotes Speakers, Workshop Presentations** (*English & French*),
Networking Sessions, Meals, Delegate Bags & Trade Show
- **Golden Anniversary Reception**
- **50th Anniversary Gala on Monday Evening**
(*with Dinner, Entertainment by the Fiddlesticks Band and a Silent Auction*)
- **50 for 50 – OACAO's 50th Anniversary Special Awards**
- **Golden Ticket Tuesday**  *including inspiring Lightning Talks & prizes!*

For more information call 905-584-8125 • 1-866-835-7693 or
email admin@oacao.org

Registration & Session info:

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

Deadline to Register is Oct. 13, 2023

Hotel Booking:

<https://book.passkey.com/go/OACAO2023>

Lots to take home with you...

50th Anniversary Swag, Prizes and

New ideas to ENGAGE, BUILD and STRENGTHEN your Programs!



Arbor
Memorial



OACAO – Celebrating 50 Years in 2023!

A Golden Jubilee marks a 50th anniversary and that is what the OACAO is turning this year. It is a milestone that will be celebrated throughout the Aging Well Conference. Yes it really was 50 years ago that 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.

Anniversary Reception – new this year we will be having an Anniversary Celebration Reception on Sunday, October 22 from 6:30 – 8:30 pm. Members of the OACAO Board will be in attendance to welcome you to this reception with hors d'oeuvres and a cash bar.

Anniversary Gala – On Monday, October 23 our Anniversary Gala begins at 6:00 pm. The evening features a Silent Auction, 50 for 50 Awards presentation and of course you can dance the night away with the Fiddlesticks.

Refer to the conference information in the newsletter for details about these two events.

50 for 50 - this is a one-time special award to honour and celebrate 50 amazing, incredible individuals. The purpose of this award is to recognize the exceptional effort and contribution of individuals to the field of Older Adult Centres and Seniors Clubs across the province and/or the exceptional support of the OACAO. The 50 individuals will be honoured as part of the 50th Anniversary celebrations at the conference. Nominations can be submitted on-line and the deadline is October 5, 2023.

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

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 – cups, mugs, pins, 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



Older Adult Centres' Association of Ontario
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OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés



50 for 50

OACAO's 50th Anniversary Special Award

The OACAO is celebrating its 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.

Please complete the simple on-line form by the **deadline of October 5th, 2023** for your 'nominee' to be considered for this special award. The **Nomination Portal now open:** <https://www.surveymonkey.com/r/OACAO50for50>

Note: both the nominator and the nominee must be affiliated with, or a member of, an OACAO member centre, club or organization. Contact info@oacao.org if you have any questions.

OACAO Seniors Active Living Fairs 2023 – 2024

We would like to acknowledge and thank the Government of Ontario, Ministry for Seniors and Accessibility, for the funding provided to the Older Adult Centres' Association of Ontario for the implementation of the 2023 – 2024 Seniors Active Living Fair project.

Congratulations to the 2023-2024 recipients:

1. Access Alliance Multicultural Health & Community Services (*multi-site recipient*)
2. Active Lifestyle Centre
3. Activity Haven
4. Applegrove Community Complex
5. Askennonia Senior Centre
6. Batawa Development Corporation (Seniors Unlimited)
7. Beaver Valley Outreach
8. Bernard Betel Centre
9. Better Living Community Centre (*multi-site recipient*)
10. Bowmanville Older Adult Association
11. Carefirst Seniors & Community Services Association
12. Central Eglinton Community Centre
13. Centre Charles-Émile-Claude
14. Centre Lajoie des aîné(e)s francophones de Pembroke
15. Centre Pauline-Charron
16. Centres D'Accueil Heritage
17. City of Cambridge
18. City of Guelph (Evergreen Seniors Community Centre)
19. City of Ottawa - Heron Seniors' Centre
20. City of Pickering
21. City of Sault Ste. Marie
22. City of St. Catharines
23. Club 50 Rayside-Balfour
24. Club Action Hearst (*Northern Tour*)
25. Community Care Concepts of Woolwich, Wellesley & Wilmot (*multi-site recipient*)
26. Community Centre 55
27. Community Support Centre of Essex County
28. ConnectWell Community Health - Renfrew County Sites
29. Cruickshank Centre
30. Eganville & District Seniors
31. Elder Help Peel
32. Essoka French Bilingual Newcomers Help Center
33. Fairview Seniors Community
34. First Portuguese Canadian Cultural Centre
35. Golden Age Activity Centre
36. Guelph Wellington Seniors Centre
37. Horton Street Seniors Centre
38. Ingersoll Services for Seniors
39. Kearney Senior Citizens Club
40. Lennox & Addington Seniors Outreach Services
41. Malvern Family Resource Centre
42. Montfort Renaissance
43. Municipality of Clarington
44. Municipality of Greenstone
45. Nigerian Canadians for Cultural, Educational, and Economic Progress
46. North Bay Golden Age Center (*Northern Tour*)
47. North York Seniors Centre
48. Northwestern Ontario Metis Child and Family Services
49. City of Niagara Falls
50. Parkdale Golden Age Foundation
51. PEP - Seniors Therapeutic Centre
52. Rainy River Senior Activity Depot
53. Rendez-vous des aînés francophones d'Ottawa
54. Rexdale Community Health Centre (*virtual*)
55. Ryde Community Co-op
56. Scarborough Centre for Healthy Communities
57. Senior Persons Living Connected
58. Seniors' Centre for Excellence
59. South Gate Centre
60. South Riverdale Community Health Centre - Harmony Hall Centre for Seniors (*multi-site recipient*)
61. St. Clair O'Connor Community
62. Stouffville 55+ Club
63. Sunshine Centres for Seniors - East York Community Centre (*multi-site recipient*)
64. The Corporation of the City of Temiskaming Shores
65. The Corporation of the City of Waterloo
66. The Corporation of the Township of Woolwich
67. The George S. Syme Seniors' Centre of York
68. The Glebe Centre
69. The Good Companions Seniors' Centre
70. The Neighbourhood Group
71. The Neighbourhood Organization
72. The Prince Edward County Community Care for Seniors Association
73. The Second Mile Club of Toronto - Kensington Club (*multi-site recipient*)
74. Thorold Senior Centre
75. Thunder Bay 55 Plus Centre (*Northern Tour*)
76. Town of Ajax
77. Town of Aurora, Aurora Seniors Centre
78. Town of Fort Frances
79. Town of Grimsby
80. Town of Pelham
81. Township of Centre Wellington
82. Township of Schreiber - Seniors Active Living Centre
83. Unionville Community Centre for Seniors
84. University Settlement
85. Waterfront Neighbourhood Centre
86. Wawa Goose Seniors' Centre
87. West Neighbourhood House (*multi-site recipient*)
88. West Scarborough Neighbourhood Community Centre
89. Whitby 55+ Recreation Services
90. YMCA Northumberland
91. YMCA of Hamilton, Burlington and Brantford (*multi-site recipient*)
92. York-Fairbank Centre for Seniors
93. YWCA Hamilton

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

Funding provided by:



CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT



**NOV
13TH**

MARKETING TO ISOLATED OLDER
ADULTS



**1PM- 2PM
EST**

*PRESENTER: TIM CAMPBELL-SMITH,
DIGITAL MARKETING TRAINER &
SPEAKER*



**NOV
29TH**

DEEP DIVE: CASE STUDIES ON
SUPPORTING THE INCLUSION OF
PEOPLE LIVING WITH DEMENTIA



**1PM - 2PM
EST**

PRESENTER: LAURA MIDDLETON,
UNIVERSITY OF WATERLOO

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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DEVELOPMENT



**DEC
7TH**

SENIORS' CENTRE WITHOUT WALLS (SCWW)
PARTNERSHIP PROGRAM REVIEW & UPDATE



**10AM - 11AM
EST**

*PRESENTER: MEGHAN CORNETT, THE GOOD
COMPANIONS SENIORS' CENTRE*



**DEC
13TH**

TECH CHAMPIONS:
CRAFTING DYNAMIC DIGITAL LITERACY PROGRAMS



**10AM -
11:30AM
EST**

PRESENTER: CHRIS BINT, TECH COACHES



**JAN 23RD
2024**

RECRUITING VOLUNTEERS WITH PURPOSE



**1PM - 2PM
EST**

PRESENTER: SHAN ABBASI, VOLUNTEER MBC

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 live multilingual captioning)
or by Telephone



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, November 7, 2023 at 10:00am EST

Tuesday, December 5, 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 at 1-866-835-7693 or email Lina Zita at coordinator@oacao.org



Links2Wellbeing
social prescribing for older adults

We are halfway through Year 3 of our project and still have LIMITED spaces available for Centres to join. These spots must be filled asap!!! If you are interested call or email Dena TODAY! During the remaining 6 months your Centre will receive the best training and have the opportunity to participate in this amazing program. Thank you to all our Centres who have already joined and are actively participating in the project! We have Centres from all regions of the province **DON'T MISS OUT ON THIS AMAZING OPPORTUNITY TO BRING NEW OLDER ADULTS TO YOUR CENTRES!**

PROJECT HIGHLIGHTS!

- *Over 750+ Social Prescription referrals from health care providers to Seniors Active Living Centres!**
- *UPDATED Tools and Resources developed for Year 3.**
- *Over 70 Seniors Active Living Centres (SALCs) participating!**
- *Dozens of training sessions including group, and 1-1 sessions over the past 2.5 years**
- *4-week Connectedness Coaching workshop attended by over 30 staff and volunteers**
- *VIDEO!! The Links2Wellbeing Social Prescribing video highlights the benefits of Seniors Active Living Centres and features some of our Links2Wellbeing partners in Midland, Oakville, Pembroke, Sudbury and Windsor! <https://www.oacao.org/programs/links2wellbeing/>**

You may say, I'm still not sure, what is social prescribing? It is a means of referring people to a range of local, non-clinical services and programs. It seeks to address people's needs in a holistic way and aims to support individuals in taking greater control of their own health and wellbeing. 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?

- Funding still available (ending March 31st, 2024)
- Opportunity to engage volunteers as Volunteer Link Ambassadors (VLAs)
- 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 digitally through google drive including outreach postcards and posters for primary care providers that include a QR code for the VIDEO!

The next Links2Wellbeing Training is scheduled for Wednesday, September 27th at 12 noon until 1:00 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 next Links2Wellbeing Check in Session on Monday, October 30th, at 12 noon (special Halloween edition!) for Links2Wellbeing partners to share their challenges, successes and support each other! If you are not a current member and are interested in joining please email Dena!

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





NATURE-BASED PROGRAMS

TO ENHANCE THE QUALITY OF LIFE OF OLDER ADULTS

 Levante Foundation

Nature-Based Programs to Enhance the Quality of Life of Older Adults

How do you feel after a hike in the woods? A walk by a lake? Working in your garden? Riding your bike with friends at a park?

Nature prescribing, one pathway related to social prescribing, recognizes the physical, emotional and mental benefits of connecting with nature. Just seeing nature doesn't seem to make the difference that fully immersing oneself in nature does. It is the physical activity that is thought to be the key factor that results in health benefits.

The World Health Organization (WHO) describes nature as *"our greatest source of health and wellbeing"*

What are some of the benefits of being in nature? Scientific evidence suggests the following benefits:

- Reduced risk of chronic disease
- Reduced blood pressure
- Increased feelings of wellbeing and social inclusion
- Reduction in stress, anxiety, depression
- A boost in one's immune system

What is the recommended nature 'dose'?

- 2 hours/week, 20 minutes at a time.
- Evidence suggests that the most efficient drop in cortisol (stress hormone) levels take place between 20-30 minutes

Recognizing these benefits, the OACAO is excited to launch our first nature-based project, funded by the Levante Foundation. We had a strong response to our Call for Proposals in the summer and thank everyone who submitted an application. We are pleased to announce and give a shout out to the 10 successful demonstration projects!

1. **55+ Centres, City of Barrie** (55+ Parks Tours)
2. **Active 55+, Sault Ste Marie** (Silver Paddle Society)
3. **Active Adult Centre, Mississauga** (Seasons in the Garden)
4. **City of Cambridge** (Guided Forest Walks of Discovery)
5. **LA CENTRE for Active Seniors, Toronto** (Doug Saunders Gardening Club (DSGC))
6. **Life After Fifty, Windsor** (Never Stop Exploring – An Outdoor Nature Program)
7. **Rendez-vous des aînés francophone d'Ottawa (RAFO)** (A la découverte de la nature et ses bienfaits pour les personnes aînées) (Discovering Nature and the Benefits for Seniors)
8. **The Glebe Centre, Ottawa** (Abbotsford Seniors' Centre Butterfly Release and Nature Walk)
9. **University Settlement, Toronto** (Nature Within Reach)
10. **Upper Ottawa Valley Seniors Friendship Club (Deep River)** (Woodsy Wednesday Walks)

We look forward to learning from these projects that will run between the months of September 2023 and the end of August, 2024 and to sharing the results with you.

If you would like to know more about nature prescribing, please contact Pat Spadafora at pat@kaleidoscopeconsulting.net

In the meantime, maybe we'll see you on the trails!





SENIORS' CENTRE WITHOUT WALLS
PARTNERSHIP PROGRAM

MON CENTRE À DISTANCE
PROGRAMME DE PARTENARIAT

HELPING SOCIALLY ISOLATED SENIORS MAKE **MEANINGFUL** **CONNECTIONS**

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** phone program in your community.



WHAT PARTNERS ARE SAYING:

"Thank you so much for allowing us this opportunity to continue to support our seniors through these vital programs."



**COME MEET US IN PERSON AT THE
OACAO ANNUAL CONFERENCE
IN MISSISSAUGA,
OCTOBER 23-24, 2023**

**ATTEND OUR NETWORKING SESSION
ON OCTOBER 23 @ 4:00PM TO LEARN
MORE ABOUT THE HUGE IMPACT
PHONE-BASED PROGRAMS CAN HAVE!**

TO LEARN MORE,
CONTACT MONIQUE
(613) 236-0428 ext. 2290
mdoolittle-romas@thegoodcompanions.ca



The OACAO ONCA UPDATE:

Resources & tools to support our non-profit members transition to the Ontario Not-for-Profit Corporations Act (ONCA).

The **Ontario Not-for-Profit Corporations Act (ONCA)** was proclaimed and came into force on October 19, 2021. Ontario not-for-profits and charities will now be governed by ONCA, rather than part of the Ontario Corporations Act (OCA). Existing not-for-profits and charities in Ontario will have until **October 18, 2024** to bring their governing documents into compliance with the new legislation. It is important to review, update and file your governing documents with the Ontario government. Until then, the rules in your current articles and bylaws continue to be valid provided they were valid before the ONCA took effect.

Ontario Nonprofit Network (ONN) continues to be a leading advocate for Ontario nonprofits with their transition to ONCA. Check out their website for details about the Ontario Business Registry and other pertinent ONCA transition details.



<https://theonnn.ca/topics/policy-priorities/regulatory-environment/ontario-not-for-profit-corporations-act-onca/>

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

ONCA Webinar Recording:

<https://cleoconnect.ca/resource/yourlegalrights/ontarios-not-for-profit-corporations-act-1-year-on/>

CLEO (Community Legal Education Ontario) / Nonprofit Law Ontario is a project of CLEO to meet the legal needs of small and medium-sized nonprofits and charities in Ontario as they transition to the ONCA.



Nonprofit Law Ontario
Rules and tools for organizations

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

CLEO has developed many free resources to help you transition to ONCA, including a short 5-minute video with a high-level overview of what to expect and how to prepare to do the work. Check out their website using the link above.

CLEO has developed a free on-line Bylaw Builder Tool that helps nonprofits develop a set of bylaws that comply with Ontario's Not-for-Profit Corporations Act (ONCA). <https://nonprofitlaw.cleo.on.ca/transition-to-onca/update-governing-documents/cleos-bylaw-builder/>

OACAO will continue to support our nonprofit members to meet their needs as they transition to ONCA.

MEN'S SHEDS Ontario

When last Men's Sheds Ontario (MSO) shared an update with you, we were planning in-person visits with a number of communities. We can now confirm that the grant money OACAO facilitated for us has enabled us to criss-cross the province four times with two more tours booked. On those tours we have made presentations in eight centres and, as a result, there now are 3 new Men's Sheds in the Province and three more in formation.

In particular we wish to thank the OACAO Member agencies in Oakville, Aurora, Cobourg, Woodstock and Peterborough for their ready cooperation in this outreach project.

We now look forward to chatting with as many of you as possible at the OACAO Aging Well Conference on October 23rd where we will have a display throughout the day as part of the trade show and will share in a networking time from 4:00pm to 5:00pm with all who are interested to examine how Men's Sheds enable men to establish a supportive social network to enhance their overall health and wellbeing.

NOTICE OF ANNUAL MEETING OF MEMBERS 2023

Take notice that the Annual Meeting of the Members of the
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

1. To receive the Financial Statement of the Corporation for the year ending March 31, 2023;
2. To appoint the Auditors of the Corporation for 2023-2024;
3. To elect the Directors of the Corporation;
4. To approve and ratify the acts of the Directors and Officers of the Corporation of 2022-2023;
5. To transact such further or other business as may be necessary or desirable in connection with the above or otherwise.

Dated the 10th of August, 2023

Suzanne Teixeira

Suzanne Teixeira, President

If you have any questions regarding the OACAO Annual Meeting, please contact Sue Hesjedahl, Executive Director at sue@oacao.org or 1-866-835-7693

The 2023 Annual Meeting is sponsored by OASSIS Benefit Plans for Not-For-Profits.

OASSIS
BENEFIT PLANS  FOR NOT-FOR-PROFITS

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

Just Released: New Grant Opportunity

Resilient Communities Fund | Ontario Trillium Foundation

Apply for funding to help your non-profit organization recover and build capacity, resilience and sustainability.

The Resilient Communities Fund supports community-based organizations that deliver programs and services in Ontario and need funding to recover and build capacity, resilience and sustainability.

Eligible applicants can apply for a grant to develop and implement medium to long-term plans that address current organizational challenges they are facing to recover and build resilience.

The deadline to submit an application is October 25, 2023, at 5 PM ET.

Please check out the link below and read through to make sure before you begin the grant application, to ensure your organization and proposed project meet our eligibility requirements.

<https://otf.ca/our-grants/resilient-communities-fund#related-news>

Fonds pour les communautés résilientes | Fondation Trillium de l'Ontario

Soumettez une demande de financement pour aider votre organisme sans but lucratif à se rétablir ainsi qu'à renforcer sa capacité, résilience et viabilité.

Le Fonds pour les communautés résilientes aide les organismes communautaires qui proposent des programmes et services en Ontario et ont besoin de financement pour se rétablir ainsi que pour renforcer leur capacité, résilience et viabilité.

Les organismes admissibles peuvent soumettre une demande de subvention pour élaborer et mettre en œuvre des plans à moyen et long termes visant à relever les défis organisationnels actuels auxquels ils font face afin de se rétablir et de renforcer leur résilience.

La date limite de soumission des demandes est le 25 octobre 2023, à 17 h (HE).

Avant d'entreprendre votre demande de subvention, assurez-vous que votre organisme et le projet proposé répondent à nos exigences d'admissibilité.

<https://otf.ca/fr/nos-subventions/fonds-pour-les-communaut-es-resilientes>



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



MAKE SURE TO FOLLOW THE OACAO ON SOCIAL MEDIA



@oacao



@TheOACAO



Thanks for your Support!



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



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

COMMUNITY ZONE

Baycrest
@HOME

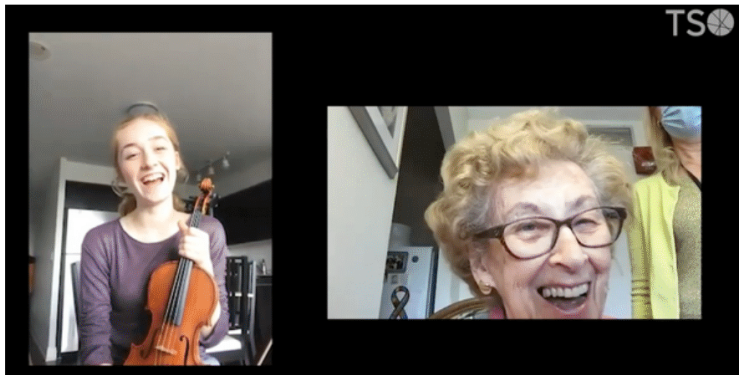
Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

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



STAY ACTIVE, STAY CONNECTED



Built on public health recommendations and emerging research, we focus on supporting older adults to stay physically and mentally strong while living well. We offer 30+ hours per week of live activities: from fitness and Tai Chi to music and hands-on art workshops. We foster community, self-expression, brain health and aging well.



SPECIAL EVENTS & PERFORMANCES

We regularly host special events with our many partner organizations including: Royal Ontario Museum (ROM), Toronto International Film Festival (TIFF), The Smithsonian Museum and many more. These group-based experiences focus on recognizing and welcoming participants while learning something new. Our virtual community meets on Zoom. Caregivers are always welcome.

OACAO MEMBER SITES:

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. To apply, complete a short online form: <https://www.surveymonkey.com/r/BaycrestHFall>. If you would like to know more, please contact Melissa Tafler at mtafler@baycrest.org or Lina Zita at coordinator@oacao.org.

LET'S CONNECT:



With 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.

Influenza Prevention in Adults 65+

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

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



In Canada, about 73% of adults 65+ have one or more common chronic health conditions like diabetes, heart disease, or lung disease, which increase the risk of influenza infection and complications.

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

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



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

Annual immunization (getting the "flu shot") is an effective and safe way for adults 65+ to lower their influenza risk each influenza season.

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



References:

Centers for Disease Control and Prevention. (2023.) Influenza (Flu). Vaccine Effectiveness: How Well Do Flu Vaccines Work? <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>

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

Government of Canada. (2020.) Prevalence of Chronic Diseases and Risk Factors among Canadians aged 65 years and older. <https://www.canada.ca/en/services/health/publications/diseases-conditions/prevalence-chronic-disease-risk-factors-canadians-aged-65-years-older.html>

National Advisory Committee on Immunization (NACI). Statement on Seasonal Influenza Vaccine for 2023-2024. <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/national-advisory-committee-immunization-statement-seasonal-influenza-vaccine-2023-2024.html>

La grippe : prévention chez les adultes 65+

Le vieillissement est associé à une augmentation du risque et de la gravité de l'influenza (« la grippe »).

La grippe et les complications liées à la grippe peuvent être graves, changer la vie ou mettre en danger la vie des personnes âgées.



Au Canada, environ 73 % des adultes de 65 ans et plus ont une ou plusieurs affections chroniques courantes, comme le diabète ou une maladie du cœur ou des poumons, ce qui accroît leur risque d'infection par la grippe et de complications de la grippe.

L'hospitalisation liée à la grippe peut entraîner la perte de santé et de l'indépendance.

L'immunisation annuelle (le vaccin contre la grippe) est un moyen sûr et efficace pour les adultes de 65 ans et plus de réduire leur risque d'attraper la grippe durant chaque saison grippale.

La vaccination prévient 40 % des hospitalisations liées à la grippe chez les adultes 65+.



L'efficacité du système immunitaire diminue avec l'âge, mais les vaccins spécifiquement conçus aident à induire une réponse immunitaire.

Parlez à votre médecin, votre infirmier/infirmière, votre pharmacien/ne ou votre bureau local de santé publique pour vous faire vacciner contre l'influenza.



Références :

Centers for Disease Control and Prevention. Influenza (flu). Vaccine effectiveness: how well do flu vaccines work? 2023. <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>

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

Gouvernement du Canada. Prévalence des maladies chroniques et des facteurs de risque chez les Canadiens âgés de 65 ans et plus; 2020. <https://www.canada.ca/fr/services/sante/publications/maladies-et-affections/prevalence-maladies-chroniques-facteurs-risque-canadiens-ages-65-ans-plus.html>

Comité consultatif national de l'immunisation (CCNI). Chapitre sur la grippe du Guide canadien d'immunisation et Déclaration sur la vaccination antigrippale pour la saison 2023-2024. <https://www.canada.ca/fr/sante-publique/services/publications/vaccins-immunisation/comite-consultatif-national-immunisation-declaration-vaccination-antigrippale-2023-2024.html>

Newsletter Contributions from our Members



Access Alliance
Multicultural Health and Community Services

ACCESS ALLIANCE MULTICULTURAL HEALTH & COMMUNITY SERVICES

Submitted by: Cathy Kurelek, Manager, Allied Health and Service & Care Pathways

This summer, with several community partner organizations, Access Alliance Senior Programs have worked collaboratively and creatively to enhance the well-being of our seniors. We've not only promoted physical fitness but also addressed various social determinants of our seniors' health. Here's a closer look at our initiatives:

Lunge & Learn Series: Collaborating with the East End Community Health Centre, we offered a dynamic 6-week "Lunge & Learn" series at AccessPoint on Danforth. This program was a resounding success, drawing seniors who were eager to participate in a combination of exercise classes and informative lectures. Our community room buzzed with seniors engaged in physical activity while also gaining knowledge about essential topics like nutrition, mental health, budgeting, wills, power of attorney, and more.

Dementia Prevention Event: On July 29th, we joined forces with Bangladeshi Canadian Community Services, the Bangladesh Centre and Community Services, and the Danforth Islamic Centre to host a Dementia Prevention event. Renowned experts, Dr. Andrea Wilkinson and Dr. Mark Chignell from the University of Toronto, shared their insights. This event underlined our commitment to addressing critical health concerns affecting seniors.

Summer Splash Festivals: This summer marked the triumphant return of our in-person Summer Splash festivals at both sites, following a three-year hiatus due to the COVID-19 pandemic. Seniors, community partners, as well as other programs' participants and clients, came together for barbecues and festivities at Taylor Massey Park in the east and Woolner Park in the west. These events helped break social isolation and foster community connections, enriching the lives of our seniors. Looking ahead to the fall, we're excited to announce that Access Alliance's seniors' programs are expanding this autumn.

We're introducing **hybrid Chair Yoga classes and a new Bengali Fitness Class** at AccessPoint on Danforth. With the inclusion of Bangla music and beats, these offerings provide not only physical exercise but also cultural enrichment, strengthening the social fabric of our community.

Nordic Pole Group Walking is Back! This fall, we're embarking on a collective journey, aiming to walk an impressive 525 kilometers before the end of November - a trek equivalent to the distance from the East End of Toronto to Montreal! Already, our Danforth Seniors' Group has logged an impressive 165 kilometers and counting. In our walks with seniors, we focus not only distance and duration, but also on ensuring the walks are fun, safe and social!

Take Our Senior Out (TOSO) Trishaw Project: The TOSO project uses a stable and comfortable electric trishaw to offer vulnerable seniors free and enjoyable rides, whether for leisurely outings or essential errands. It enhances the mobility of isolated and frail seniors, helps them get active and receive services, and provides them with an opportunity to interact with volunteers and other seniors while traveling safely in the neighborhoods.

Whatever activities we conduct, Access Alliance and our community partners are committed to holistic and collaborative programming that promotes the well-being of our seniors by combating social isolation, addressing seniors' health concerns, and providing opportunities for physical fitness and cultural engagement. Our newcomer and immigrant seniors can look forward to an active and enriching autumn season ahead.





EGANVILLE & DISTRICT SENIORS

Submitted by: Kayla Menkhorst, Executive Director

Partnerships for Members a Win Win for All:

Pathways to Independence services adult individuals with acquired brain injuries throughout all of Renfrew County with our day program being in Renfrew, which is about 30min-1.5hr from the Township of Bonnechere Valley and North Algona Wilberforce Townships . Due to rising costs of transportation some individuals living in the these outside townships were finding it difficult to attend our day program. The Eganville and District Senior Citizens Needs Association opened their doors to allow us to participate in their activities such as Diner's Club, art classes and Euchre. This allowed us to bring members of our day program to their own communities to alleviate some of the travel cost burdens and to engage in programs that are facilitated in their own community. Once individuals felt comfortable enough to attend on their own time, they began to participate in the EDSCNA programs without the support of the day program creating independence and choice for that individual. We were able to refer these local clients to their social prescribing program, Links2Wellbeing, so that outside of our program days, they are able to be integrated into the other programming and be involved and included in other community programs and events. Individuals who once lived in the community but since moved away are able to reconnect with friends from the past and visit their old communities. Our individuals look forward to participating in Diner's Club and Art Classes every month so they can enjoy time within their community and participate with friends both new and old. – Robin Reinert, Recreation and Program Facilitator – Renfrew County ABI Program.



Community Support Centre of Essex County

Join Us!

FALL PROGRAM!

It's time to get up & get active!



This fall at CSC we are all about getting moving & our brains working.

Our classes range from beginner fitness to intermediate fitness, card games, art classes, dance, computer labs and so much more!

Two Locations!

Lakeshore:
4-962 Old Tecumseh Rd

Essex:
32 Russell Street

Visit our website for the full schedule at
www.communitysupportcentre.ca
or call the office for more information
519-728-1435

**FREE CLASSES
AGES 55+**



Elder Abuse
Prevention
Ontario



Elder Abuse Prevention Ontario

Elder abuse is an insidious and escalating social issue, violating the human rights of older adults. Studies show, that (8 - 10%) of Canadians experience some form of abuse or neglect, yet we know that these figures are significantly higher, as incidents are often unreported.

EAPO, recognized for its leadership in EA prevention, (whether **raising awareness** through public **educational forums, training service professionals** across all sectors or **developing tools and resources for seniors'** community groups), is helping everyone better understand the complexity of issues around elder abuse. To learn how YOU can recognize the warning signs and then respond appropriately, please visit: www.eapon.ca.

By **Stopping Abuse - Restoring Respect**, EAPO remains committed to creating a safer Ontario for **ALL** older adults, so that this fastest growing demographic, has a strong voice and can enjoy the quality of life, everyone deserves. Older adults have a wealth of knowledge and experiences to share. EAPO is helping build bridges between generations, facilitating conversations, that not only increase community capacity to assist older adults in need, but will lead to safer more respectful communities, because each of us has a role to play in safeguarding those at-risk or experiencing abuse.

In keeping with the **2023 UN Theme: "Fulfilling the Promises of the Universal Declaration of Human Rights for Older Persons: Across Generations"**, work continues with the **Canadian Coalition Against Ageism (CCAA)**, a national social change movement, to combat ageism and to advance the declaration of this UN convention. It would provide the global community with a legally binding instrument that activates the adoption of laws, policies and practices that would uphold and protect the rights of older persons, for generations to come.

October 1st marks the International Day of Older Persons. Each year, on this date, we celebrate the profound contributions of older adults, in society, our communities and workplaces.

Please plan to join us this fall, at our upcoming provincial Webinars to learn about these topics and more:

Sept. 27th, 2023: Housing insecurity and older adults

November 23rd, 2023: GIFT in Residence: Promoting goodwill and countering intolerance between people living within collective and rent based environments for older adults (English)

Novembre 26, 2023: Le Programme BIEN en résidence : promouvoir la bienveillance et lutter contre l'intolérance entre les personnes vivant au sein de milieux de vie collectifs et locatifs pour aînés (French)

@EAPreventionON

 eapon.ca

Funded by: **Ontario** 



ELDER HELP PEEL
ELDERS WORKING TOGETHER

Healthy Aging, Living Well
CELEBRATING 25 YEARS OF SERVICE

Celebrating Our Incredible Volunteers

Elder Help Peel volunteers, with their boundless compassion and unwavering dedication are the heartbeat of our mission.

Our volunteers take the ordinary and create joy, companionship, and empowerment for the Senior community they serve.

As we celebrate our volunteers, we also extend an invitation to those who have a heart for service and a desire to bring positivity into the lives of Seniors.

As a volunteer with Elder Help Peel, you'll not only make a meaningful impact but also become a part of a close-knit community that values compassion, connection, and empowerment.

Visit our website, it's your first step in creating lasting memories, fostering friendships, and making a genuine difference in the lives of seniors



6 George St. South, Unit 2B, Brampton, Ontario, L6Y 1L9



Telephone: (905) 457-6055



E-mail: info@elderhelp.net

Frances (Fran) Chiappetta receives Urban Hero Award for her “Dance with Fran” Program with ESS Support Services

ESS Support Services (ESS) is thrilled to announce that Frances (Fran) Chiappetta is a recipient of the Urban Hero Award, recognizing her gifts of music and dance she shares as a Program Volunteer in our Adult Day Services (ADS) program.

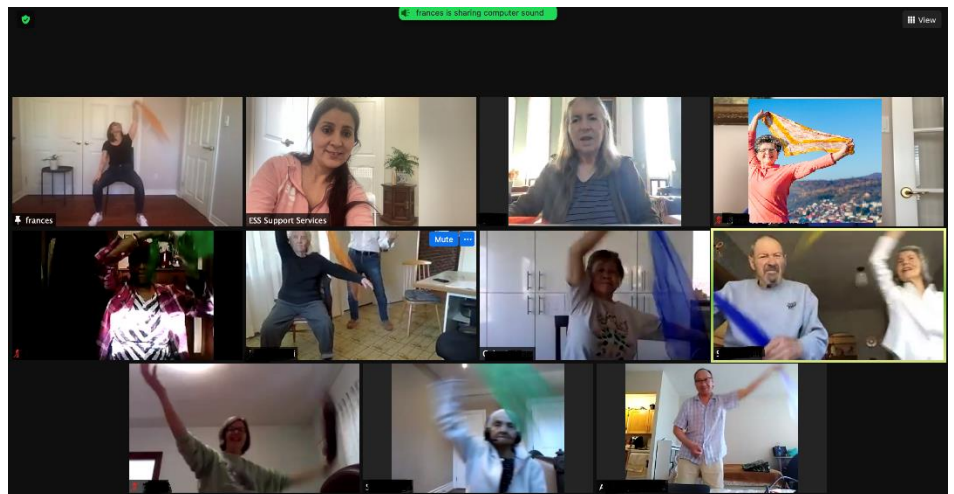
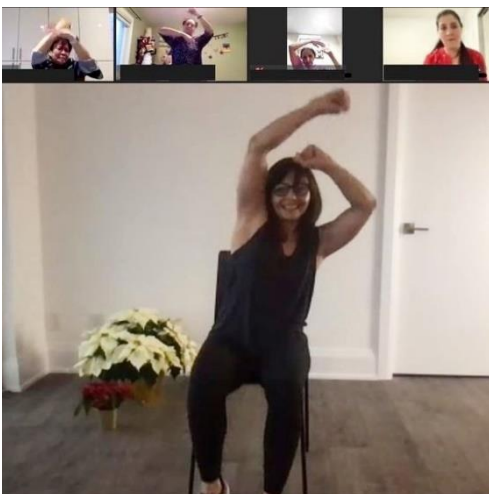
The Urban Hero Award ‘celebrates community heroes of all ages for their inspiring work, leadership and good deeds in the city. The program is designed to honour the people that make a difference in the lives of others.’ (Metroland Media Toronto, 2023).

Frances first came to ESS as a caregiver. Her mother was living with Alzheimer’s disease and attending our ADS program. During the pandemic, many seniors lost their in-person day program community, and caregivers their routine respite, as our programs were forced to move online.

Frances’ mother loved to dance. To honour her memory, and as a way to ‘give back’ to ESS, she began providing an online dance program, in response to the in-person closures created by the pandemic. While in-person programs have returned, Frances’ continues her popular online program we fondly call ‘Dance with Fran’.

Using her professional background in singing and dancing in musicals like *Cats* and *Mamma Mia*, and work as a choreographer and director, Frances developed a one-hour, tailored virtual dance program that is fun, interactive, and safely accessible for all.

Every week, she brings her joy, infectious energy, and enthusiasm to the program. She mindfully chooses suitable movements and music that is lively, up-beat, age appropriate, themed, and reminiscent of milestones in our senior clients’ lives. Providing an opportunity for seniors to connect through music and dance, along with offering an hour of respite for caregivers, Frances always leaves us with a smile and feeling ‘Frantastic’.



Mobility Workshop & Medical Scooter RODEO

Wednesday, September 20th, 2023 at 1:00pm

Wellington & District Community Centre, Highline Hall

FREE

The Prince Edward County Community Care for Seniors Association is collaborating with the Prince Edward County Community Safety & Well-being Committee to host a Mobility Workshop and Medical Scooter RODEO on Wednesday, September 20th at 1:00pm. It's going to be a great time!

The Prince Edward County Community Safety & Well-being Committee has set a goal of increasing mobility access for seniors in Prince Edward County. This is one of its top priorities to address. The Mobility Workshop and Medical Scooter RODEO will give seniors an opportunity to learn about mobility products and services available in the community.

Local businesses and organizations will be presenting all throughout the event. There will also be vendor booths to provide seniors the opportunity to speak directly to the businesses regarding their mobility needs.

Scooter demonstrations will be performed by none other than the local first responders...rumour has it they can get little competitive. Seniors will also be able to try out a scooter or even drive their own mobility device on the demonstration course.

This event is **FREE** to all seniors 60+.

FREE transportation to the event from anywhere in Prince Edward County.

FREE refreshments, while supplies last.

Check out the video from the 2019 Mobility Workshop & Scooter RODEO: <https://www.youtube.com/watch?v=eA319-Wbabc>
See the OPP Detachment Commander, Fire Chief and EMS Chief run the course on a mobility device!!!

Contact The Prince Edward County Community Care for Seniors Association at (613) 476-7493 for more information.

This event is hosted by The Prince Edward County Community for Seniors Association and sponsored by the Ministry for Seniors & Accessibility, and the County of Prince Edward.

Prince Edward County Community Safety & Wellbeing Committee presents

Mobility Workshop & Medical Scooter RODEO

Wed. Sept. 20 - 1 pm

Plan on attending this event, if you currently use a mobility scooter or plan to purchase one. Learn about mobility products and services available to County seniors.

- Scooter demonstration
- Try out a scooter or drive your own on the demonstration course!
- Free transportation will be provided
- Presentation
- Vendors
- Free refreshments (while supplies last)

FREE ENTRY

Wellington & District Community Centre
111 Belleville St., Wellington in Highline Hall



Space is limited! Contact Community Care for info

613-476-7493 www.communitycareforseniors.org

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Working together for a safer County

Ensemble... vers l'avenir!

Retraite active prépare une autre année d'activités!

Les membres de Retraite active de Peel (RAP) ont bien profité de l'été à faire des voyages et surtout passer du temps en famille. Cependant le comité de programmation s'est mis au travail afin de préparer une autre belle rentrée!

Dès le 11 septembre prochain les activités reprennent de bon train au Centre Frank McKechnie : vitrail les lundis



le pickleball et les cartes les mardis



le Cercle du livre le mercredi et bien d'autres activités



Le calendrier d'activités pour les prochains mois sera présenté lors de l'épluchette de maïs le 13 septembre à 13h. Quelques nouveautés au calendrier : une introduction au Tai Chi, une visite à Black Creek Pioneer Village, la danse en ligne et bien entendu la reprise des rencontres de popotte, de jeux, du programme d'exercices renforcement musculaire. Encore une fois en fin septembre RAP soulignera la journée de la réconciliation et de la vérité thème bien apprécié de nos membres.

Retraite active de Peel est fière de l'apport de notre organisme sur le mieux-être des aînés francophones de notre région, et ce depuis 2004. Nous sommes toujours à la recherche de financement stable afin de venir appuyer le travail de nos bénévoles dévoués à notre mission. Nous sommes à préparer une autre demande au Programme Nouveaux Horizons pour les aînés afin de nous permettre une continuité solide et intéressante pour nos membres.



Senior Persons Living Connected (SPLC): Marking Orange Shirt Day

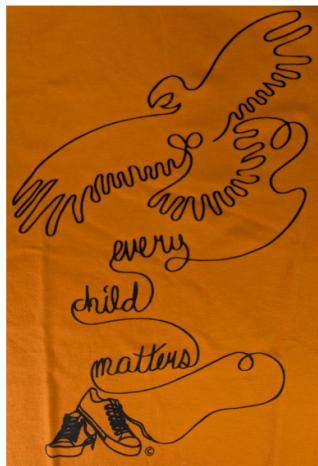
Submitted by Lidia Likhodi

On September 30th of last year, SPLC's SALC held an event to mark Orange Shirt Day (National Day for Truth and Reconciliation). The event consisted of an interactive presentation about the significance of Orange Shirt Day and culminated in a trivia session in which participants received orange t-shirts for correct answers. The hybrid event, held in our recreation room with a Zoom option for virtual attendees, was put together with the combined efforts of SPLC staff and a volunteer.

Approximately 20 clients participated, with 60% being English-speaking, and 20% each primarily Chinese and Tamil-speaking. 10 staff members also attended, complementing organization-wide recognition efforts such as the wearing of orange t-shirts and conversation about the event, including the distribution of text in Korean, Tamil, and traditional Chinese for staff to speak about with clients.



Siva, Recreation Coordinator at SPLC



Orange t-shirts given to clients

The presentation informed clients about the history of residential schools, starting from the 1870s through the 1990s, as well as the recent discoveries of mass unmarked graves. It explained the significance of Orange Shirt Day as a visible way to promote awareness about the residential school system and its impact on Indigenous communities. It shared the story of Phyllis Webstad, who was forced to remove her orange shirt as part of assimilation in a residential school, and who in 2013 sparked its wearing as a symbol against that loss of identity and childhood.

Participants also learned about reconciliation efforts to correct the intergenerational harms of the schools and were given Indigenous resources for settlers to understand and advance reconciliation.

Our volunteer found that the participants were engaged during the presentation and asked additional questions about the material. Afterwards, they were asked a series of trivia questions about the information given in the presentation. Approximately 10 orange t-shirts were given to clients for correct answers.

For 2023, the delivery format for the event may change to an all-day information booth, including videos viewable on tablets. Orange t-shirts will once again be given out for correct answers to trivia questions. SPLC volunteers will be on hand to prepare materials and interact with clients in-person. On September 30th this year, we aim to once again involve our community, clients and staff alike, in learning about the significance of Orange Shirt Day and how we can all be a part of reconciliation.



WOW Wasn't That a Party!



The Sir John Colborne Recreation Centre for Seniors was so pleased to host a Seniors Centre Without Walls (WOW) and Phone a Friend Reunion celebration on Tuesday, July 25. Thanks to the generous micro grant from the Good Companions, we were able to provide an afternoon of entertainment, delicious treats, an interactive photo booth, gifts for our special friends and more! The afternoon was more than just a celebration, it was a chance for participants and volunteers to finally meet in person. During the pandemic and centre closures, our volunteers spent countless hours checking in on members and participating in WOW calls. The connections made over the phone were immeasurable. You could feel the emotion in the room and the smiles on faces were priceless. It was wonderful to share conversation, laughter and of course dancing to the music of Martin Francisco! As the afternoon ended, each person received a gift bag with goodies, including WOW materials to help further promote our fall Seniors Centre Without Walls programs. Thanks, Good Companions! A special thanks to our Seniors Services team member Jolaine Montgomery who spent countless hours coordinating lists of participants, volunteers, organizing invitations, items for the gift bags, décor for the centre and so much more! This event would not have been possible without her support, creativity, and superb organizational skills. Thanks, Jolaine, for making the day so special for all who attended. Below are a few pictures that illustrate the fun and excitement of the day!



Great things happened at South Gate Centre this summer!

We had over 90 Golfers in our Golf League and 3 co-ed Baseball Teams. Other highlights included Streetfest Cruise and hosting a local Classic Car Show on Monday evenings all summer.

Volunteers helped run all of these activities this summer. We couldn't do it without them!

We've also given away more than \$44,600.00 with the South Gate 50/50 Lottery. www.SouthGate5050.com.



Good Times!!



THOROLD SENIOR CENTRE

Submitted by: Brenda Bator, President

The Thorold Senior Centre is in the wonderful City of Thorold Ontario. We have an amazing building that allows us to offer many activities. Approximately 25 members enjoy our exercise classes three days a week. We also offer Tai Chi as well as Floor and Chair Yoga. The members look forward to three afternoons of playing different card games, and downstairs we have a Billiard Club that is used every day.

Our Ladies started a Craft Club, and as a group they make numerous items for the homeless. Pillows, mattresses, gloves, hats, and scarfs are their most popular articles, and these are also sold at our Bazaars.

This month we will be offering Cooking for One in our commercial kitchen. We are proud to have Lynn Ogryzlo who authored a few international award-winning books. The first Niagara Cooks, from farm to table won 'Best Local Food Cookbook in Canada' (Gourmand Cookbook Awards, Paris) and went on to win Silver Medal for 'Best Local Food Cookbook in the World'.



The Walking Club members will continue to walk until the end of October 2, days per week for an hour.

We also offer to our members events like our Po-Up Markets partnered with the United Way, where we offer very inexpensive prices for fruits and vegetables. Unsold foods are distributed to the homeless through our neighbour and partner, St John's Anglican Church.

Spaghetti lunches, Pumpkin Festivals, Vendor's Days, Summer BBQ's, Christmas, and Summer Bazaars are just a few more events that are attended by our members and the community at large.

The Thorold Senior Centre offers so much to all that attend beside the above listed programs, but we also provide compassion, love, friendship, fun and way to keep you staying young.



Newsletter Contributions from our Platinum Business Partners



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A bath lift is another solution you may consider if you are experiencing difficulty getting into and out of the tub



50 years! Congratulations OACAO & thank you for your admirable work in support of older adults.

Please feel welcome to call or email us, or drop by for further information.



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info@accessabilities.ca

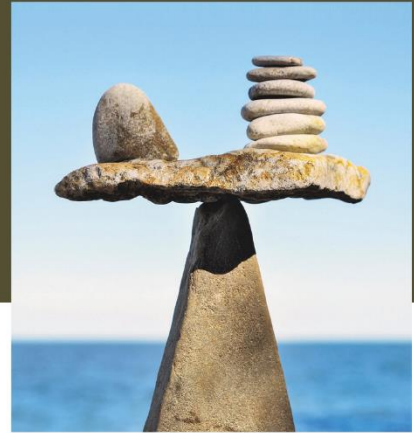
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How can seniors beat the winter blues? | With the colder months approaching, it's easy to feel isolated and sluggish. Here are some tips for your senior clients to brighten their days, along with examples of how we warm up winter at Amica Senior Lifestyles. <https://www.amica.ca>

Brighten up your space | Some people suffer from seasonal affective disorder (SAD), depression that can affect Canadians during the fall and winter months. Research shows that, for those who experience SAD symptoms—such as hopelessness, irritability, tiredness and oversleeping—sitting beside an artificial light box (phototherapy) for 30 minutes a day can be very effective. Or open your curtains and sit close to windows to get your daily dose of sunshine.

Get moving! | Studies suggest that walking fast can help improve your mood. Find out if your local shopping centre has a mall-walking club, which is popular with many of our Amica residents.

Go outside | Yes, it can be hard when it's way below zero. But take inspiration from some of our residents who are devoted year-round walkers. In winter, they wear boots with grippy treads and stroll the local neighbourhoods. Lots of research shows the benefits of spending time outside for improving focus, reducing stress and easing symptoms of depression.

Bundle up | Researchers have shown that staying warm can cut symptoms of the winter blues in half. Keep warm with hot drinks, dress in layers when you head outside and aim to keep your home between 18C and 21C during the hours that you're awake.

Listen to music | Did you know that listening to cheery tunes can give you a great winter mood boost? No wonder musical events are always such a hit with our residents! Our residences offer winter entertainment that might include live jazz and hot chocolate, a local band playing at a winter festival, a pianist playing at a dinner gala or a fireside sing-along of old standards.

Plan a vacation or a staycation | Experts have found that the act of planning a vacation boosts feelings of happiness. If you can't fly to the sunshine this year, organize outings close to home. At Amica, we brighten up winter for our residents by organizing events and activities that offer the same escape from routine as a trip south, including winter barbecues with music and a summer menu.

Take up a hobby | If you give yourself a new interest to look forward to and concentrate on, you'll keep your mind active. It might be learning to dance, doing crafts or writing a blog. Ideally, you'll enjoy your new activity alongside friends and family, since socializing is one of the best ways to keep the blues at bay and boost your mental health.

Visit [amica.ca](https://www.amica.ca) to learn more about our great amenities, flexible dining, activities and personalized support.

Sharing Dance Older Adults *Community Classes*

Bring dance to your community!

Community Classes empower organizations—retirement residences, long-term care facilities, libraries and community centres—to bring older adults together for 45-60 minute, progressive classes that support physical and emotional wellness. These on-demand classes are led by professional dance teachers from Canada's National Ballet School (NBS) and require no dance experience to facilitate or participate!

Cost: \$99 (tax included) per class package

Free for not-for-profit organizations!

Mark these term dates in your calendar!

Autumn: Thursday, October 12 - November 16, 2023

Winter: Thursday, January 18 - February 22, 2024

Spring: Thursday, April 11 - May 16, 2024

Start dancing today!

Visit oa.sharingdance.ca or email
martine.plourde@nbs-enb.ca



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., & Tafier, 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., & Tafier, M. (Submitted September 2022). Impact of Sharing Dance Older Adults on Physical and Psychosocial Outcomes.

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HEARING LOSS & DEMENTIA

**Break the silence.
Take charge.**



How is hearing loss linked with dementia?

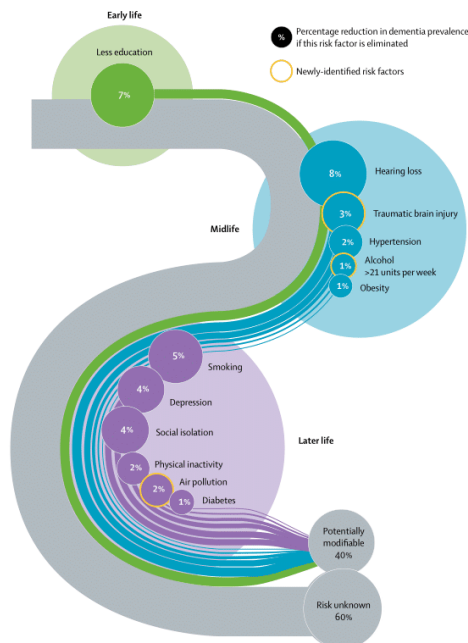
Researchers have several theories as to why hearing loss is linked to dementia.

1. A person's brain shrinks when they are not getting the complete sound signal.¹
2. A person with hearing loss uses great effort to just make out words and will often miss out on a conversation partner's message.²
3. Some people with hearing loss will isolate or become less social, either because they're concerned about saying something wrong or because they find it too difficult to hear.³

Of the 12 known risk factors associated with a greater likelihood of developing dementia, hearing loss has been shown to be the most significant.⁴

Risk factors for dementia

An update to the Lancet Commission on Dementia prevention, intervention, and care presents a life-course model showing that 12 potentially modifiable risk factors account for around 40% of worldwide dementias.



Livingston G, Huntley J, Sommerlad A, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. The Lancet 2020.

How to reduce your risk

Check your hearing

Start by getting your hearing evaluated to know whether you are one of the **38%** of adult Canadians who have a hearing loss⁵.

Treat your hearing loss

People with untreated hearing loss are up to 5x more likely to develop dementia². Hearing devices may also help keep your brain and your social life healthy⁴. Taking care of your hearing helps take care of the rest of you - **both physically and mentally.**

Protect your hearing

Make simple changes to **protect** your hearing. These can range from lowering the volume, wearing noise protection when exposed to unsafe noise levels, or wearing musician plugs when attending live concerts.

Ask about our risk-free trial of the latest hearing device technology.

For more information on hearing health or to book a free hearing test, please call 1-866-934-8442 or go online to [HearCANADA.com](https://www.hearcanada.com)

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1. Armstrong, Nicole M., et al. "Association of midlife hearing impairment with late-life temporal lobe volume loss." *JAMA otolaryngology-head & neck surgery* 145.9 (2019): 794-802.
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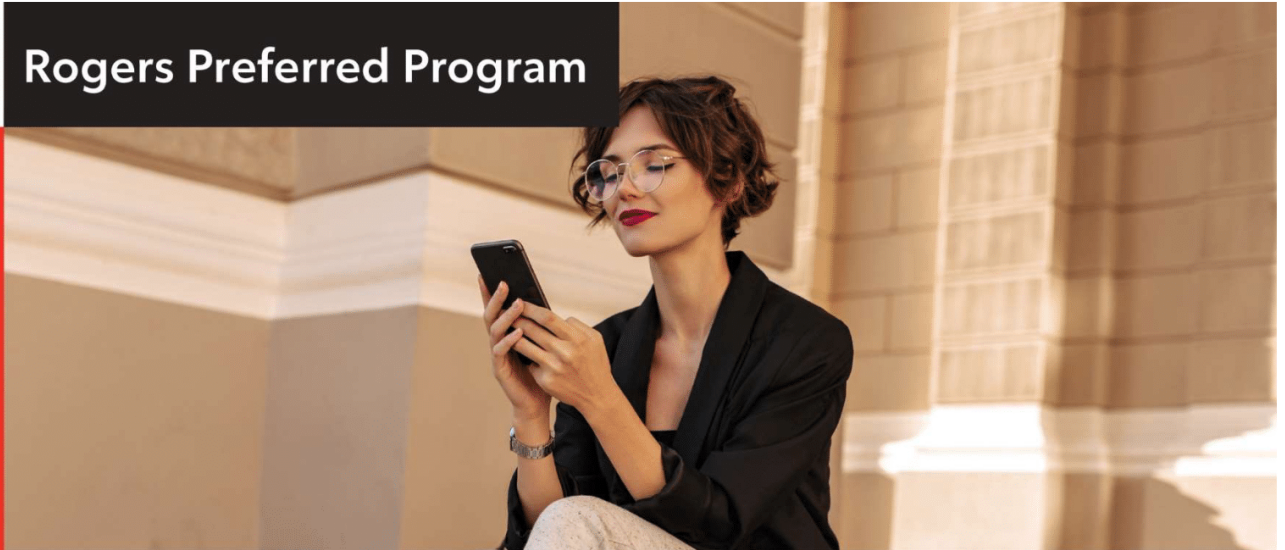
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ROGERS



Seniors Junction's Blueprint for Enhancing the Social and Cognitive Health of Seniors

By Namrata Bagaria, MBBS, MPH, PhD (c), co-founder & CEO, Seniors Junction

We are all familiar with the benefits of music for seniors, particularly regarding social and cognitive enhancement. Currently, most musical programs in senior living or senior centers primarily emphasize entertainment and, to some extent, participation and engagement. However, the true potential impact of music on the brains of seniors has yet to be fully harnessed. A growing body of evidence highlights its role in the prevention and management of dementia. Through music appreciation and engagement, seniors can maintain mental acuity, broaden their horizons, and elevate their overall quality of life.

Seniors Junction was established in August 2020 as a direct response to the social isolation and cognitive decline caused by the pandemic. During the summer of 2021, we embarked on a pilot initiative in collaboration with Perley Health's Centre of Excellence in Ottawa. Through this partnership, we discovered a profound desire among seniors for meaningful and enriching experiences to make the best use of their time. Seniors expressed a keen interest in pursuing learning purely for the sake of curiosity and personal growth. Among the various topics explored, music, history, the arts, and literature emerged as the most popular areas of interest. It was from these findings that our innovative music appreciation classes were validated.

Seniors Junction's blueprint for enhancing the social and cognitive health of seniors is rooted in the belief that lifelong learning, particularly through combining music and arts, holds the key to a fulfilling and vibrant retirement. We also believe and promote that staying sharp is a skill that can be cultivated and refined with consistent effort over time. It's about deliberately seeking out activities that challenge and stimulate the mind, making it a habit to engage consistently, and finding enjoyment in the process for its own sake. Central to our blueprint is the importance of cognitive stimulation, and our formula for a healthy and engaged mind is simple yet powerful: Nostalgia + Novelty + Community.

Our classes go beyond surface-level enjoyment; they delve deep into the culture and history that lie at the heart of music analysis. My colleague, Dr. Paul Merkley, is a retired musicologist, which means he is an expert in the historical, artistic, and cultural analysis of music. We decided that by providing seniors with a platform to engage with music in a way that combines intellectual exploration with emotional appreciation, we can create opportunities for all seniors, regardless of their musical abilities, and thereby give them tools for personal enrichment.

Our commitment to both nostalgia and novelty is our secret ingredient. This dual approach ensures a comprehensive cognitive workout, a safeguard against the onset of cognitive decline, and a source of lasting enjoyment. We strike a delicate balance between the familiar and the exciting, allowing seniors to relive cherished memories while also introducing them to fresh and novel musical experiences. It's an invitation which allows seniors to embrace the joy of music, create connections, and maintain cognitive vitality, leading to a rewarding and meaningful retirement.

To get more information about our classes, please visit our website <https://seniorsjunction.com>.



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**Contact Alisha to learn how The Health Depot can support
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GreenShield means, collectively, Green Shield Canada (GSC), Green Shield Association, and Green Shield Holdings Inc., which is the primary company that houses health services and benefits administration businesses, including Inkblot Therapy, Tranquility, NKS Health Canada, The Health Depot Pharmacy, Benecaid, Honeybee, BCH Consultants and Computer Workware Inc. Green Shield Holdings Inc. is a wholly owned subsidiary of the not-for-profit Green Shield Association.





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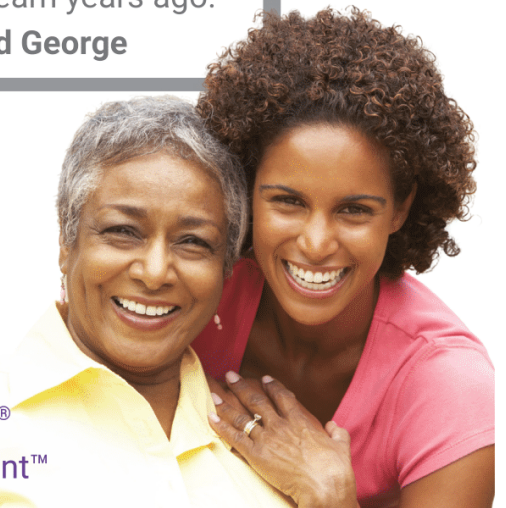
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Petition requests Ontario government increase ADP support for hearing aids

With more global research demonstrating the connection between hearing loss and expensive health conditions, a petition is calling for the Ontario government to increase support from the Assistive Devices Program (ADP) to help those requiring hearing aids.

Millions of healthcare dollars are spent every year on treatment for dementia and seniors' serious falls. With the recent evidence of the relationship between untreated hearing loss and these two major healthcare expenses, better government assistance for the purchase of hearing aids may reduce overall healthcare spending.

According to Statistics Canada, over one-third of seniors hospitalized for falls are then admitted to long-term care. Falls also cause 85 per cent of seniors' injury-related hospitalizations. With fractures and head injuries being the major injuries resulting from falls, healthcare costs can quickly add up to thousands of dollars per person when considering hospitalizations and later long-term care.

The economic burden of dementia on healthcare systems grows every year. In 2020, there were 597,000 people in Canada living with dementia. It is estimated that, by 2030, there will be nearly double that number - 955,900 people living with dementia. The cost of dementia to healthcare and the economy in Canada each year is over \$10 billion.

In 2017, hearing loss was added to the international list of major modifiable risk factors for dementia. Research at Johns Hopkins University Bloomberg School of Medicine demonstrated with just mild hearing loss the risk of developing dementia doubled, and with severe hearing loss there is a five times risk of developing dementia. Other Johns Hopkins School of Medicine research developed with the American National Institute on Aging demonstrated a three times greater risk of falling with mild hearing loss and an additional 1.4 times increase of fall risk for every 10 decibels of hearing loss after that.

Dr. William Haseltine, chair and president of the global health think tank *Access Health International*, wrote, "Addressing hearing loss can be cost-effective and cost-

saving to prevent dementia and improve patient outcomes. The task of processing the sounds we hear helps our brain stay active. When you lose some or all of your hearing, the part of your brain that performs this task can atrophy, causing cognitive decline."

The Ontario Ministry of Health supports the purchase of hearing aids through the Assistive Devices Program (ADP). The program provides \$500 per hearing aid for those who qualify. This program is not income based and a prescription from a doctor is required to access the supporting funds.

The \$500 level of the grant has not changed in 30 years. The advanced technology now available has increased the effectiveness of hearing aids. It has also increased the cost well beyond what ADP provides so those in need, especially those with severe hearing loss, are often unable to purchase them.

Hear Well Be Well Hearing Clinics, with 13 locations in Ontario, has released a petition asking the provincial government to increase the ADP grant for hearing aids in light of the research tying untreated hearing loss to two of the expensive pulls on the healthcare budget.

The petition is available to sign at any of the Hear Well Be Well offices and also online at <https://hearwellbewell.ca/petition/>.



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HearWellBeWell.ca

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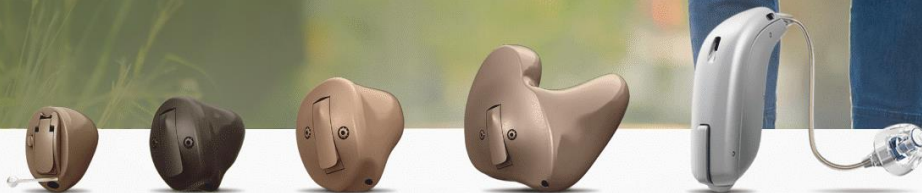
A recent YouGov survey showed that:



1 in 4 individuals experience improved relationships after using hearing aids.

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Activity Directors and Enrichment Coordinators!

What's happening at RBG this Fall

- What's in bloom at this time of year – Roses, Goldenrod, Asters and more!
- Visit our newly renovated Healing Garden
- Check out the fall colours along our trails.
- Stay tuned for information about our special indoor winter exhibit.
- Don't forget to check out our [Blogs and Videos](#)

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 your Fall Garden

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

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

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

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- What's the story behind Chocolate?
- What are you eating - a pumpkin or a squash or both?
- Get your garden ready for the winter.
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Contact Karin (kdavidsontaylor@rbg.ca) or for more information visit our videoconferencing webpage and look for [Older Adult Programs](#).



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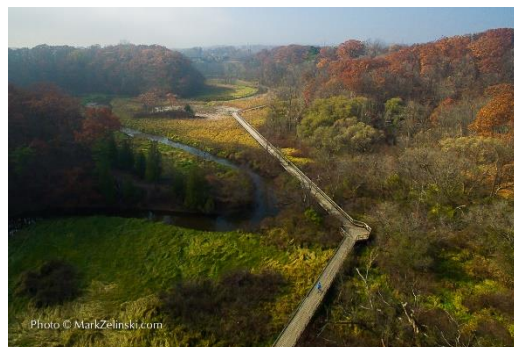


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For more information about the
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please contact: Sue Hesjedahl, Executive Director
at 905-584-8125 or 1-866-835-7693 or sue@oacao.org
www.oacao.org P.O. Box 65, Caledon East, ON L7C 3L8

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Please also find the following inserts from our Business Partners

Age Comfort: life should be comfortable

Johnson: Great news, OACAO member!



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Please note the following deadline for submissions:

2023-2024 Winter Newsletter – December 1, 2023

2024 Spring Newsletter – March 1, 2024

2024 Summer Newsletter – June 1, 2024

Please send your submissions to admin@oacao.org

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