

Message from New OACAO President Wendy Caceres-Speakman and Executive Director Sue Hesjedahl

Greetings OACAO Members, Partners, Friends, and Supporters!

As we near the end of another year, let's take a moment to reflect and recognize the outstanding efforts in our sector. Over the past 3 ¾ years, we've encountered challenges, but together, we've demonstrated innovation, resilience, and unwavering determination in supporting and engaging older adults in our communities. We want to express our sincere appreciation to each of you for your exceptional contributions in keeping thousands of older adults connected to their local seniors' centers and clubs during these demanding times.



In October, the OACAO successfully hosted the **50th Anniversary 2023 Aging Well Conference**, featuring an exceptional lineup of keynotes, workshops, panel presentations, Lightning Talks, networking opportunities, a 50th Anniversary Gala event, and more. A special thanks to Julie Pennal and the incredible Conference Planning Committee for their incredible effort and unwavering support. We are grateful to Arbor Memorial for their generous Platinum Title Sponsorship and for providing the fantastic delegate bags. Our sincere appreciation also goes out to all sponsors and partners who supported the event and participated in the Trade Show.

Congratulations to the OACAO 2023 Award Winners! These volunteers and staff members have made a significant impact on the lives of older adults across Ontario. We take great pride in recognizing and thanking them for their exceptional contributions. Please refer to page 13 for a list of award recipients, and consider nominating someone from your organization for the 2024 OACAO Awards when the Call for Nominations opens in the Spring.

We also recognized 50 incredible people at the 50th Anniversary Gala with the Board's one-time **'50 for 50' Award**. Please see page 13 for the list of recipients and thanks to all for submitting your nominations.

Thank you to all who participated in the **OACAO's 2023 Annual Meeting** on September 29th. Special gratitude to OASSIS Benefits for Not-For-Profits for sponsoring the event. Following the Annual Meeting, the Board convened to appoint the Executive Committee. We thank Suzanne Teixeira, our President for the past 5 years, for her leadership through the pandemic. We welcome Wendy Caceres-Speakman as our new President, along with Karie Papillon and Leslie Olsen as our 1st and 2nd Vice Presidents. William Krever continues as our Treasurer, and Sharon Oatway remains our Secretary. A heartfelt thank you to our outgoing board members Kim Evans, Kim Bradley, and Shirley Glauser. The full list of Board members can be found on page 50.



OACAO Board Strategic Planning Meeting

...cont'd on page 3

Did You Know?

OACAO is one of
OASSIS's original
sponsoring
organizations

***Moving your group
benefits plan to
OASSIS is simple!***

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1-888-233-5580 ext. 302

***Providing group
benefits exclusively
to the not-for-profit
sector for over 30
years***

- Extended Health Care and Dental
- Health Care Spending Account (HCSA)
- Life and Disability insurance
- Critical Illness coverage
- Employee Assistance Plans (EAP)
- Retiree Health and Dental Insurance



Over the last few months, the Board has worked diligently on developing a new **2024 – 2026 Strategic Plan** for the OACAO. We have worked collaboratively with consultants from tng. We thank our members and partners who participated in our Strategic Planning Survey and Stakeholder interviews, and we are grateful to our Board and especially our Strategic Planning Committee, co-chaired by Sue and Leslie, for their hard work and dedication to developing a thoughtful and meaningful plan that will lead our organization for the next 3 years. We have developed Strategic Priorities with Outcomes and Measures that will position the OACAO to support our members all across Ontario. **We are pleased to launch the new Mission and Vision statements below and will reveal the full Strategic Plan in the coming weeks.**

Our Mission:

The Older Adult Centres' Association of Ontario (OACAO) is a trusted partner and recognized leader in the development of quality and relevant resources, services, and support for community-based older adult centres.

Our Vision:

A province where older adults age successfully, are connected to their community and remain active and engaged.

As we draw the curtains on a year-long celebration of our 50th anniversary, it's with immense pride and gratitude that we reflect on the incredible journey we've undertaken together. What a remarkable year it has been!

Our golden jubilee celebration has been more than just a milestone; it's been a testament to the dedication, passion, and resilience that define the OACAO. From the Gala event that brought us together at the 2023 OACAO Conference, to the small, cherished moments of connection, each experience has added a layer to the rich tapestry of our history. **Mark your calendars for October 28 and 29, 2024 for the 2024 Aging Well Conference in Mississauga!**

We hope you enjoy the newsletter and feel well-informed about all the upcoming webinars, projects and resources that are available to OACAO members. We welcome four new members at this time and are grateful to those who made a donation to support the OACAO over the last few months. Don't miss page 15's information about two Summer Student funding programs through the Government of Canada and the Government of Ontario.

Wishing you a wonderful holiday season and a New Year filled with prosperity, good health, and continued success.



Wendy Caceres-Speakman

Wendy Caceres-Speakman
President

Sue Hesjedahl

Sue Hesjedahl
Executive Director



Links2Wellbeing
social prescribing for older adults



MAKE SURE TO FOLLOW THE OACAO ON SOCIAL MEDIA



@oacao



@TheOACAO



Thank you and Season's Greetings OACAO Members

Thank you and Season's Greetings to all our OACAO Members and New Members that have joined us in 2023-2024, our 50th Anniversary Year!!



Remember to keep your centre's information updated on your membership account for 2023-2024. When updating your centre's information, it should be the "main contact person" on your membership profile at <https://oacao.wildapricot.org/Sys/Profile> that does the updating. Please remember to use the email address and password of the main contact person listed on the OACAO Wild Apricot System and follow the suggested actions on your profile screen. If you do not remember your password you can reset it at: <https://oacao.wildapricot.org/Sys/ResetPasswordRequest> but, again, remember to update your centre's information you must always use the email address of the main contact person listed in the system under your organization.

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

Welcome to our New Members

Connectwell Community Health

20 Robertson Dr., Beachburg, ON K0J 1C0

Phone: 613-582-3685 • <http://www.connectwell.ca/>

Kanata Seniors Council

2500 Compeau Drive, Kanata, ON K2K 2W3

Phone: 613-254-7164 • <http://kanataseniors.ca/>

Le Club Renaissance Sacré-Coeur Welland

72 rue Empire Street., Welland, ON L3B 2L4

Phone: 905-736-3200

Town Of East Gwillimbury

1914B Mount Albert Rd., Sharon, ON L0G 1V0

Phone: 905-478-4282 • <https://www.eastgwillimbury.ca/>

Welcome

Thanks for your Support!



Thank you so much for the donations from Martha Mackintosh, Grant and Sheila McLaughlin and Sue Hesjedahl, and a donation from STEM Camp Foundation. They are all greatly appreciated. The OACAO is a registered Charity and can issue tax receipts.

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

Don't let the flu stop you.

Talk with your doctor or pharmacist about scheduling a flu vaccination appointment.

 Influenza Consortium



Ne laissez pas le grippe vous arrêter.

Discutez avec votre médecin ou votre pharmacien de la planification d'un rendez-vous pour un vaccin contre la grippe.

 Consortium contre la grippe





Research Volunteers Needed!

Participate in a Virtual
Lifestyle Intervention for
Better Brain Health

- Are you aged 65-85?
- Are you concerned about your memory and other thinking abilities?
- Do you have access to internet at home?

If you answered "yes" to these questions,
you may be eligible

The program will last 6 months, with follow-up at 12 months, and can be done entirely from the comfort of your own home



Your involvement



- 3 virtual sessions (totaling 4 hours) per week for 6 months
- Groups of 6-8 participants



- Exercise and education on healthy lifestyle related to brain health



- Two virtual assessments of memory and other thinking abilities (up to 65 min each) at baseline, 6, and 12 months



This study has received clearance through University of Waterloo and Baycrest research ethics boards



For more information about this study and to find out if you are eligible please contact us at:

Baycrest

telephone: (519) 888-4567 ext.41080

email: Leadtrial@uwaterloo.ca

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	Nora Jones	nora.jones@townofws.ca	Tues. Feb. 20 th at 10:00 am (in person) in Aurora
Eastern	Monique Doolittle-Romas	mdoolittle-romas@thegoodcompanions.ca	Tuesday, February 13 th (in person) in Kingston
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	Tuesday, February 13 th at 1:00 pm (by Zoom)
Grand River	Sarah Feeney-Martin	L2W@oacao.org	Fri., Jan. 26 th at 10:00 am (in person) in Cambridge
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, January 16 th at 10:00 am (by Zoom) Tues., Mar. 19 th at 10:00 am (in person) in Toronto
Northern Regions	John Richer	john.richer@greatersudbury.ca	Monday, January 22 nd at 1:00 pm (by Zoom)
South West	Karen Pyatt-Westbrook	kpyatt@bgclondon.ca	Thursday, January 18 th at 1:30 pm (by Zoom)

CAPACITY BUILDING



TRAINING



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KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT



**TUES,
JAN 23RD**



**1PM- 2PM
EST**

RECRUITING VOLUNTEERS WITH PURPOSE

PRESENTER: SHAN ABBASI, VOLUNTEER MBC



**WED,
JAN 31ST**



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

TECH CHAMPIONS:

CRAFTING DYNAMIC DIGITAL LITERACY
PROGRAMS - PART TWO: LAYING THE
FOUNDATIONS OF DIGITAL LITERACY

PRESENTER: CHRIS BINT, TECH COACHES



**THURS,
FEB 15TH**



**10AM- 11AM
EST**

RISKS OF IGNORING HEARING LOSS

PRESENTER: WENDY BETH MOORE,
HEAR WELL BE WELL HEARING CLINICS

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

OACAO

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

Funding provided by:

Ontario 

CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT



**TUES,
FEB 27TH**



**1PM- 2:30PM
EST**

TECH CHAMPIONS: CRAFTING DYNAMIC
DIGITAL LITERACY PROGRAMS - PART THREE:
ENSURING SAFE DIGITAL EXPLORATION
PRESENTER: CHRIS BINT, TECH COACHES



**MON,
MARCH 4TH**



**10AM- 11AM
EST**

TRENDS IN VOLUNTEERING AND
STRATEGIZING RE-ENGAGEMENT

PRESENTER: SHAMINDA PERERA,
VOLUNTEER CANADA



**WED,
MARCH 27TH**



**1PM- 2PM
EST**

LA GESTION DES BENEVOLES, TOUT UN ART

NOM DE LA CONFÉRENCIÈRE : DENISE LEMIRE,
CENTRE PAULINE-CHARRON

**** FRENCH WEBINAR ****

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

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

Participation can be done Virtually (with live multilingual captioning)
or by Telephone

OACAO Seniors Active Living Fairs 2023 – 2024

We have completed 45 Seniors Active Living Fairs from August – November 2023 and at least 55 are being planned for December 2023 to mid-March 2024 plus 2 more Northern Regional Seniors Active Living Fairs

Some highlights from the OACAO's Interim Report for the 12 in-person Fairs that were held in August & September:

In the months of August and September, communities came together to celebrate diversity, foster connections, and promote well-being through a series of 12 fairs. These events, including rural fairs, Francophone or Bilingual Fairs, Indigenous, and fairs for various diverse communities, left a lasting positive impact on the 2,893 participants and 161 volunteers involved.

Positive Impact Experiences:

The fairs successfully achieved its objectives, exposing seniors to a variety of support within their community, providing one-stop shopping for resources, fostering communal connections, and ultimately contributing to improved well-being and quality of life. The positive impacts witnessed by staff and volunteers underscore the importance of such events in promoting awareness, empowerment, and community support for seniors.

Fair Hosts Successes:

The fair's greatest success lay in empowering participants and exposing them to the active lifestyle center. Witnessing older adults leave with increased knowledge, a sense of control over their health, and enthusiasm for incorporating center resources into their lives was deeply rewarding. This empowerment translated into improved self-care, better decision-making, and heightened enthusiasm for an active and fulfilling lifestyle. The fair's impact on seniors' daily lives was profound and reflected a community-driven commitment to well-being and empowerment.

Fair Hosts Barriers:

The fair's success involved meticulous planning to address language barriers, logistical challenges, and budget constraints. Proactive measures, collaborative efforts, and community support ensured the fair's inclusivity and value as a resource for seniors.

Participant Feedback:

- 99% would recommend the fair to a friend
- 92% felt connected to services and programs in their community
- 95% felt they acquired new knowledge
- 95% were satisfied with the fair
- 86% intend on applying the knowledge gained to inform their future decisions and actions

Exhibitor Feedback:

The feedback on the event was overwhelmingly positive. Exhibitors expressed satisfaction with the hosts, praising the well-structured format and the opportunity to meet new people. The unexpected higher turnout was highlighted, and the general sentiment was positive, with exhibitors expressing a desire to participate again in the future. Overall, the fair was well-received, successfully bringing together a significant number of seniors in a well-organized and enjoyable setting.

Current fair listings can be found at: <https://www.oacao.org/events/seniors-active-living-fairs/>. Questions can be directed to the Lina Zita at coordinator@oacao.org or call 905-584-8125 or toll free 1-866-835-7693.

Submitted by: Lina Zita

We are heading into the ‘home stretch’ of our 3-Year Links2Wellbeing project and have LIMITED spaces available to onboard and support a few more Centres to start their journey into Social Prescribing. Join us and participate in this amazing program and know that you will receive the best training and resources available that have been honed and improved over the last couple of years to support our partners. Links2Wellbeing is made possible through funding support from an anonymous donor.

We thank all Centres who have joined the project so far! We have Centre partners from all regions across the province, representing municipal and non-profit centres, rural and urban communities and English and French programming. **DON'T MISS OUT ON THIS AMAZING OPPORTUNITY TO BRING NEW OLDER ADULTS TO YOUR CENTRES!** Funding is available to support outreach, technology and most importantly, to remove barriers for older adult participants by subsidizing their membership and program fees.

HIGHLIGHTS and ACHIEVEMENTS!

- ❖ **Outreach presentations at the Virtual Social Prescribing Conference hosted by the Alliance for Healthier Communities and the OACAO Provincial Conference in Oct. 2023**
- ❖ **Over 800+ referrals to Senior Active Living Centres for Social Prescriptions!**
- ❖ **Trauma-Informed Response to Build Resilience Virtual Workshop**
- ❖ **VIDEO!! The Links2Wellbeing video highlights the benefits of Senior Active Living Centres and features some of our SALC partners in Midland, Oakville, Pembroke, Sudbury and Windsor!**

<https://www.oacao.org/programs/links2wellbeing/>

You may say, I'm still not sure what social prescribing is. 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 each jurisdiction but, for the Links2Wellbeing project, it involves a social prescription (referral) from a primary care physician (or other allied health provider) to a Seniors Active Living Centre (SALC) for social and recreation programming.

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

- ❖ Funding is still available until 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 been connected to your centre in the past (reduces socio-economic barriers)
- ❖ Micro-grant funding available for participating centres (tech start-up funds, small administration funding and funds to subsidize clients)
- ❖ Tools and Resources Packages available in paper format and digitally through a Google Drive
- ❖ Outreach tools such as postcards for primary care providers with a QR code link to the VIDEO!

The next Links2Wellbeing Training is scheduled for Wednesday, January 17th, at 12 noon, however if you can't make it, we can schedule 1-1 training for you at your convenience! We are also hosting our next Conversation Café on Monday, January 29th, 2024 at 12 noon with special guest TBA.

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 NOW!

Submitted by Dena Silverberg



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

Tuesday, January 30, 2024 from 10:00am — 11:15am EST
Dementia Technology

Tuesday, February 6, 2024 from 10:00am — 11:15am EST
Dementia Technology

Tuesday, March 12, 2024 from 10:00am — 11:15am EST
Cyber Security

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>

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



OACAO Annual Conference AGING WELL

CELEBRATING 50 YEARS

in person!

October 23 & 24, 2023 • Mississauga

WOW! WASN'T THAT A PARTY!!

SO GOOD TO SEE YOU IN PERSON!

I hope you have all recovered from the absolutely EPIC 50th Anniversary Conference 2023. I wanted to formally thank the delegates, sponsors, community partners and special guests again for your participation in an engaging, exciting, educational and epic two days of learning, sharing and networking. We had one of our largest attendance years ever...it shows just how much we missed being in a room together! There was an electric atmosphere that was undeniable! One of my favourite takeaways was the smiles, hugs, connections and networking happening with friends new and seasoned.

To the committee, thank you so very much for your time, effort and commitment. This year was one to remember and that was all thanks to the tireless pursuit of big ideas, thinking outside of the box, using your imagination, pushing through challenges and celebrating 50 amazing years of the OACAO.

To the future Conference committee, I hope you enjoy the process as much as I did and wish you the best of luck with the 2024 planning. I can't wait to see what the OACAO has in store for us next year!

With sincere thanks for putting your time, funds and energy into Aging Well: Celebrating 50 years!

We hope we sweetened
your experience!

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

Don't wait to ...



OACAO Annual Conference

AGING WELL

October 28 & 29, 2024 • Mississauga

SAVE THE DATE



mark your calendars

OACAO Annual Conference

October 28 and 29, 2024

in Mississauga, Ontario

USE 
TO  FLU

IT'S TIME TO
INSIST THE
ANNUAL FLU
SHOT BE PART
OF THE **FIGHT**
AGAINST
HEART DISEASE

INFLUENZA IS
COMMONLY
CALLED
THE FLU



INFLUENZA INCREASES
THE RISK OF HEART
ATTACK BY MORE THAN

10X

In the first 7 days after
contracting the flu¹



ALL AGE GROUPS CAN BE
AFFECTED BY THE FLU

But some groups are more at
risk than others



VACCINATION CAN
REDUCE THE RISK OF
HEART ATTACKS DUE TO
FLU BY AS MUCH AS

45%²

PEOPLE ARE **14X**
MORE LIKELY TO GET
VACCINATED IF HEALTH
PROFESSIONALS
RECOMMEND
IT³



THE ELDERLY, PEOPLE WITH
UNDERLYING HEALTH
CONDITIONS SUCH AS
HEART DISEASE, CHILDREN
UNDER 5 YEARS OLD, AND
PREGNANT WOMEN



HEALTHCARE DIRECT
COSTS INCREASE BY
UP TO **2X**

FOR PATIENTS WITH
AT LEAST ONE
COMPLICATION

compared to those
without complication.⁴



CARDIOVASCULAR
DISEASE
DISPROPORTIONATELY
AFFECTS
DISADVANTAGED
GROUPS⁵

It is even more important
to consider
preventive action.



ARE AT GREATER RISK
OF SEVERE DISEASE
OR COMPLICATIONS
WHEN INFECTED⁶



sanofi



MAT-CA-2301323 E 09/2023

1. Kwong J. et al., 2018; doi:10.1056/NEJMoa1702090 Warren-Gash C. et al., 2018; doi:10.1183/13993003.01794-2017; Ohland J. et al., 2020; doi:10.2807/1560-7917.ES.2020.25.17.1900199
2. Macintyre C. et al., 2016; doi:10.1136/heartjnl-2016-309983 3. Lewis-Parmar H et al., 2002; PubMed PMID: 12166297 4. Karve S. et al. 2013; doi.org/10.1007/s40258-013-0020-6
5. Sperling L. et al., 2021; doi:10.1001/jamacardio.2020.3983 6. [https://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal))

Celebrating Excellence: OACAO 2023 Awards Program Winners

It is with great pride that we share the names of the winners of the OACAO 2023 Awards Program. The winners were announced at the OACAO's 2023 Annual Meeting held virtually on September 29th. We honor the outstanding contributions and achievements of these special volunteers, dedicated staff, and invaluable community partners who continue to make our organizations truly amazing.

Congratulations to All Our Winners!

Award of Merit - Staff:

- i. Danna McBride, York West Active Living Centre
- ii. Merisa Kriwez, Norfolk Community Development Division

Award of Merit – Volunteer:

- i. Cam Sauve, Eganville District Seniors
- ii. Lyne Way-White, Club Action 50+ East Ferris
- iii. Ann Dyer, Beaver Valley Outreach
- iv. Jean Clark, Life After Fifty

Community Spirit Award:

- i. Michael Williams, Trent Health In Motion, in partnership with Activity Haven Senior Centre
- ii. Cristian Lagos, Wellington Street Denture Clinic, in partnership with Southgate Centre

Trail Blazer Award – Volunteer:

- i. Bev Rajani, South Gate Centre

Regional Award of Excellence:

- i. Leslie Olsen, Better Living Health and Community Services/OACAO Metro Region Representative

Past President Award:

- 1. Suzanne Teixeira, York West Active Living Centre

Join us in celebrating these remarkable individuals, whose dedication and passion have left an indelible mark on our organizations and communities.

Thank you to everyone who participated and contributed to the success of the OACAO 2023 Awards Program.

OACAO – Celebrating 50 Years in 2023!

Submitted by: Nancy Beddoe, 50th Anniversary Chair

Wasn't that a party?

For those who attended the recent OACAO Conference, the 50th Anniversary Gala was a great way to celebrate the Association's 50 years.

It gave everyone an opportunity to connect with Past Presidents, Executive Directors and past staff members. Everyone enjoyed a fantastic meal and a good time was had by all dancing to the Fiddlesticks.

The highlight of the night was the 50 for 50 awards presentation. The OACAO Board of Directors created a one-time OACAO Special Award '50 for 50' – to honour and celebrate 50 amazing and incredible volunteers and staff members who have been influential in the shaping and operation of centres across Ontario for many years. These special people have dedicated a significant portion of their lives to the betterment of seniors centres and clubs, and/or provided exceptional leadership to the OACAO for many years.

The 50 individuals were announced, honoured and recognized at the OACAO's 50th Anniversary celebration and are listed below in alphabetical order.



50 for 50 Awards

Ray Applebaum
Bonnie Baker
Nancy Beddoe
Karen Bentham
Lawrie Bloom
Dr. Sheryl Boblin
Kim Bradley
Maureen Bruce-Payne
Jacquie Buncel
Wendy Caceres-Speakman

Elaine Campbell
Pravin Christie
Wendy Cotton
Linda Curry
Pat Goyeche
Solange Fortin
Jessica Fox
Ellen Hope
Cathy Jordan
Shirley Glauser

Stephanie Hartwick
Sue Hesjedahl
Joan Ksenych
Colleen Kenyon
William (Bill) Krever
Ted Lambert
Marilyn Latham
Dave LeGallais
Stella Lehto
Leo Lavergne

Judy Lilly
Anita Machin
Allegra Marchesin
Fiona Mueller
Bill Miller
Jolaine Montgomery
Hanya Nagy
Beverley Nurden
Sharon Oatway
Julie Pennal

Florence Riehl
Susan Roller
Debbie Rooney
Carmelita Spittal
Sheri Subden
Suzanne Teixeira
Candace Thomson
Lisa Tobio
Linda Vizl
Lyne Way-White

Congratulations to all recipients!

A Long and Proud History with OACAO!

Since 1974, I have had the pleasure of serving the OACAO (formerly the Senior Citizens Centres' Association of Ontario, formed in 1973).

I was first introduced to the Association in 1974 by Lawrie Bloom who was the conference chair, and I was a student assisting with the conference and working at the Bernard Betel Centre.

As history has it, this was my first of many conferences and experiences I would have with OACAO over the past 50 years.

I served in several roles with the Board of Directors, including Board Chair in the early 1980's while serving as Executive Director of Taylor Place Older Adult Centre. Prior to this role, I served as the Program Coordinator of the North York Seniors Centre from 1977-1979 (my first paid position working with seniors).

In 1986, I was hired as the first paid Executive Director of OACAO through an Ontario Trillium Foundation grant. We opened our first Ontario office which also housed the Ontario Senior Games coordinator.

Through our successful advocacy efforts, the Association tripled the base allocation for the operation of Older Adult Centres and significantly expanded the number of Centres in Ontario, along with the introduction of Active Living Fairs and a range of other supports.

In 2018, Peel Senior Link (the agency that I currently serve as CEO), was one of 40 awarded with Seniors' Active Living Centres (SALC Program funding). This enhancement has enabled us to further address social isolation and loneliness, particularly since the onset of the pandemic in 2020. We utilize our 12 service locations across Mississauga and Brampton with the support of our partners Peel Living/Peel Housing Corporation.

Forty-nine years since I was introduced to OACAO, and with the ongoing operation of our SALC program here in Peel Region, I serve as a proud member.

Congratulations to OACAO on its 50th Anniversary!

www.peelseniorlink.com



Canada Summer Jobs wage subsidy

From: [Employment and Social Development Canada](#)

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

Accepting applications until January 10, 2024 11:59 am (Pacific Standard Time)

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

Contribution salariale d'Emplois d'été Canada

De : [Emploi et Développement social Canada](#)

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

Acceptation des demandes jusqu'au 10 janvier 2024, 11h59 (Heure normale du Pacifique)

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



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

Summer Employment Opportunities Program (formerly the Summer Experience Program)

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

Applications must be submitted online through Transfer Payment Ontario no later than 5:00 PM Eastern Standard Time (EST) on Wednesday, January 17, 2024.

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

Perspectives d'emplois d'été 2024

(anciennement connu sous le nom de programme "Expérience d'été")

Le Perspectives d'emplois d'été (PEME) accorde un financement à des organismes sans but lucratif, à des municipalités, à des organismes autochtones et à des communautés des Premières nations admissibles afin de créer des emplois d'été intéressants pour des élèves et des étudiants.

Les demandes doivent être soumises en ligne par l'intermédiaire de Paiements de transfert Ontario, au plus tard le mercredi 17 janvier 2024 à 17h00 heure normale de l'Est (HNE).

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



COMMUNITY ZONE



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



- CONNECT TO LIVE INSTRUCTORS
- STAY ACTIVE THIS WINTER



Bring “Caregiving 101” to your centre and community: an interactive, virtual education series for family caregivers of persons living with dementia. This course equips caregivers with the tools, knowledge and skills to care with confidence.



CURRICULUM (FOCUS TOPICS):

- What is Dementia?
- Home Safety for People Living with Dementia
- Day-to-Day in Dementia Caregiving
- Caregiver Stress and Self-Care
- Understanding Responsive Behaviours in People Living with Dementia
- Tips for Navigating the Dementia Care System
- Coping with Grief and Loss

WELCOMING MORE MEMBER SITES:

Our first cohort of OACAO sites is bringing wellness programs and caregiver supports into communities across Ontario including: Windsor, Goderich, Bowmanville, Aurora, North Bay and more. Interested OACAO sites can still sign up to offer Baycrest@Home’s virtual programs!

Please contact: Melissa Tafler at mtafler@baycrest.org or speak with the OACAO.

STAY ACTIVE ALL WINTER



Built on research and public health recommendations, our programs ensure older adults stay physically active, mentally strong and socially connected. With 30+ hours/week of live activities, you can offer: hands-on art workshops, Tai Chi, even live performances by Toronto Symphony Orchestra.



SENIORS' CENTRE WITHOUT WALLS
PARTNERSHIP PROGRAM

MON CENTRE À DISTANCE
PROGRAMME DE PARTENARIAT

"THIS IS WORTH WAITING FOR"

*James excitedly anticipates his weekly phone programs. He gets to connect with other local seniors and friendly facilitators. There's always something interesting to talk about during the captivating program topics. **"This is keeping my brain working"**, he says. "We share experiences together and I love hearing what other people say."*



*With cold weather and flu-season upon us, James likes that there's no need to go out anywhere for this phone program. **"There's no need to worry about other people being sick on the bus and catching something."** This brings James peace of mind while fostering social connections from the comfort of his home.*

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

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

To learn more, contact
scwwconnect@thegoodcompanions.ca

MEN'S SHEDS Ontario

Article submitted by John Peters, MSO Team Leader and
Nick Fry, MSO Outreach Coordinator.

On behalf of Men's Sheds Ontario (MSO), first let me congratulate OACAO and the Association's member agencies on 50 years of service to the older adults of Ontario!

Second, let me offer a profound "thank you" to OACAO (with special thanks to Sue Hesjedahl) for assistance in applying for a \$10k grant for MSO. The result of that grant is: fourteen (14) new Men's Sheds in Ontario in 2023! No longer are Men's Sheds concentrated in the Ottawa valley, also the number of Ontario Sheds has tripled in two short years! MSO also wants to say a big "thank you" to the OACAO member agencies who have been working with us to help form seven (7) of those 14 new Sheds (you know who you are!). Also, thanks to Lina Zita for guiding MSO through the process of being involved in the trade show at the AGM.

Finally, a "thank you" to all of you who read these newsletters and for your words of support and encouragement at the AGM. Your interest has done wonders to help us reach out to an underserved part of the Ontario population – men. We men (especially men who are Shedders) thank you for helping introduce this self-directed program called "Men's Sheds" and getting us connected with other men to enhance our health and wellbeing!

Where to next?

- (1) MSO has plans to form teams of "Ambassadors" scattered across the province to reach out to more communities in their area (involving less time and costly travel than this year's outreach involved).
- (2) MSO is hopeful of finding new sources of provincial funding to support the further expansion of Men's Sheds.
- (3) MSO is grateful that HelpAge Canada continues to offer \$1000 start up grants to any group of men or any of you member agencies who want to facilitate the start-up of a Men's Shed in your community.
- (4) Finally, MSO vows that, with or without additional grants, MSO will find ways to follow up with the agencies with whom we have been in conversation, but whom, due to limited human resources, we could not visit to complete a Launch Process during 2023.

As always MSO is open to new inquiries through our website www.mensshedsontario.ca or by email at [<mensshedsontario@gmail.com>](mailto:mensshedsontario@gmail.com).

Wishing you all the best of the holiday season and a brief rest before tackling the 2024 year of activities!

How to Market to Isolated Older Adults: A Guide

Authored by Tim Campbell-Smith

December, 2023

5 minute read

At its core, marketing is simple: get to know consumers, find out how they navigate the world, and strategically place mentions of your business, products or services in front of them. This task becomes more complex when you add layers to it, like unique traits, hard to reach audiences or changing consumer preferences. Marketing and advertising to isolated older adults then adds many layers that force this work to be more intentional. While marketing to seniors follows most of the same best practices as any other audiences, older adults, and more specifically, isolated older adults, pose extra challenges. With this, let's unpack the challenges and opportunities that come with marketing to isolated older adults.



The Challenge of Marketing to Isolated Older Adults

Every audience is different, and the individuals who make up those audiences in marketing are equally unique. Older adults, which are typically [baby boomers](#), differ from, say, millennials in terms of financial outlook, perceptions on health and wellness, or perspectives on standards of living. This difference must be honoured, while it calls further attention to the fact that isolated seniors may be more pessimistic or cautious than their socially engaged counterparts. With this, we must acknowledge that isolated older adults provide unique challenges and opportunities based on how they navigate the world and therefore where we can appeal to them. We then have to turn our attention to how marketing works before we can best figure out how to market and advertise to this group.

The Basis of How Marketing Works

The practice of marketing is straightforward: display your business, product or service to the right person at the right time to meet a want or need. It's important to acknowledge though that marketing is different than selling: with marketing (which in this instance we'll include advertising, as does [HubSpot in this primer](#) on what is marketing) we just want to expose people to the business, product or service. Marketing works on the [basis of a "town square"](#), which comes from ancient Greece where there was a single common location where many people gathered socially and to do business. Today we understand this in marketing to try and advertise in places where many are gathered; it is by this logic we advertise on social media, billboards along busy highways or at other businesses where consumers come and go from. In considering the whole person and their worldview, we may consider a person or audience's

- daily habits,
- go-to activities,
- thoughts and feelings,
- hobbies, and
- any other observable behaviours.

The skill to make this possible is empathy and understanding: and we must understand that even isolated older adults have a worldview with many parts and places of gathering. There's no best way to market to seniors, but we'll understand how to market to them if we understand their worldview.

What is the Worldview of the Older Adult?



With an appreciation of unique qualities of different audiences, we then have to look at the worldview of the (isolated) older adult. On one hand, it may be helpful to review [generational research](#) which gives broad characteristics of Baby Boomers. When looking at this research it is crucial to form actionable items: for example, Baby Boomers are more concerned than ever about how far their pensions or savings will go, so we have to make sure asks to purchase are more intentional, serve multiple purposes (to get more bang for their buck) and perhaps lower in price point. On the other hand, it may be helpful to use empathy, curiosity and imagination to figure out what their day to day world looks like. Even isolated seniors interact with the world in a few different ways. They will

- need food, meaning they go to grocery stores,
- receive services for health and wellbeing, either inside the home or outside,
- engage in a hobby, again either inside the home or outside,
- interact with their immediate physical surroundings, and
- communicate with others via texts, calls or emails.

This then gives us a framework for how to market to older adults, at which time we can come up with where to market to them.

...con't on next page

Ways of Approaching Marketing Strategies

There are three key ways we market our organizations to any audience, but notably isolated older adults: offline, online, and through other businesses.

Offline marketing is any way of getting your business name, product or service in front of seniors where technology is not the primary point of interaction. A primary point of interaction is what the first or main way of engaging is. You may have a physical booth at a retirement centre with a person talking to residents and using a tablet collecting emails: that's still offline because the primary mode of engagement is not technology. In this case, technology is an afterthought.

Opposite offline marketing is online marketing, which is any way of getting your business name, product or service in front of older adults where technology IS the primary point of interaction. For example, you may email someone an event invitation, send them a text reminder, and then host an event: this is still online because the primary point of engagement was digital. It is important here to note that older adults do, in fact, engage with technology. Folks may think older adults don't, but they do, and in almost every area of their life. It may be limited, but they use tech to make life easier and connect with others.

Finally, are business to business, or B2B marketing opportunities. Remember, your organisation is not the only business trying to appeal to, or serve, older adults. Rather than reinvent the wheel, piggyback your efforts on other [businesses that serve older adults](#), or who appeal to them.

Methods of Marketing to Isolated Older Adults

With an understanding of how marketing really works, the worldview of isolated older adults, and marketing strategies, let's look at tactics we can implement. Based on research, examples and community discussion at an [OACAO event](#), some marketing tactics for seniors include:

- Put pamphlets in grocery bags,
- Display signs on community boards,
- Send named admail,
- Partner and collaborate with health organizations and doctor's offices,
- Work with volunteer organizations,
- Give talks and host events,
- Erect lawn signs,
- Show posts in other community areas,
- Engage in email marketing,
- Reach out to elected officials to make them aware of your organisation so they can advocate for you,
- Collaborate with tech support groups, and
- Run paid ads.

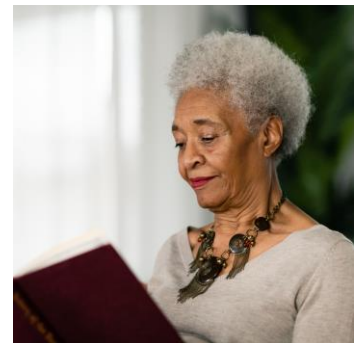
Last Thoughts

An unsaid need in marketing is the ability to care for someone. You have to care about a person for who they are, what they want and how they navigate the world. By doing this, first you can figure out which marketing strategies will work best for your organisation. Second, this allows you to keep learning about your audience, in this case: isolated older adults. In an event where participants from organizations supporting older adults, [OACAO participants](#) discussed how important it is to also just ask your audience about their preferences and what serves them best. Keep asking, stay curious, and always be learning.

About the Author



[Tim Campbell-Smith](#) is a digital marketing consultant based out of Guelph, Ontario. A generalist, he works across platforms and industries to advise on strategic digital marketing planning, implementation and measurement to improve business both online and offline.



Newsletter Contributions from our Members

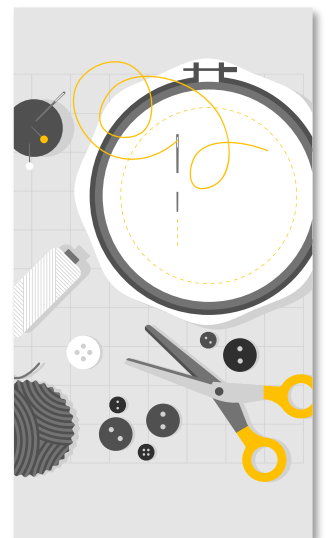


CALEDON SENIORS CENTRE

Submitted by: Cheryl Sampson, Program Assistant

CRAFT & BAKE SALE, SILENT AUCTION, & MUCH MORE SALE

For the first time since 2019, the Caledon Seniors Centre was able to host their Craft & Bake Sale, Silent Auction & Much More Sale on Saturday, November 4, 2023. This event was well attended by members and the local community! We had 28 craft exhibitors and sold out of our peameal bacon on a bun with 200 sales! It was a great success as we raised over \$15,000!





EGANVILLE & DISTRICT SENIORS

Submitted by: Kayla Menkhorst, Executive Director

CONNECTING EGANVILLE'S COMMUNITY!

The Echo Centre is happy to present Connecting Fit Communities! We now have accessible outdoor fitness equipment in the green space outside our Centre and we are so excited to share this news. Our population is growing in our rural community and there is a new housing development on the streets below our location at the "Echo Centre" in Eganville, Ontario. This area below our facility is developing into a growing, multi-generational community and as this area continues to expand, we wanted to provide an accessible, safe, fun, and educational green space to connect the apartments and homes directly to our facility and the retirement residence.

Having four pieces of accessible outdoor fitness equipment installed is just the beginning of a multi-phase project. We invite seniors, families, and disabled members of the community to



enjoy this space where all are welcome. We want everyone to feel safe, included and comfortable to participate both socially and actively. This is a place where people can go at anytime to exercise or to socialize while children play on the equipment. We are able to host outdoor fitness classes using the space and equipment and our fitness participants will be shown how to use the equipment, allowing them to share their knowledge with other people in the community and in their families.

We are happy to have this accessible outdoor fitness equipment in our rural community to give our older adults an opportunity to stay social and active while connecting and learning with others. We will have this fitness equipment for years to come and can't wait to continue to share what we're able to do with this opportunity for our community. The Connecting Fit Communities project is made possible through funding from the Government of Canada through the New Horizons for Seniors Program. It is in loving memory of our dear, long time staff member, Shelley McLeod as she has always had a vision for this walkway and incorporating fitness into it.





Elder Help Peel



December 2023

Elder Help Peel: A Quarter Century of Compassion and Connection

Elder Help Peel, a distinguished Canadian non-profit, has been devoted to enriching the lives of seniors aged 55+ in the Peel Region for 25 remarkable years. Committed to diversity, inclusion, and the timeless values of compassion, our organization offers a tapestry of social programs and services to foster an active, healthy, and connected community.

Celebrating 25 Years of Community Impact

Elder Help Peel proudly celebrates 25 years of supporting and serving seniors in the Peel Region. As a registered charity, we provide insightful information, education, and crucial support services that shape the lives of seniors. Our community-driven initiatives, dedicated volunteers, enthusiastic staff, and committed board create an engaging environment that welcomes everyone.

Gratitude for Dedicated Volunteers

Expressing profound gratitude to our volunteers, whose selfless contributions have been instrumental in elevating Elder Help Peel's programs and services for seniors.

Empowering Seniors Through Tailored Programs

Active Living Program

Tailored events and activities ensure seniors stay active and engaged, both virtually and in-person, fostering stimulating discussions, recreational pursuits, and arts and culture experiences.

Seniors Centres Without Walls

Virtual activities and seminars cater to diverse interests, providing a flexible way for seniors to stay connected and informed from the comfort of home.

Everybody needs a friend – the friendly visitor program

Combatting senior loneliness, this program connects seniors with carefully screened volunteers for companionship in-person, video conferencing, or over the phone.

Connecting seniors with essential resources for a healthy and fulfilling life, answering questions about senior services, healthcare, housing, and finances.

Outreach for Community Connection

Join us at Elder Help Peel's upcoming outreach days at Shoppers World Mall in front of Urban Kids on December 8 and 12, 2023. Discover how our commitment to community support extends beyond words.

Monday - Friday
9:00 AM - 4:00 PM

6 George St South
Brampton, ON

P: (905) 457-6055
E: info@elderhelp.net

[@elderhelppeel](https://www.elderhelppeel.org)
www.elderhelppeel.org

HELPING OLDER ADULTS STAY CONNECTED THROUGH THE SENIORS COMMUNITY GRANT PROGRAM

ESS Support Services (ESS) is a proud recipient of the Seniors Community Grant Program, allowing us to provide opportunities for greater social inclusion, volunteerism, and community engagement for older adults. The Seniors Community Grant Program funds local not-for-profit community groups and organizations to deliver projects, supports, and resources that help older adults (aged 55+) to live independently, live with safety and security, and stay connected to their community. ESS is excited to take on this initiative as it supports the vision of achieving a community of independent seniors sustained through operations excellence, enthusiasm, and continual innovation in delivering community support services.

ESS' Senior Group Outings program will address isolation amongst seniors, offering an average of 10 - 12 outings per month, which will transport 8-10 clients per outing. ESS volunteers will act as escorts during the outings to assist those who need it.

Including ESS volunteers as a critical part of our project will increase community engagement, sense of belonging, and relationship building. The outings will include group trips to Cloverdale Mall, Sherway Gardens Mall, Swiss Chalet, Food Basics, Mandarin Restaurant, Centennial Park Conservatory, local Museums, and more! ESS initiative aims to provide 80 group social outings between October 1st, 2023, and March 31st, 2024, serving 640 clients in total. These outings are a lifeline for isolated seniors who may not otherwise be able to safely travel to public locations, providing moderate activity and peer social engagement, which are proven determinants of lasting health and the ability to live independently in older age.

This initiative will help to build capacity for seniors to live independently with safety and security, encouraging seniors to stay connected to their community and, ultimately, reduce the risk of isolation. For more information, or to explore how this initiative may be able to support seniors in your community, please give ESS a call at 416-243-0127.



On Wednesday, November 8th The Mackay Centre for Seniors hosted our first Senior Safety Workshop. This event was a collaboration with our Huron County Alzheimer Society (Finding your way) and our Ministry of Transportation representative for Southwestern Ontario. We added sessions to include OPP fraud and scam prevention, fire safety with our local fire chief, Municipal Health and Safety coordinator, EMS para-medicine services, a local pharmacist and also Huron County Search and Rescue team. Morning presentations were from MTO & OPP. A refreshments were provided by Goderich Place Retirement Community. The Alzheimer Society spoke about their services and invited participants to take part in a scavenger hunt for a door prize. The afternoon provided different community safety groups an opportunity to speak about their services and then had a roundtable Q&A at the end of the end of the day. Participants were able to speak with presenters one on one after the event.

It was a relatively inexpensive event as our primary expense was for the advertising. All of the presenters brought door prizes which were much appreciated. We had expected participants to come and go during the day, however they all stayed for the full day. A local car mechanic spoke about safety tips when getting cars serviced and offered some valuable advice. We also had a community member step up and give their voice to a personal experience with being defrauded. They too had some fantastic resources to share with the group. The event was a huge success and we had great feedback from both our participants and presenters. Collaborating with the Alzheimer Society and MTO liaison was a really efficient use of everyone's time. We will definitely do it again next year. For more information, please call the Mackay Centre for seniors at 519-524-6660.



C'est avec grand plaisir que les membres de Retraite active se sont réunis en début septembre pour déguster du maïs et des desserts aux pommes et apprendre ce qui les attendait comme brochette d'activités. Au programme figurent les activités physiques habituelles – pilates, pickleball, marche nordique, aquaforme, exercices de renforcement musculaire, danse en ligne, ainsi que des nouveautés : tai chi et, pour la première fois depuis 2019, bocce, ceci sur un nouveau terrain.

Nos membres ont bien apprécié les sorties à Black Creek Village, et à la Collection d'art canadien McMichael et ont pu profiter d'ateliers sur les troussees d'urgence, des procurations et des conversations difficiles

Une nouvelle activité, « À la soupe », a permis aux membres de prendre un bol de soupe préparée par des bénévoles et de jaser – une formule gagnante qui sera répétée pendant l'année. Trois sessions de cuisine collective popote et papote, en collaboration avec l'équipe de santé familiale Credit Valley, et avec l'appui du East Mississauga Community Health Centre, ont fourni de belles occasions de préparer des nouveaux mets, augmenter nos connaissances en nutrition, et même échanger des biscuits.

Au chapitre des nouveautés, un groupe d'hommes se rencontre maintenant aux deux semaines pour échanger en prenant un café et venir à mieux se connaître.

Les groupes de tricot et couture et de vitrail ont mis bouchées doubles pour confectionner des articles pour le mini bazar et vente de livres usagés en novembre, un important événement de prélèvement de fonds pour Retraite active. Les tricoteuses habiles ont également fait un don d'articles au Centre OASIS.

Le dossier des services de santé et de soins à longue durée pour les aînés est primordial pour notre organisme, et nous sommes particulièrement fiers que Retraite active de Peel s'est mérité le Prix d'engagement communautaire de la Société santé en français pour avoir contribué à faire avancer la santé en français au Canada.

Nous sommes toujours heureux d'accueillir de nouveaux membres. **Pour plus d'information, consultez notre site web : www.retraiteactivepeel.ca ou écrivez-nous à info@retraiteactivepeel.ca**



At South Gate Centre we continue to find ways to keep our name top of mind in our community.

One way that we have been able to do that this year is with our new South Gate 50/50 online lottery. The 50/50 lottery is a monthly lottery with Early Bird Prizes and a Grand Prize. (www.southgate5050.com) Along with that we continue our extremely popular 12 Days of Christmas Lottery (<https://www.southgatectr.com/12dayslottery>). With the 12 Days of Christmas Lottery we give away 12 Days of Cash Prizes post-Christmas. Our Grand Prize is \$10,000. It is our largest annual fundraiser at South Gate Centre. In today's time, it's imperative and challenging to find the 'sweet spot' in fundraising – to make your asks without it looking like your hand is always extended looking for more. The combination of the two lotteries have people talking about us throughout the year.



Another fundraising venture that has taken off this year is our [Food Angel Program](#). Food insecurity is rising amongst seniors at an alarming rate. Seniors dealing with underlying health issues, isolation and not eating a healthy meal live at risk. Fortunately, South Gate Centre has repositioned ourselves, working hard to be innovative, creative and caring in new ways. Donate to feed a senior, for a week, a month, or a year. A combination of fresh, hot, frozen, healthy home cooked meals will be delivered to a senior from their FOOD ANGEL. A friendly face will deliver meals 4 days a week (7 meals a week) to a senior in need. This program is a natural fit for South Gate Centre as we have our own food services, [Local Roots](#), with a small staff and many volunteers in the kitchen.

SOME OF THE SOUTH GATE 50/50 WINNERS



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UNIONVILLE COMMUNITY CENTRE FOR SENIORS

Submitted by: *Cynthia Huang, MSc.,
Program Coordinator, Unionville Community Centre for Seniors (UCCS)*

Unionville Community Centre for Seniors (UCCS), we are always seeking innovative ways to serve and engage our older adult members. In November of this year, we hosted our annual Seniors Active Living Fair in partnership with the OACAO, the Ministry for Seniors and Accessibility (MSAA), and over 20 for-profit and non-profit organizations. Alongside a traditional tradeshow, participants were invited to attend three workshops about license renewal, aging in place and Nordic pole walking. Over 200 seniors, caregivers, and family members participated in this afternoon of learning and networking. We remain grateful for the opportunity to provide initiatives such as these that focus not only on seniors' wellness but are essential to solid relationship-building within the community.

As we look ahead to the Winter, we recognize that these months have historically seen the lowest attendance rates, necessitating a shift in our mode of service delivery. Our priority is to continue providing accessible programming for those who may experience mobility issues, weather concerns or other challenges attending in-person. As such, we are one of ten Seniors Active Living Centres (SALCs) partnered with Baycrest to pilot their new *Baycrest@Home* program. This partnership will allow us to expand our repertoire of virtual programs to include new activities such as fitness classes, art workshops and music lessons. It will further grant us the opportunity to offer novel courses such as "education for caregivers," which will significantly benefit the support systems of our seniors. UCCS staff and volunteers will also learn from experts on the Baycrest team how to best accommodate the ever-changing needs of our clientele. We are so excited to launch this project and look forward to seeing the positive changes it brings to our SALC.



WNC's transformative Links2WellBeing program took flight in November 2021, marking a triumphant milestone as the inaugural year of the Social Prescribing project in Ontario. Currently, the Links2WellBeing initiative proudly embraces a community of over 30 individuals immersed in a vibrant tapestry of events, fitness sessions, and inclusive group activities tailored for both women and men.

In its promising stages, the Links2WellBeing programs focused on fostering connections through heartwarming initiatives. Participants engaged in delightful activities such as adorning cookies with residents of the Homes First Shelter, a neighbouring organization, during the festive holiday season. The spectrum of communal endeavors expanded to include a Valentine Party, collaborative baking sessions, and creative card-making gatherings at WNC.

Among the myriad of uplifting narratives, one standout tale unfolds with a 78 – year – old grandmother who eagerly enrolled in WNC Fitness Classes, generously subsidized by the Social Prescribing project. Her story resonated with others, prompting expressions of appreciation, gratitude, and impassioned encouragement for more individuals to embrace the manifold benefits of these programs. Some participants found solace in Links2WellBeing during life's tumultuous moments, navigation through family breakups, adapting to changes in their older children's lives, and shouldering the responsibility of caring for their grandchildren. Their stories echo themes of resilience, restarting in Toronto, rebuilding social networks, and prioritizing self-care.

For many, WNC became a sanctuary – a second home offering a compassionate refuge, tranquility, and invaluable support. Others shared inspiring tales of embarking on new beginnings in Canada, navigating the intricacies of putting their children through school, and ultimately transitioning into a well-earned retirement.

As we look ahead to the upcoming week, anticipation is palpable for the Holiday Brunch Party 2023. This eagerly awaited event promises a symphony of celebrations, embracing diverse cultural festivities such as Las Posadas Mexicanas, Kwanzaa, Hanukkah, and Lunar New Year. The occasion will also feature specially curated Yoga sessions, catering to both seniors and recent young adult newcomers. These tailored sessions will offer a harmonious blend of meditation and yoga exercises, providing a sanctuary of tranquility amidst the potentially stressful holiday period in a new country. The underlying intention is to create a nurturing space that facilitates the adjustment and integration of participants into the rich tapestry of Canadian society and community.



Pics are from our Community Events – Mother's Day, Birthday Party Dec. 2023, and Walking Programs.

**HAPPY
HOLIDAYS!**



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HELPING CANADIAN SENIORS IN NEED, YEAR AFTER YEAR

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

During the holiday season, Amica residents' and team members' hearts, minds and fundraising efforts are focused on helping seniors with low incomes. The charity supplies gift baskets filled with necessities and funding for vital medical and social services not covered by health insurance, to support vulnerable seniors who need our help more than ever.

WHAT IS THE AMICA HELPING HANDS CHARITY?

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

HOLIDAY GIFT BASKETS THAT MAKE A DIFFERENCE

Every year, Amica residents and team members work with local organizations to lovingly pack and distribute gift baskets filled with non-perishable foods, a gift card for a grocery store or pharmacy and, often, hand-knit items created by Amica residents, such as a scarf or blanket. This December, we will deliver 2,700 baskets to seniors in need across Canada. As one grateful recipient wrote, *"I was so excited to open the beautiful holiday basket of endless delights. What touched me most was your tender compassion, caring and the generosity of spirit that sent it to me."*

SUPPORTING SENIORS THROUGH HOSPITAL FOUNDATIONS

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

Most recently, the Victoria Hospitals Foundation helped an 89-year-old senior engage in meaningful conversations again by providing her with a new pair of hearing aids. By restoring most of her hearing, this senior's quality of life has improved dramatically.

CREATING INNOVATIVE FUNDRAISERS EACH YEAR

Amica team members and residents love dreaming up new and creative ways to raise funds for the charity. This fall, **Amica Peel Village** held a dance-a-thon, bringing together residents, team members and visitors from the community. Donations to the charity were gratefully accepted at the door. An afternoon of music, dancing, and refreshments was a perfect way to inspire the joy of giving!

Efforts like these not only raise money for underprivileged seniors, but they create experiences where volunteers can share their time and talents.

SUPPORTING OUR OCAO PARTNERS

Many Amica residences donate holiday baskets to our OCAO member centres annually. This year, Amica The Glebe will donate baskets to seniors in need at Abbotsford House in Ottawa while Amica Stoney Creek will once again donate their baskets to Club 60 Seniors in Stoney Creek. Our head office will donate over two hundred baskets to two large community centres serving seniors outreach programs run by WoodGreen in Toronto. If your organization serves vulnerable seniors and you have an Amica Senior Lifestyles residence nearby, please email amicahelpinghands@amica.ca to learn more about our basket program and the Amica Helping Hands Charity. Together, we can bring holiday comfort to seniors in need.

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[†]10% savings on final arrangements made in advance, excluding crypts which are offered at 5% savings if purchased in advance.
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10% savings on all other cemetery products and services.

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!

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., Natadiriya, M., Bar, R. J., Gardner, S., & Tafler, M. (Submitted September 2022). Impact of Sharing Dance Older Adults on Physical and Psychosocial Outcomes. ²Testimonial from CCHR program evaluation (2019)

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



Season's Greetings from Canadian Hearing Services

It is that time of year when families come together to celebrate and enjoy the holidays. Here are a few tips to help you stay connected and make memories this holiday season.

Identify your challenges

Picture this, you are having holiday dinner with your friends and family. There are many people present and you find it difficult to follow conversations with all the background noise. You are feeling disconnected and excluded from conversations taking place. You may even find yourself embarrassed that you are finding it challenging to hear. Never feel embarrassed! Identifying your challenges is the first step to finding a solution that best fits your lifestyle and needs.

Solutions to stay connected

- Try engaging in conversation with people sitting/standing close to you to reduce overlapping noise.
- Use an [amplification device](#).
- Ask your friends and family members to use a voice to text app to communicate back and forth when noise levels are high.
- Give direct feedback and change your question style to improve communication. This can include asking someone to speak slower and asking questions with simple answers, like yes or no.
- Change where you are sitting. Move to a spot where the person you are speaking to is directly in front or beside you, the area is well lit, and there is less background noise present.
- Consider scheduling a [free hearing test](#).

Evaluate and select your solutions

Feel empowered this holiday season! Pick any of the solutions listed above that you think will work best for you. Speak up to your friends and loved ones about your hearing challenges. Having confidence in the ability to communicate effectively leads to greater engagement in social settings.

Implement and reflect

Try out your chosen solutions and reflect on how well they worked for you. You may feel like you need extra support. We are here to help! Canadian Hearing Services offers free counselling services and supports to people aged 55 and over who have hearing loss to help improve communication with family, friends, and service providers. Services are provided in an accessible and safe environment, including home visits, in-office appointments, or virtually. Support is available in English, French, Cantonese, Mandarin, Portuguese, and Russian.

[Learn more about hearing care counselling services](#)

[Contact a hearing care counsellor](#)

We wish you a safe and happy holiday!

The Canadian Hearing Services Team



Cozy up to winter at Chartwell

If you're not heading south this winter, don't settle for a Canadian winter without convenience, connection, and contentment!



Change your destination to a Chartwell retirement residence and **enjoy a safe, social lifestyle with peace of mind.** Our Winter Stay program offers short-term accommodation with personalized service, including dining, housekeeping, lifestyle and fitness experiences and optional wellness services delivered by friendly staff.

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

Visit Chartwell.com or call 1-844-727-8679.



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**Contact Alisha to learn how The Health Depot can support
older adults in your community: alisha@thehealthdepot.ca**

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.



LIVING WITH DIABETES?

The Link Between Diabetes and Hearing Loss

Studies have shown that people with diabetes are **twice** as likely to have hearing loss than people who don't have the condition¹. People with prediabetes have a **30%** higher rate of hearing loss than those without the disease.



HEARING HEALTH + YOUR DIABETIC PLAN

Speak to your doctor about your hearing health as part of your diabetic plan. Having your hearing tested by a Hearing Care Professional is the first step to lowering your risk and identifying if early intervention is needed.

A referral is not necessary for a free hearing test at HearCANADA. Simply call **1-866-934-8442**. Please tell the hearing centre team about your diabetes so your Hearing Care Professional is informed prior to your appointment.

Book your FREE hearing test.*
1-866-934-8442

* Not applicable on third party claims.

1. Bainbridge KE, Hoffman HJ, Cowie CC. Diabetes and Hearing Impairment in the United States: Audiometric Evidence from the National Health and Nutrition Examination. July 2008. Retrieved from: <https://pubmed.ncbi.nlm.nih.gov/18559825/>.

HearCANADA Hearing Care Professionals offer a variety of services, including:

- ✓ Free hearing tests
- ✓ Hearing devices
- ✓ Programming and fittings
- ✓ Batteries and assistive listening devices
- ✓ Custom noise protection, swim plugs, and musician plugs
- ✓ Telehearing care services
- ✓ Hearing device clean and checks



Heart to Home Meals Announces Price Freeze on All Products Until September 2024

In a world where change is the only constant, it's comforting to find something that remains stable, reassuring, and reliable. We are excited to announce that Heart to Home Meals is implementing a Price Freeze on all our products, effective immediately and lasting until at least September 2024. This decision reflects our unwavering commitment to our valued customers, and our understanding of the importance of consistency, especially in challenging times.

In recent years, the burden of inflation has been challenging for all of us. Essential items have seen a dramatic increase in cost, significantly impacting our financial situations. This experience has been universal among Canadians. The narratives shared with us have deeply resonated with us. More than just stirring our emotions, they have inspired us to take meaningful action.

Keeping our prices unchanged until at least September 2024 is our way of giving back to a community that has given us so much. It's more than just a business decision; it's a commitment to our family of customers who have been with us through thick and thin.

We believe that good, nutritious meals are a fundamental part of maintaining a healthy and happy life. Our menu, crafted with care and consideration for dietary needs and preferences, is designed to bring not just sustenance but also joy and comfort to tables. Keeping our prices stable ensures that these meals remain accessible to, without the added worry of fluctuating costs.

During these times of economic uncertainty, a small act of stability can be a significant relief. We hope that by freezing our prices, we can alleviate some of the pressures you may be facing. It's our way of saying, "We're in this together." While we cannot control the economy or the rising costs in many sectors, we can certainly ensure that our meals remain accessible.

To our loyal customers, thank you for being a part of the Heart to Home Meals family. Your stories, feedback, and smiles are what drive us every day. This price freeze is for you – a gesture of our appreciation and a reaffirmation of our commitment to serving the best meals with the best service.

Together, let's continue to share delicious meals and cherished moments. Here's to maintaining stability in our lives wherever we can, and to enjoying tasty, nutritious meals without the worry of rising costs.

Warm regards,

About Heart to Home Meals: Heart to Home Meals specializes in the delivery of nutritious, delicious meals catering to various dietary needs, making life easier for Canadian seniors. With a focus on quality and service, the company has become a trusted name in providing meal solutions that bring comfort and convenience to its customers.

Heart to Home Meals
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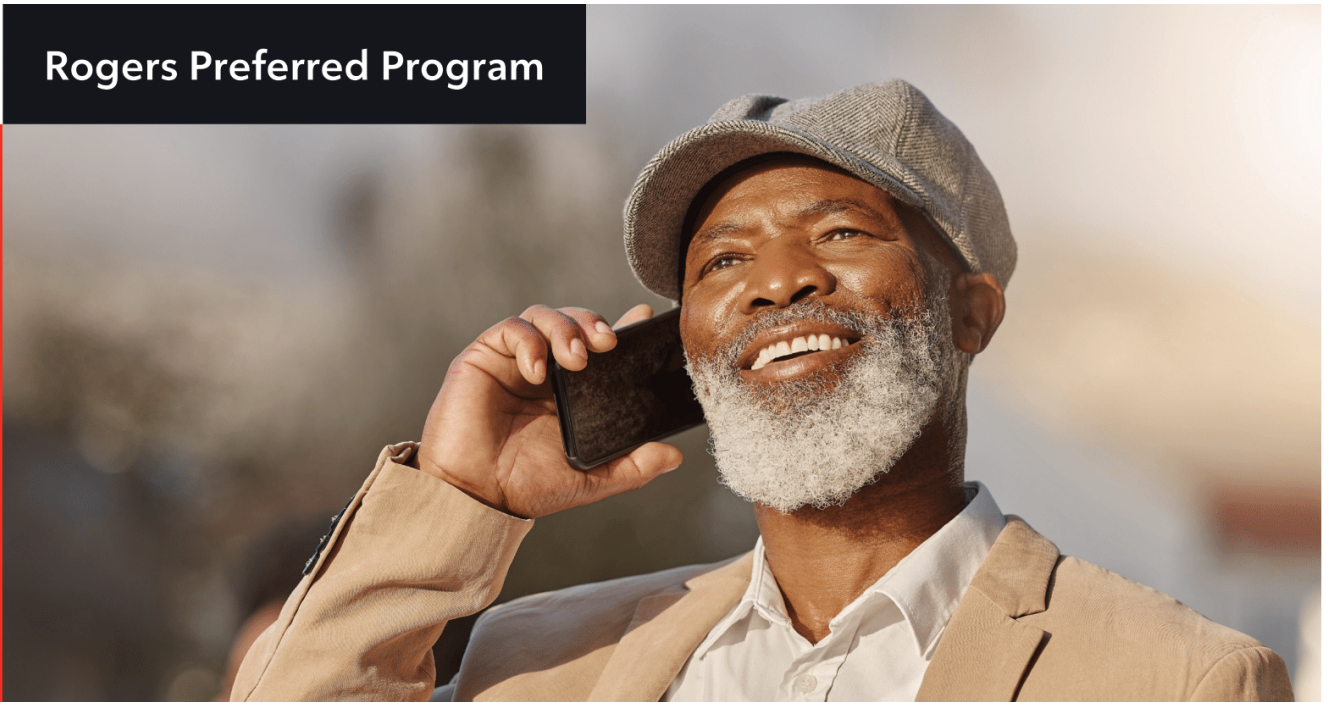
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From Entertainment to Engagement - The Role of Lifelong Learning in Recreation

It's been a little over three years since I began working in the realm of social isolation for seniors. During this time, I have visited and spoken to many senior living activities professionals, senior centers, and community centers. I've observed that the dedicated professionals in this field work tirelessly with limited budgets and human resources. However, high attrition rates and rapid turnover make B2B cycles painfully long, as the individuals we engage with often change positions before we can move forward. Despite these challenges, I have identified common themes that highlight areas of opportunity in senior recreation programming:

1. **Entertainment Over Engagement:** Many programs are focused on entertainment, featuring parties, happy hours, celebrations, and one-off events. While these activities provide temporary relief, they don't help seniors build skills or combat long-term loneliness and isolation. For the same reason, a 'one-off' event does not have the same benefit as a sustained program of learning or skill building.
2. **Fulfilling Seniors' Desires:** In our interviews, seniors expressed a yearning to do something meaningful with their time. They have a wealth of life experience to share and a desire to be useful. Providing pathways for seniors to engage in meaningful activities, such as writing songs or collecting vinyl records, can be more fulfilling than simply allocating budgets for events. Passive activities do not have the same value as interactive events and active use of mental and social skills.
3. **Intellectual Challenges:** Some senior centers offer brain games, math puzzles, and art classes, which are valuable. However, many seniors in senior living communities are retired professionals who crave intellectual challenges. Offering opportunities for them to continue learning and growing is essential.
4. **Inclusivity for All Genders:** It's important to note that many programs are not inclusive for men. To create a more inclusive environment, it's crucial to design activities that cater to the diverse interests and needs of both male and female residents. Crafts are often offered as an activity, usually a one-off or short-term activity, but the cognitive benefit is limited, and many male seniors are not interested in them.

Lifelong learning is the key to addressing these challenges in senior recreation programming. Education serves as a powerful solution that not only promotes neuroplasticity, keeping the mind active and agile, but it also creates a common ground for seniors. It provides the intellectual challenges that many retired professionals yearn for, encouraging them to continue their journey of self-discovery. Learning opens up possibilities for sharing ideas with others, communication, and socialization, and that brings other benefits. Through educational activities, residents get to know each other on a deeper level. They share their interests, skills, and passions, acknowledging the wide range of intellectual capacities within the senior community. This sense of camaraderie and shared purpose fosters a more inclusive and supportive environment. Moreover, lifelong learning provides a clear goal and a renewed sense of purpose for seniors, enabling them to contribute actively, feel useful, and combat loneliness and isolation in the long term. By incorporating education into senior living activities, we can transform recreation into a meaningful and engaging experience, enriching the lives of our senior residents and fostering a stronger sense of community. It's time to bridge the gap between entertainment and education, creating a brighter and more fulfilling future for all.

Three men dressed as Santa Claus are in a warehouse filled with cardboard boxes. One Santa in the foreground is looking at a list, another is holding a box, and a third is in the background. A red speech bubble with white text is overlaid on the image.

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-- Mary in Toronto --

A Santa Claus is standing next to a small, decorated Christmas tree. A red speech bubble with white text is overlaid on the image.

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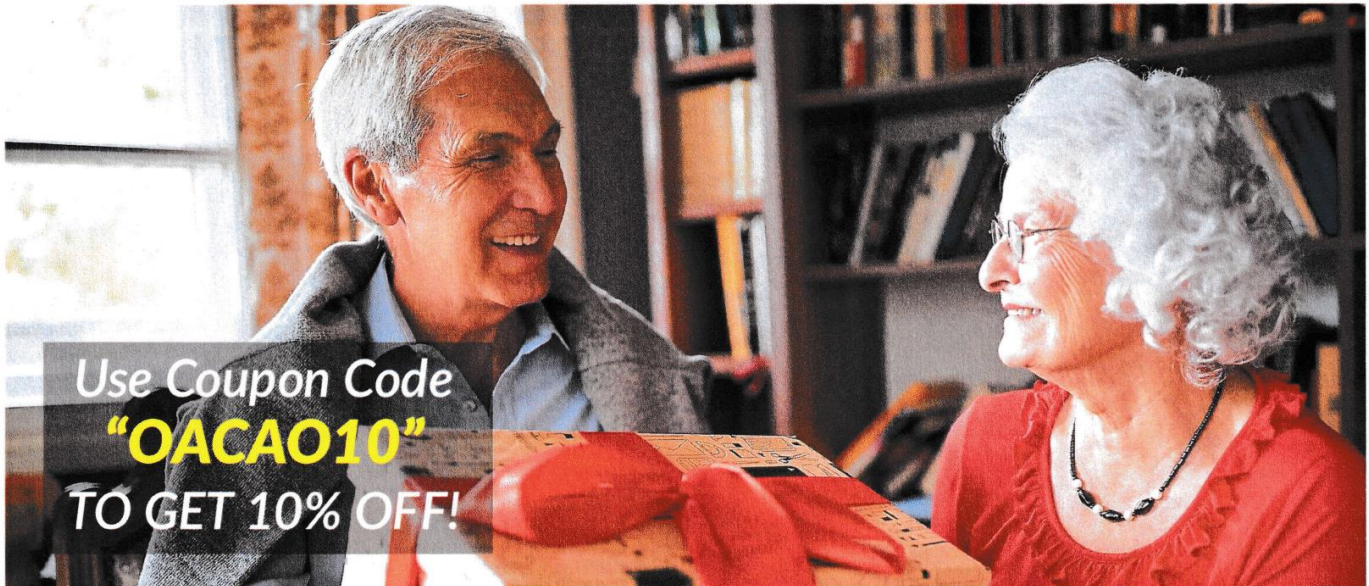
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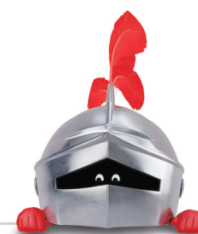
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Does having Osteoporosis affect my chances of hearing loss?

How are hearing loss and osteoporosis connected?

Your ears contain tiny bones – some of the tiniest in the body – called the auditory ossicles. The tiny bones are fragile at the best of times but when you have osteoporosis and your bone density is diminished, these tiny bones are at higher risk of damage.

In addition to getting an annual hearing test, protect your hearing regularly by choosing to participate in lower volume activities and wearing hearing protection when you're in noisy environments.

Tinnitus is common

Tinnitus, that ringing, buzzing, pulsing sound that repeats and repeats in your ears, is a very prevalent issue for those with osteoporosis.

These 'phantom' sounds happen to those with osteoporosis notably more often** than for those without osteoporosis. Tinnitus may be treated successfully with hearing aid intervention.

How much risk is too much?

Research has shown for those who have osteoporosis, there's a **76% increase*** in the risk of developing hearing loss, sometimes quite suddenly.

For women with osteoporosis, that risk increases by 87% compared to men.

Don't wait any longer. Call today for your FREE no obligation hearing test.

* Mei-Chen Yeh, Shih-Feng Weng, Yuan-Chi Shen, Chien-Wen Chou, Chwen-Yi Yang, Jhi-Joung Wang, Kai-Jen Tien. Increased Risk of Sudden Sensorineural Hearing Loss in Patients With Osteoporosis: A Population-based, Propensity Score-matched, Longitudinal Follow-Up Study. June 2015.

** K Kahveci, U S Demirdal, F Yücedag, U Cerci. Patients with osteoporosis have higher incidence of sensorineural hearing loss. June 2014.

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Essential Tips to Love Your Ears

This Winter, don't forget the important role our ears play in connecting us to the magic of this wonderful season. Here are some essential tips for taking care of your ears throughout your winter adventures:

Keep Ears Warm & Dry: Winter weather can increase the risk of colds and ear infections. During outdoor activities like cross country skiing or jogging, make sure to shield your ears from harsh temperatures and moisture.

Winter Sports Prep: When wearing a helmet for skiing or snowboarding, avoid any pressing on your ears and/or hearing aids (if you wear them) by adjusting the chinstrap and placement of the helmet to fit you properly.

Careful Putting On Or Taking Off Winter Accessories: Be mindful of your hearing aids when putting on or removing winter hats and other accessories. Sudden movements can dislodge your hearing aids, so handle them with care.

Exclusive Offer: To help you make the most of the season, we're excited to offer you up to \$2,000 off select hearing aids at HearingLife!*



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HearingLife.ca/OACAO-holiday

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WINTER HIGHLIGHTS:

The holiday season brings [Winter Wonders](#) to RBG, a fantastic display of lights to spark the imaginations of everyone young and old. Time-ticketed event so don't forget to register – open Thursdays to Sunday, November 23 to January 7; date exceptions apply.

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

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



INTERACTIVE AND ENGAGING VIRTUAL PROGRAMS VIA ZOOM:

Have you ever wondered where **chocolate** comes from?

Would you like a **live** tour of the **Mediterranean Garden**?

These are just some of the questions that can be answered during one of the many engaging live programs that we offer all year round.

Participate in programs (\$150+HST each) from your centre, from the comfort of your home or both!

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



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

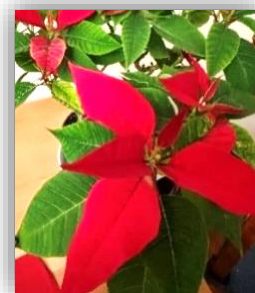
Looking for something in particular or would like more information, don't hesitate to contact [Karin Davidson-Taylor](#).

Come visit RBG: You are welcome to visit the gardens every day of the week, all year round. Check out our website for more information to help you [plan your visit](#) – hours, admission, events, parking and more. Enjoy the Gardens' gift shop and three on-site restaurants. Come with friends, family or as a group (15+ people). We'll help your group make the most of your time here.

Visit the [Group Tours](#) webpage or contact our Group Tours Coordinator for more information (905-527-1158 ext 237).

WINTER FEATURED PLANT: POINSETTIA:

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



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

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	<i>Senior</i>	Vacant	
Eastern	<i>Staff</i>	Monique Doolittle-Romas	mdoolittle-romas@thegoodcompanions.ca
	<i>Senior</i>	Nellie Kingsbury	kingsburynb@xplornet.ca
Golden	<i>Staff</i>	Julie Pennal	Julie.pennal@oakville.ca
Horseshoe	<i>Senior</i>	Ted Lambert	erllre13@hotmail.com
Grand River	<i>Staff</i>	Vacant	
	<i>Senior</i>	Vacant	
Metro	<i>Staff</i>	Lisa Tobio	yorkfairbank@on.aibn.com
	<i>Senior</i>	Leslie Olsen	laolsen10@gmail.com
North West	<i>Senior</i>	Twyla Biluk	twyla.biluk@thunderbay.ca
	<i>Senior</i>	Elaine Mannisto	mannisto@tbaytel.net
North Central	<i>Staff</i>	John Richer	john.richer@greatersudbury.ca
	<i>Senior</i>	Lyne Way-White	lybell55@yahoo.com
South West	<i>Staff</i>	Karen Pyatt-Westbrook	kpyatt@bgclondon.ca
	<i>Senior</i>	Martha Mackintosh	mackintoshmartha@gmail.com

COMMITTEE CHAIRS

Awards	Nancy Beddoe	nbeddoe@cogeco.ca
OASSIS Liaison	Bill Krever	w.krever@victoriavillage.ca
2023 Conference Chair	Julie Pennal	Julie.pennal@oakville.ca
Finance	Bill Krever	w.krever@victoriavillage.ca
Nominations	Suzanne Teixeira	suzanne@ywalc.ca
Strategic Planning Co-Chairs	Leslie Olsen & Sue Hesjedahl	laolsen10@gmail.com , sue@oacao.org
50th Anniversary Chair	Nancy Beddoe	nbeddoe@cogeco.ca

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

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

OACAO

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



OACAO Business Partners 2023-2024

Access Abilities www.accessabilities.ca 905-825-5335 (Oakville), 416-237-9654 (Toronto)
AgeComfort.com www.agecomfort.com 1-800-520-3259
Amica Senior Lifestyles www.amica.ca 1-888-264-2299
Arbor Memorial Inc. www.arbormemorial.ca 1-877-301-8066
Bayshore Home Health www.bayshore.ca 1-877-289-3997
Belairdirect www.johnson.ca 1-800-563-0677
Canada's National Ballet School www.nbs-enb.ca 1-800-387-0785
Canadian Hearing Services www.chs.ca 1-866-518-0000
Chartwell Retirement Residences www.chartwell.com 1-855-461-0685
Hear Well Be Well www.hearwellbewell.ca 1-888-457-3453
HearCANADA www.hearCANADA.com 1-866-432-7226
HearingLife www.hearinglife.ca 1-888-514-9515
Heart to Home Meals www.HeartToHomeMeals.ca 1-866-933-1516
Homecare Hub www.homecarehub.ca 1-888-227-3080
Insuranceland www.insuranceland.ca/oacao 1-800-243-9379 ext. 2337
MySeniorCenter www.myseniorcenter.com 1-866-739-9745
OASSIS Benefit Plans for Not-For-Profits www.oassisplan.com 1-888-233-5580
Personal Affairs Consulting Inc www.personalaffairsconsulting.com 905-792-2872
Rogers Communications www.primewireless.ca/OACAO 519-771-7489
Royal Botanical Gardens, Canada www.rbq.ca 1-800-694-4769
Save on Energy www.saveonenergy.ca 1-844-770-3148
Seniors Junction www.seniorsjunction.com 647-629-0300
The Health Depot www.thehealthdepot.ca 1-855-844-2242
Transitions Realty www.downsizingexperts.ca 647-948-7415

Thank you to all our 2023-2024 Business Partners



NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2024 Spring Newsletter – March 1, 2024

2024 Summer Newsletter – June 3, 2024

2024 Fall Newsletter – September 2, 2024

Please send your submissions to admin@oacao.org

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Gold Business Partners

