

OACAO Newsletter

2024 SPRING NEWSLETTER

Message from OACAO President Wendy Caceres-Speakman

SPRING: *“When one flower blooms, spring awakens everywhere”* - John O'Donohue. I hope that by the time you are reading our Newsletter you are already witnessing some signs of Spring popping up in your part of the Province.

Spring, a time of anticipation and renewal, this certainly aligns with the exciting and ever – changing landscape we are experiencing in our sector.

The recent announcement by the Ministry for Seniors & Accessibility regarding the increase in base funding to \$50,000 for SALC's was indeed welcomed news. After many years of advocating for this level of funding, the OACAO is delighted to see movement in this direction. As always, the OACAO remain steadfast in its commitment to advocacy to ensure that SALC's have the optimal financial resources needed to do the work to keep seniors across our Province active, healthy and engaged. We are thankful to the MSAA for their support and on-going commitment to this shared goal and to our sector.

Our work on the development of the **OACAO Strategic Plan** is in full swing. We are now in the operational development phase. We have identified 4 key priorities. The Revised Mission, Vision and Priorities are listed below. They will inform the work of the Board and staff over the next 5 years:

Mission Statement

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.

Vision Statement

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

Strategic Priorities

- Strong voice for the interests of older adult centres and those they serve
- Effective education, communication and networking
- Focus and expand OACAO's capacity to deliver
- Ensure our financial health and sustainability

Many thanks to our consultants, Brad and Joe from tng for their guidance and support throughout this process and to the amazing Strategic Planning Committee members and Board who have given many hours of their time to support the development of the plan. A special thank you to Leslie Olsen and Sue Hesjedahl our Strategic Planning Committee Co-Chairs for their commitment and leadership.

I would like to give gratitude to three Board members who have recently left the board. A heartfelt thank you to Monique Doolittle-Romas, Karen Pyatt-Westbrook, and Nellie Kingsbury for your many years of support. You will all be missed. We welcome OACAO members to consider joining the Board. Please see a notice on page 6 for current OACAO Board opportunities.

It is without a doubt that the strength and success of the OACAO lies with its staff team. We are honoured and blessed to have such a dedicated team of individuals who bring their skills, commitment, and passion to support the work of our association every day. Sue, Lina, Dena, Sarah, Fiona, Karen, Donna, Tracey, we sincerely appreciate all that you do! We also thank our two consultants Pat and Christine for their amazing support!

Wendy Caceres-Speakman

Wendy Caceres-Speakman
President

WHAT WE DO

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-  **SERVICE YOU CAN TRUST**
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Message from the OACAO Executive Director Sue Hesjedahl

Dear OACAO Members, Partners, and Friends,

As we welcome Spring, we reflect on a fruitful 2023 – 2024 year. Amidst celebrations and hard work, we expanded programs and services while achieving advocacy milestones. Gratitude is extended to our members, partners, and supporters, including the Government of Ontario, Ministry for Seniors and Accessibility, and Minister Raymond Cho, for their trust and funding, enabling us to host over 100 Seniors Active Living Fairs and execute various initiatives. Thank you to our amazing OACAO staff team for your hard work and dedication to the success of the OACAO.

Highlights include:

- * Record-breaking with over 100 SALC Fairs
- * Capacity Building webinars
- * Regional Networking meetings
- * Successful Aging Well Conference
- * Commemoration of our 50th Anniversary
- * Significant SALC program expansions

We are **also proud** of our Links2Wellbeing: Social Prescribing for Older Adults project's progress. As we wrap up Year 3 of Phase One we have 90 SALC programs on board with over 1,250 referrals to date.

We are so pleased to announce that **Phase 2 of the Links2Wellbeing project has officially been approved for four more years of funding support** from an Anonymous Donor. We will continue to work in partnership with the Alliance for Healthier Communities. Phase 2 is a 4-year extension of the project running seamlessly from April 1, 2024, to March 31, 2028. We will continue working with and supporting our current OACAO L2W partners and will strive to grow the SALC network. Our dedicated team remains steadfast in our mission to embed Social Prescribing into both the healthcare system and the community-based seniors' services/SALC sector to create sustainability for our project.

Social Prescribing is here to stay! It shouldn't be a question of if you want to get involved, but rather a question of when you will get involved. Please reach out to the Links2Wellbeing team for more information on how you can join this important Social Prescribing movement. As part of Phase 2, we will be expanding our Links2Wellbeing project staff team to accomplish our goals and support our expanding network, so please watch for job postings in the coming weeks and please share with your networks.

The OACAO Advocacy efforts focused on two major areas in recent months: program expansion and regulatory enhancements. Recommendations were submitted to the Government of Ontario, emphasizing the need for increased funding and the preservation of existing partnerships. Notable meetings with government officials underscored our commitment to sustainability and inclusivity.

Advocacy Part One - Program Expansion: We submitted recommendations to the Government of Ontario's 2024 Pre-Budget submission process. While we commend the expansion of the SALC Program and the increase in the Maintenance and Operating threshold to \$50,000, we stressed the need for additional funding to fully support the sector. Our recommendations include another SALC Program Expansion in 2024-2025, prioritizing geographical and cultural diversity gaps, with an estimated total investment requirement of \$21.8 million.

Advocacy Part Two- Regulatory Enhancement: We provided feedback on the proposed Regulation on prescribed entities to the SALC Act (2017). While recognizing the potential benefits of the proposed regulatory changes, we emphasized the importance of implementation that supports the sustainability of SALC programs and preserves existing funding partnerships. Recommendations include clarifying the role of "Prescribed Entities" and safeguarding against municipal withdrawal. We are actively engaged in discussions with government officials to ensure the proposed expansion is inclusive and sustainable.

...cont'd

Thank you to our members for your valuable feedback and support. Please reach out for more information on our Advocacy efforts.

OCAO Membership renewal for 2024 – 2025 has commenced, with no fee increase. We encourage online renewal and member profile updates by April 30th.

Join us in celebrating **National Volunteer Week** with a virtual event on April 15th, titled "Life's Short: Make Every Moment Matter." (see page 15 for more information)

Lastly, we sadly bid farewell to Fiona Mueller, our esteemed Administrative Assistant, as she embarks on retirement. Her dedication and warmth have left an indelible mark on our organization. We extend our heartfelt thanks and wish her the best in this new chapter.

Warm regards,



Sue Hesjedahl
Executive Director



Happy Spring OCAO Members Time for 2024-2025 Membership Renewal



With April just days away, it means it is time to renew your OCAO Membership for the 2024-2025 year! A BIG Thank You for those who have already renewed and beat the deadline, we really appreciate it and look forward to another exciting year together!

Please remember to keep your centre's information updated on your membership account for 2024-2025. When updating your centre's information, make sure to log into your membership profile at <https://oacao.wildapricot.org/Sys/Profile> but please remember to use the email address and password of the contact person in your organization listed on the 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 contact person listed in the system under your organization.

If you have any questions or concerns about OCAO Membership, please feel free to contact us at 905-584-8125 or Toll Free at 1-866-835-7693.



Welcome to our New Members

Emo Senior Centre
3 Roy St, PO Box 186, Emo, ON P0W 1E0
Phone: 807-271-0663

Municipality of Magnetawan
4304 Ontario 520, Magnetawan, ON P0A 1P0
Phone: 705-387-3947 • <https://magnetawan.com/>

Shakti Association
175 Toryork Drive, North York, ON M9L 2Y7
Phone: 416-843-8457 • <https://www.shaktiassociation.com/>

Also welcome to our new individual member!!

The Olde Forge Community Resource Centre
2730 Carling Avenue, Ottawa, ON K2B 7J1
Phone: 613-829-9777 • <https://www.oldeforge.ca/>

West Parry Sound District Community Support Services
21 Belvedere Ave., Parry Sound, ON P2A 2A2
Phone: 705-746-5602 • <https://www.parrysoundsupportservices.ca/site/home>

Welcome

MAKE SURE TO FOLLOW THE OACAO ON SOCIAL MEDIA



@oacao



@TheOACAO



Welcome to our New Platinum Business Partners

BROCK FUNCTIONAL INCLUSIVE TRAINING (Bfit) CENTRE



The Brock Functional Inclusive Training (Bfit) Centre provides exercise programming to promote health and prevent disease while enhancing quality of life in adults 55+ and individuals with chronic health conditions. Our in-person programs at the Bfit Centre in Thorold, ON, support the health and wellbeing in older adults, cardiac patients, and individuals with spinal cord injury, multiple sclerosis, Parkinson's, and amputees. Members

receive an individualized exercise program tailored to their health history, needs, and goals. Each program will target key areas of fitness such as strength, balance, cardiovascular health, and flexibility. In addition, members have unlimited access to group fitness classes offered by Bfit instructors at the Centre. Classes may include cardio and core training, stretching, boxing, yoga, balance training, and more!

SeniorFit Online is our virtual exercise program for adults 55+ and offers a variety of class formats, such as cardio and core training, full body strengthening, core and balance, and yoga. Each class is designed and led by a trained instructor and targets functional movements used in everyday life. Little to no equipment is required. Group classes allow for social interaction from the convenience of your own home. Exercises can be modified to accommodate a variety of health backgrounds and injuries, making this program suitable for anyone who is new to exercise or looking for a new fitness challenge! Online participants receive unlimited access to the live instructor-led classes on Zoom, in addition to a library of pre-recorded classes that may be accessed at any time.

For in-person program inquiries, contact: Ally Fast, afast@brocku.ca, 905-688-5550 ext5585

For virtual program inquiries, contact Mackenzie Regnerus, mregnerus@brocku.ca, 905-688-5550 ext5589

More information about all programming can be found at Brock Functional Inclusive Training Centre <https://brocku.ca/bfit/>

RETIREMENT HOMES REGULATORY AUTHORITY



The Retirement Homes Regulatory Authority (RHRA) is a not-for-profit organization mandated by the Ontario Government to administer the Retirement Homes Act, 2010.

RHRA's mission is to work collaboratively to protect Ontario retirement home residents through effective right-touch regulation. Our vision is to have seniors live with dignity, choice and confidence in licensed retirement homes. www.rhra.ca | 1-855-ASK-RHRA (1-855-275-7472)

Welcome to our New Gold Business Partner

PARKLAND LIFESTYLE RESIDENCES



Parkland is a division of Shannex RLC Limited, a family-owned company with Maritime roots. Parkland Lifestyle Residences has been serving residents for over 35 years. With retirement communities in Nova Scotia, New Brunswick and Ontario, you can experience an exceptional way to live in a Parkland lifestyle residence. Beautiful surroundings, exceptional dining, friendly neighbours and staff with none of the demanding responsibilities of home ownership.

With the happiness, health and wellness of residents as a top priority, Parkland offers a broad range of retirement care services and lifestyle choices for seniors to meet each individual's unique needs. Enjoy the comfort of your own suite in a luxury setting, combined with an array of services and amenities designed for your enjoyment and convenience. At Parkland, you have the freedom to live the way you want.

Call 1- 877-742-6639 or visit www.experienceparkland.com to learn more.

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.

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	Thurs., May 9 th at 11am (Virtual)
Eastern	Sue Hesjedahl	sue@oacao.org	Tuesday, April 25 th at 11:00 am (Virtual)
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	Tues., May 14 th (Burlington Seniors Ctre) Time TBD (In-person)
Grand River	Sarah Feeney-Martin	L2W@oacao.org	Thursday, May 30 th Time TBD (Virtual)
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, May 14 th at 9:30 am (Virtual)
Northern Regions	John Richer	john.richer@greatersudbury.ca	Monday, May 6 th at 1:00 pm (Virtual)
South West	Martha Mackintosh	mackintoshmartha@gmail.com	Wednesday, May 29 th at 1:30 pm (Virtual)

Opportunity to Join the OACAO Board of Directors

Calling all EASTERN, GRAND RIVER, SOUTH WEST and CENTRAL Regional Members

Would you like to get more involved with the OACAO or do you know a staff member or senior volunteer in your Centre who would be a good fit? We currently have 6 Regional Representative openings and we would like to hear from you! See below for a listing of current OACAO Board of Director vacancies:

- Eastern Region Staff and Senior Rep
- Grand River Staff and Senior Rep
- South West Staff Rep
- Central Region Senior Rep

We welcome new recruits and would be happy to answer any questions. Please reach out if you are interested in learning more. The commitment is minimal, and training is provided. Join this vibrant group of community leaders! Feel free to contact Suzanne Teixeira, OACAO's Past President, at 416.245.4395 of suzanne@ywalc.ca.

Older Adult Centres' Association of Ontario

2024-2028 Strategic Plan

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.

Strategic Priorities

1. Strong voice for the interests of older adult centres and those they serve

- (a) Develop strategies for engagement and advocacy with Provincial Ministries and other related organizations
- (b) Develop a Diversity, Equity, Inclusion and Accessibility statement and action plan
- (c) Empower our Members and their members to advocate

2. Effective education, communication and networking

- (a) Enhance the structure and processes for communicating with members
- (b) Increase educational opportunities and information resources
- (c) Increase Northern Regions' capacity to support their members
- (d) Enhance our communication with our Francophone centres and communities
- (e) Provide leadership development opportunities for member centres and OACAO staff

3. Focus and expand OACAO's capacity to deliver

- (a) Review and develop OACAO policies to support organizational growth
- (b) Invest in leadership capacity in staff and volunteers
- (c) Strategically partner with organizations that have complementary goals
- (d) Invest in our research projects
- (e) Ensure smooth succession of leadership
- (f) Leverage the digital environment including the website

4. Ensure our financial health and sustainability

- (a) Ensure sufficient and sustainable financial resources
- (b) Maintain timely and transparent financial reporting
- (c) Ensure adequate resources to carry out strategic initiatives



OACAO CAPACITY BUILDING WEBINARS RECAP

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

Here are the topics we covered in 2023 – 2024:

1. ONCA – Build Your Own Bylaws (BYOB) Virtual Workshop
2. Gardening For Pollinators
3. Overview Of Service Canada Programs and Services for Older Adults
4. Basic ALS Vocabulary for Older Adults 55+
5. Enhancing The Wellbeing of People with Dementia Through Inclusive Programs & Services
6. Aging With Pride (For Seniors-Serving Organizations)
7. Marketing To Isolated Older Adults
8. Trauma-Informed Approach
9. Deep Dive: Case Studies on Supporting the Inclusion of People Living with Dementia
10. Best Practices on Operators' Innovative Approaches to Covid-19 And Beyond – SCWW Partnership Program
11. Best Practices for Teaching Seniors About Technology Devices Part 1
12. Recruiting Volunteers with Purpose
13. Best Practices for Teaching Seniors About Technology Devices Part 2
14. Risks Of Ignoring Hearing Loss
15. Best Practices for Teaching Seniors About Technology Devices Part 3
16. Trends In Volunteering and Strategizing Re-Engagement
17. La Gestion Des Benevoles, Tout Un Art – French webinar

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

Trendy Triangle
Changes in volunteer behaviour and mindset means we need to change too.

Who is the prospective volunteer?
When/Where will they want to volunteer?
What are their/your needs?
How will they be able to and like to contribute?
Why do they want to volunteer?

The slide features a triangle diagram with three vertices: **Time** (top, blue), **Tech** (bottom-left, teal), and **People** (bottom-right, green). The center of the triangle is labeled **Purpose**.

Learning Modalities and Needs of an Adult Learner

Emotional <ul style="list-style-type: none">• Self-image	Mental <ul style="list-style-type: none">• Readiness to learn• Problem-centered• Importance of time
Physical <ul style="list-style-type: none">• Comfortable• Visual limitations• Dexterity issues• Impaired hearing	Social <ul style="list-style-type: none">• Educational experiences• Group participation• Subject matter exposure

Hosted by:

Funding provided by:

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

OACAO

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



CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT



**THURS
MAY 2ND**

**ONTARIO'S CREDITS, BENEFITS AND SUPPORTS
FOR LOWER-INCOME SENIORS**



**10AM- 11AM
EDT**

PRESENTERS: JEREMY BERTRAND &
NINA CABRAL-BOUCHARD
ONTARIO MINISTRY OF FINANCE



**MON
MAY 13TH**

ONCA TRANSITION Q&A SESSION



**11AM- 1PM
EDT**

PRESENTER: BENJAMIN MILLER
ONTARIO NONPROFIT NETWORK

Free for Seniors Active Living Centres and OACAO Members staff, older adult members and volunteers
Please register in advance: <https://oacao.wildapricot.org/Upcoming-Events>

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

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



CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT



TUES
MAY 28TH

**ENHANCE YOUR COMMUNITY PROGRAMING:
UNLOCK THE POWER OF STEM FOR SENIORS
WORKSHOP!**



10AM- 11AM
EDT

PRESENTER: REUVEN TZALMONA
LEARNING IS FUNDAMENTAL



THURS
JUNE 27TH

SENIOR DRIVER LICENCE RENEWAL

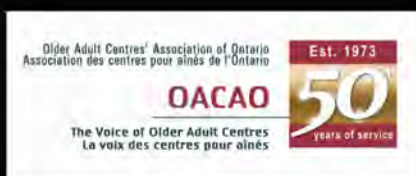


1PM- 2PM
EDT

PRESENTER: MINISTRY OF TRANSPORTATION

Free for Seniors Active Living Centres and OACAO Members staff, older adult members and volunteers
Please register in advance: <https://oacao.wildapricot.org/Upcoming-Events>

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



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

OACAO Seniors Active Living Fairs 2023 – 2024

Thank you to all centres that hosted Seniors Active Living Fairs! We acknowledge and thank the Government of Ontario for the funding provided to the Older Adult Centres' Association of Ontario for the implementation of the 2023 – 2024 Seniors Active Living Fair project.

We provided funding for the following:

- 77 individual in-person fairs
- 20 multi-site in-person fairs
- 1 virtual fair
- 3 northern fairs

As in the past, a funding proposal has been submitted to the Ministry for Seniors and Accessibility earlier this year with a request for continued and expanded funding to support the OACAO to administer the Seniors Active Living Fairs project for 2024-2025. Watch the OACAO website and list serve for announcements:

<http://www.oacao.org/events/seniors-active-living-fairs/>

Hosted by:

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

OACAO

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



Funding provided by:





OACAO Annual Conference
AGING WELL

COLLABORATE - INNOVATE - ADVOCATE

October 28 & 29, 2024 • Mississauga



Mark your calendar today!

The OACAO Conference Committee has already begun planning this year's conference! Please **SAVE THE DATE** for this always exciting event on October 28 & 29, 2024 at the Hilton Mississauga Meadowvale.

The OACAO Aging Well conference offers opportunities to network with new and old friends, connect with great services at the tradeshow, learn from engaging, relevant workshops, and be inspired by expert keynote speakers. This year we are considering some exciting pre-conference opportunities for additional learning!

The conference brochure, registration information, hotel information, and Early bird rates will be available on the OACAO website in the coming weeks. Keep your eye on our listserv emails for ongoing updates!

We will also be releasing our **Call For Presenters** very soon. **Applications for both workshops and our lighting talks sessions will be available.** If you have expertise, experience, and enthusiasm to educate others in a special topic or program area, **WE WANT TO HEAR FROM YOU!**

The conference committee is always looking for new event sponsors to support this event in a variety of ways. If you know of a possible organization or company that would be interested in supporting the conference, please connect with us!!

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

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Est. 1973



Don't wait to ...



OACAO Annual Conference
AGING WELL

COLLABORATE - INNOVATE - ADVOCATE

October 28 & 29, 2024 • Mississauga

SAVE THE DATE



mark your calendars

OACAO Annual Conference

October 28 and 29, 2024

in Mississauga, Ontario



OACAO

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

Technology Information and Knowledge Sharing Virtual Workshops
via Zoom and Toll free

Workshop Facilitator: Human Endeavour / HOPE Resource Hub SALC,
Technology, Access, Support for Seniors (TASS)

Upcoming Dates and Times

Tuesday, April 2, 2024 from 10:00am — 11:15am EST
Microsoft 365 - Part 1

Tuesday, May 7, 2024 from 10:00am — 11:15am EST
Microsoft 365 - Part 2

Tuesday, June 4, 2024 from 10:00am — 11:15am EST
Canva - Graphical Design Platform

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

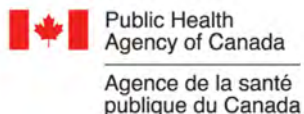
Tech-Empowered Healthy Living for Seniors With Dementia/PLWD



- Simplified, accessible, automated, intelligent and interactive technology
- Voice or touch operated
- Built-in internet/data/phone, remote login and multilingual (limited) tech support via call centre
- Interactive, communicates with client & caregiver throughout the day
- Assists in Activities of Daily Living (ADL) through voice reminders in 15 common Canadian languages
- Automated to run apps on pre-programmed schedule
- Mind stimulating games
- Effortless connectivity with family, friends, and organizations
- Keeps clients safe, connected, independent, and empowered
- Comes with a Tracker that provides client's location outdoor

Tech-Empowered Healthy Living for Seniors With Dementia project is developed by Human Endeavour (www.humanendeavour.org). Contact: TEHL@humanendeavour.org or 1-833-461-0001 for details.

Funded by:



Project Details: Tablets (pre-programmed in 15 languages) will be provided to people living with Dementia in Ontario in year 1, followed by expansion to Alberta in year 2, along with related training and support. The smart tablets receive voice commands and send voice reminders and prompts for important activities of daily living (socializing, bedtime, medication, meals, etc.). The tablet also interacts with caregivers when tasks are not completed for potential intervention. Tablet-use training sessions will be provided to frontline workers of partner organizations. Illustrative manuals will also be provided for people living with dementia and caregivers and there will be a telephone helpline for real-time assistance.

Funder: This project is funded by the Public Health Agency of Canada



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

Life's Short: Make Every Moment Matter

Monday, April 15, 2024 from 1:00pm – 2:00pm EDT

Presenter: Karen Sibal, MA, FMCHC

The past four years have taught us the real value of life. Recent events showed us that it can change in a split second, forever. Life is indeed short. Every day, we have a fresh start, another opportunity to impact people positively and our community in a meaningful way that also feeds our soul. In fact, we are surrounded by countless moments each day where we can decide to begin living more fully, with no regrets. Is this wishful thinking – or can we really live a healthy, happy and purposeful life? In this presentation, discover five simple techniques to begin living intentionally, and begin making the most of every moment each day.

Karen Sibal is a midlife mindset coach who helps people over 50 find their calm amidst chaos, and their best health in the second half of their life. Over the past 15 years, Karen has worked with older adults in a variety of roles. She has served as the manager of the Peel Elder Abuse Prevention Network at Catholic Family Services Peel-Dufferin, and she was the founder of Silver Links News, a community magazine for older adults in Peel and Halton. Karen has also been an active volunteer with CARP Mississauga and the Mississauga Seniors' Council. She recently became certified as a functional medicine coach and an Ayurvedic lifestyle instructor, and she coaches people over 50 with finding their best health, naturally. She is the author of The Little Book of Grounding: 75+ Simple Ways to Restore Balance to Your Mind, Body and Spirit Using Ancient Ayurvedic Teachings for Today's World. Karen is on a mission to redefine aging and she invites you to join her on this journey. For more information about Karen, visit karensibal.com.

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

<https://oacao.wildapricot.org/event-5640929>

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

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Thank you to all of our current SALC and referral partners! The first three years of the Links2Wellbeing project have been incredible. We have submitted a strong funding proposal to our funder to request support for Phase 2 of our project journey, which would embark on 4 more years of development, growth, advocacy, policy work, and the ultimate goal of sustainability for this vitally important project, and for the social prescribing movement in Ontario. We will share an official statement very soon!

HIGHLIGHTS and ACHIEVEMENTS from the last 3 years!

*Over 1,000 + referrals to Seniors Active Living Centres for Social Prescriptions!

*Hospitals, Family Health Teams, and new and exciting referral sources on board! Over 200 different referral sources!

*VIDEO!! The Links2Wellbeing video highlights the benefits of Senior Active Living Centres <https://www.oacao.org/programs/links2wellbeing/> If you have been waiting to join this fantastic program, do not hesitate! Social Prescribing is a growing movement across Canada. The OACAO with our partner, the Alliance for Healthier Communities, is leading the way to support seniors through a strong Social Prescribing community in Ontario. Our partners receive the best training, support, and resources available, which we have honed and improved over the last couple of years. Links2Wellbeing is made possible through funding support from an anonymous donor.

We thank all Centres who have joined the project so far! We have **over 90 locations** from all regions across the province, representing municipal and non-profit centres, rural and urban communities, and English and French programming. Funding is available to support outreach, technology and most importantly, to remove barriers for older adult participants by subsidizing their membership and program fees.

You may say, I'm still not sure what social prescribing is. Social Prescribing 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.

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

- Micro-grant funding support available for participating centres including funds to subsidize clients. (reduces socio-economic barriers)
- Opportunity to engage volunteers as Peer Mentors and Volunteer Link Ambassadors (VLAs)
- Creates new referral pathways to strengthen your centre membership and reach isolated community members
- Tools and Resources Packages available in hard copy and digital through a Google Drive
- Outreach tools including postcards for care providers with a QR code link to the VIDEO!

The next Links2Wellbeing Training - Wednesday, April 24th at 12 noon, or 1-1 training at your convenience! We are also hosting our next L2W Check-in Session on Monday, April 29th, 2024 at 12 noon.

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! **Please watch for an official update about Links2Wellbeing Phase 2 very soon!**





NATURE-BASED PROGRAMS

TO ENHANCE THE QUALITY OF LIFE OF OLDER ADULTS

Levante Foundation

NATURE-BASED PROGRAMS TO ENHANCE THE QUALITY OF LIFE FOR OLDER ADULTS ARE UNDERWAY!

In the June newsletter, we announced that the OACAO had received a year long grant from the Levante Foundation to fund 10 nature-based demonstration projects to enable SALCs and member centres across the province to introduce new and/or to revitalize existing outdoor programs for their members. Information about the benefits of nature, announcing the 10 successful projects and a link to a recording of our September 15th launch event was shared with all centres in October.

We thought you might like an update!

While the projects all have to be completed within the year, they have varying start and finish dates.

We are excited to report that a few projects began in the fall with more to start in the spring. One example of a fall project featured three walks on forest trails offered by The Upper Ottawa Valley Seniors' Friendship Club. There will be three additional walks in the spring. The educational component of the first three walks included talks by experts in: a) forest ecology, led by a local forest scientist, b) safety in the woods, an outdoor workshop and c) wolves in the area, a presentation on research about the status of wolves in their area.

In one of the walks in the woods, participants learned how to use a compass which could come in very handy!

Rendez-vous des aines francophone d'Ottawa (RAFO) (A la decouverte de la nature et ses bienfaits pour les personnes ainees) also launched their project in the fall with a guided tour of the Central Experimental Farm's Arboretum in Ottawa. A biologist led the group on a walk around the arboretum and shared her knowledge about the arboretum itself (why it was created, how it is managed). She also shared information about the different types of trees found in the arboretum. This experience encouraged some participants to go back to the farm to take full advantage of the farm and its grounds.

Ninety-five older adults and 7 volunteers participated in a variety of outdoor activities offered by University Settlement in Toronto. From a staff perspective, these outdoor

group activities did wonders for the energy levels of participants and provided a perfect setting for them to connect with friends. On the days that they host these outdoor sessions, the staff member noted an unmistakable buzz of excitement among participants, with plenty of smiling faces all around.

One challenge to offering nature-based programs noted was inclement weather. If you have suggestions for encouraging older adults to get outside despite the weather, please send them our way!

We will keep you updated as the other nature-based demonstration projects get their start but we are inspired and hope you will be too.

If you would like to know more about nature prescribing, please contact Pat Spadafora at pat@kaleidoscopeconsulting.net or Sue Hesjedahl at sue@oacao.org





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?

Your involvement:

- 3 virtual sessions per week for 6 months
- 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:



telephone: (519) 888-4567 ext.41080

email: Leadtrial@uwaterloo.ca

Have you had changes in memory?



Western



LAWSON
HEALTH RESEARCH INSTITUTE



UNIVERSITY OF
WATERLOO

- ✓ Are you between 60 and 85 years old?
- ✓ Are you feeling forgetful?

Dr. Montero-Odasso invites you to take part in a study from the comfort of your home that may help to improve your memory and thinking.

For more information, email Cindy Wei at synergic@uwaterloo.ca

SynergicTrial.com

Principal Investigator: Dr. Montero-Odasso,
Geriatric Medicine.

We will provide you with information about the study and ask you questions about your memory and health.



Elder Abuse Prevention Ontario

<https://eapon.ca>



Elder Abuse
Prevention
Ontario

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

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

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

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

Please plan to join us for upcoming in-person Forum this spring:

Uplifting Senior's Voices: Being HEARD and RESPECTED



April 25th, 2024
10:00 AM - 3:00 PM

Armour Presbyterian Church
105 Wilson Avenue
Toronto, ON

*Complimentary Refreshments & Lunch provided, but **PRE-REGISTRATION IS REQUIRED.***

Register on-line or call:
416-916-6728
admin@eapon.ca
www.eapon.ca

SCAN HERE



Hosted in partnership with:



Ontario

Funded by: **Ontario**



SENIORS' CENTRE WITHOUT WALLS
PARTNERSHIP PROGRAM

MON CENTRE À DISTANCE
PROGRAMME DE PARTENARIAT

"I COMPLETELY FORGOT MY SOLITUDE"



Tomi is a newcomer to Canada. She had just immigrated from Africa following her husband's death. Shortly thereafter, the pandemic took over. Tomi's grandkids wouldn't let her go out due to her underlying health condition and vulnerability to Covid-19. She found herself becoming **more and more isolated**.

The incessant thoughts and grief around her husband's death made things worse until Tomi's son connected her to the local SCWW program. This was a game-changer! She reported having a **wonderful experience every week**, as she shared her childhood stories with fellow seniors. **She said she completely forgot her solitude!** She continues to participate in her local program and connect with new friends.

ARE YOU READY TO MAKE A DIFFERENCE IN THE LIVES OF LOCAL SENIORS?

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

A YEAR OF THANK YOU'S

Submitted by Nick Fry & John Peters

As MSO & OACAO approach the end of a fiscal year in which our two organizations cooperated to facilitate a grant for MSO, we would be remiss indeed not to express our deep gratitude for all that OACAO has done for MSO.

First, then, a **thank you to OACAO** for securing a grant from HelpAge Canada that enabled us to visit communities across the province, make presentations and plant Men's Shed seeds in those communities. The result of the grant has enabled Men's Sheds to grow from 7 Sheds, mostly in the Ottawa valley, to over 20 Sheds across South Eastern, Southwestern and Central Ontario. Watch out Northern Ontario -- we're coming to you, too!

Second, we will ever be grateful for the many **OACAO member agencies** who willingly and enthusiastically worked to set up Presentation Meetings where we could tell the Men's Shed story and spur interest among men to take action to enhance the health and wellbeing of senior men in their communities. Without local people publicizing a start up event and providing the facilities for such an event, it would never happen.

Third, we are grateful for the opportunity to add to your **quarterly newsletter**. Even where we have not yet been, this has been an invaluable way to get our message in front of people across the province who lead the way in enriching their communities. We trust that one day that information will yet trigger the beginning of a Men's Shed in more places. We firmly believe that when the time is right, the seeds planted by these newsletter articles will take root and produce abundant results.

And finally, we are grateful for the doors that have been opened to MSO to be part of **trade shows and seniors fairs** in a number of places. More and more people are becoming aware of what a Men's Shed is because of this welcoming inclusion. After all, Men's Sheds in Canada is only 15 years old and has only been in Ontario for nine years. And our Men's Sheds Association is only two years old! OACAO has helped to put us on people's radar. Along with a couple of stories by the Ottawa Citizen and the Globe and Mail (the power of the press is awesome!) we are getting better known every year. Thank you for helping to make all this happen!

So where next? MSO looks forward to other ways in which we can work hand in hand with OACAO as together we work to make life's golden years all that they can be for women and for men in this great province.

As always, MSO is open to new inquiries through our website www.mensshedsontario.ca or by email at mensshedsonario@gmail.com.

Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ be a Canadian resident for tax purposes
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The CDCP will help ease financial barriers to accessing oral health care for up to **9 million** eligible Canadian residents.



How to Apply

CDCP Application Phases	
Group	Applications open
Invitation to apply by mail	
Seniors aged 87 and above	Starting December 2023
Seniors aged 77 to 86 years	Starting January 2024
Seniors aged 72 to 76 years	Starting February 2024
Seniors aged 70 to 71 years	Starting March 2024
Application online	
Seniors aged 65 to 69 years	Starting May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	Starting June 2024
Children under 18 years old	Starting June 2024
All remaining eligible Canadian residents	Starting 2025

Oral health is important to your overall health and well-being. Regular visits to an oral health professional reduces the risk of health problems.

In 2022, one in four Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential oral health care.



Letters will be sent in phases by age group between December 2023 and March 2024 until all potentially eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.



Canada.ca/dental



Government of Canada / Gouvernement du Canada

Canada

Régime canadien de soins dentaires

Accessible. Abordable. Essentiel.



Admissibilité

Pour être admissible, vous devez :

- ✓ être un résident canadien aux fins d'impôt
- ✓ avoir un revenu familial net rajusté de moins de 90 000 \$
- ✓ ne pas avoir accès à une assurance dentaire privée ou financée par un employeur ou un régime de retraite
- ✓ avoir rempli une déclaration de revenus l'année précédente

Le RCSD aidera à réduire les obstacles financiers à l'accès aux soins de santé buccodentaire pour près de **9 millions** de résidents canadiens admissibles.



Comment présenter une demande

Phases de présentation de demandes du régime	
Groupe	Début des demandes d'inscription
Invitation à présenter une demande envoyée par la poste	
Personnes âgées de 87 ans et plus	À compter de décembre 2023
Personnes âgées de 77 à 86 ans	À compter de janvier 2024
Personnes âgées de 72 à 76 ans	À compter de février 2024
Personnes âgées de 70 à 71 ans	À compter de mars 2024
Demande présentée en ligne	
Personnes âgées de 65 à 69 ans	À compter de mai 2024
Personnes détenant un certificat valide pour le crédit d'impôt pour personnes handicapées	À compter de juin 2024
Enfants de moins de 18 ans	À compter de juin 2024
Tout les autres résidents canadiens admissibles	À compter de 2025

La santé buccodentaire est un aspect important de votre santé globale et de votre bien-être. Des visites régulières auprès d'un professionnel de la santé buccodentaire réduisent les risques de développer des problèmes de santé graves.

En 2022, près d'un Canadien sur quatre déclarait éviter de consulter un professionnel de la santé buccodentaire en raison du coût.

Tous les Canadiens méritent de recevoir des soins buccodentaires accessibles et abordables; ils sont essentiels.



Des lettres seront envoyées par vague à tous les groupes d'âge entre décembre 2023 et mars 2024 jusqu'à ce que toutes les personnes âgées potentiellement admissibles de 70 ans et plus aient été invitées à présenter une demande auprès du RCSD.



Canada.ca/dentaire



Gouvernement du Canada / Government of Canada

Canada

The Story of Influenza

Influenza (“flu”) is a contagious respiratory illness caused by influenza viruses.

Influenza type A and B cause the majority of influenza illness in humans.

Transmission occurs through close contact with others and contact with contaminated surfaces.



Healthy people can spread influenza before showing any signs of illness.

Symptoms are often confused with influenza-like illnesses like the common cold.

Young children < 59 months of age, pregnant persons, Indigenous peoples, adults > 65 years of age, residents of nursing homes or other chronic-care facilities, and people with medical conditions are most vulnerable.



Complications such as pneumonia may lead to hospitalization or even death.

An average 12,200 hospitalizations and approximately 3,500 deaths are attributed to influenza annually in Canada.

New strains of influenza appear every year. This is why immunization is required annually.



Influenza vaccines **cannot** give you influenza.

Influenza vaccines are **safe** and **reduce** the spread of influenza viruses.

The National Advisory Committee on Immunization (NACI) recommends all Canadians 6 months of age and older be immunized against influenza.

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



Reference:

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>

L'histoire de la grippe

La grippe est une maladie respiratoire contagieuse causé par les virus de l'influenza.

Les virus de l'influenza de type A et B causent la majorité des infections grippales chez les humains.

La transmission survient lors de contacts étroits avec d'autres personnes et avec des surfaces contaminées.



Les personnes en santé peuvent propager la grippe sans manifester aucun signe de maladie.

Les symptômes de la grippe sont souvent confondus avec des symptômes d'autres infections respiratoires comme ceux du rhume.

Les jeunes enfants de moins de 59 mois d'âge, les personnes enceintes, les Peuples indigènes, les adultes âgés de 65 ans et plus, les résidents des maisons de soins infirmiers ou d'autres établissements de soins de longue durée, et les personnes ayant des troubles médicaux chroniques sont les plus vulnérables.



Des complications comme la pneumonie peuvent entraîner l'hospitalisation ou même la mort.

En moyenne, 12 200 hospitalisations et environ 3 500 décès sont attribués à la grippe chaque année au Canada.

De nouvelles souches grippales apparaissent chaque année.



Les vaccins antigrippaux **ne peuvent pas** vous donner la grippe.

Les vaccins antigrippaux sont **sûrs** et **réduisent** la propagation des virus de l'influenza.

Le Comité consultatif national de l'immunisation (CCNI) recommande à tous les Canadiens de 6 mois et plus de se faire vacciner contre la grippe.

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



Référence :

Comité consultatif national de l'immunisation (CCNI). 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>

CAMH older adult workshop series opportunity:

CAMH's Provincial System Support Program (PSSP) is seeking facilitators who would be interested in delivering a workshop series on mental health and well-being to older adults in their workplaces and communities.

To facilitate a workshop, staff or volunteers must have experience:

- working with older adults
- facilitating groups, and
- assisting clients with mental health or addiction issues.

In participating, facilitators and partner organizations gain access to twelve evidence-based curricula and support from Canada's largest mental health teaching hospital—at no cost.

The series itself covers a breadth of topics including, but not limited to:

- depression
- anxiety disorders
- bipolar disorder
- dementia
- psychosis
- cannabis and alcohol use.

Additionally, workshop facilitators will be invited to participate and receive support from a province-wide facilitator Community of Practice – a growing network of service providers connecting on knowledge and experience exchanges.

For more information, we invite those interested to visit our website: <https://kmb.camh.ca/eenet/initiatives/olderadults#Workshops>.

Do you want to lead mental health and well-being workshops for older adults in your community?



Become a facilitator for CAMH's *Understanding Mental Health and Well-Being in Later Life Workshop Series*

To facilitate a workshop, you should have experience:

- working with older adults
- facilitating groups, and assisting clients with mental health or addiction issues.

For more information, contact our team at olderadults@camh.ca

Facilitators and partner organizations will gain access to an evidence-based curriculum for 12 workshops and support from Canada's largest mental health teaching hospital—at no cost.

Workshop topics include, but are not limited to: anxiety and bipolar disorders, dementia, depression, psychosis, gambling, cannabis and alcohol, and more.

camh
mental health is health

Newsletter Contributions from our Members



The Bowmanville Older Adult Association is located in the heart of historic Bowmanville just an hour east of Toronto. Our Mission is to promote the health and happiness of older adults by enhancing their quality of life in a welcoming and inclusive environment. This Spring we are introducing a handful of new programs and events, and we are excited. We are introducing a Listening Circle which is a structured and supportive sharing technique to assist with open communication.

Based on the Indigenous Talking Circle, they are designed to promote inclusiveness, equality, respect, and tolerance. We are continuing with our very popular Belly Dancing Lessons, a virtual Beginners Watercolour class, a Spanish Café where you can come and enjoy a relaxing time and have fun having a Spanish conversation. Tarot card reading for beginners and advanced participants. We are women; we are sisters which dives into what sisterhood means to you. Fitness for men, Nutrition from a fitness perspective. Our spring events will include a dinner & dance with a full buffet meal and DJ. A new event we will be introducing is our Around the World event, which will be a market with food samples from local restaurants, demonstrations, and more. Join us for our first-ever Walkathon that we will be hosting on Saturday, June 1st. Join as a walker, volunteer, or a member of a cheer squad as we adventure Bowmanville together with a 1.5 km or 5 km trail.

Lots of New Faces!

The Caledon Seniors Centre is starting to see a wave of new and interested seniors joining our programs! We are now back to pre-pandemic programming with lots of programs and special events happening!

We had 40 participants at our Bingo & Lunch, 80 people at our Robbie Burns Dinner and over 100 people at our Valentine's Day Special Lunch.

Bingo & Lunch Tournament



Robbie Burns Monthly Dinner



CENTRAL EGLINTON COMMUNITY CENTRE – OLDER ADULT PROGRAM

Submitted by: Stacey Griffith, Older Adult Coordinator



Our seniors enjoying their time at Dragon Pearl restaurant and Irish Harp Pub at NOTL. Our program usually hosts outings twice a month; a moment that our members eagerly anticipate. Broadening their horizons and connecting with each other over a delicious meal.



Participating in a relaxing session of Qigong with Practitioner Steffi Black at our 2024 Active Living Fair event on February 28, 2024. In the session, participants learned how to manage stress through mindful moments, heal physical and emotional pain and improve overall quality of life.

Exercising fine motor skills and creativity through earring making with Craft Enthusiast, and our amazing program volunteer, Swathi. Our members made both stud and dangling earrings.



A group of happy seniors with Art Teacher Sahar. The last day of an 8-week class, where they used items such as carbon paper, canvas paper and acrylic paint to create their own masterpiece.



Dryden Go-Getters
84 St. Charles Street
Dryden, Ontario P8N 1L3
(807) 223-5937
drydengogetters@drytel.net
www.drydengogetters.com

To: Oacao

Attention: Lina Zita, Co-ordinator

Thank you for the opportunity to showcase our centre, the Dryden Go-Getters Seniors Activity Centre, in the 2024 Spring Newsletter.

The year 2023 was very busy for us as a new addition was built onto our centre that was completed in May and was opened to the public in August.

We are proud to say that we have many programs, activities and events at our centre. With the 2500 square foot addition, we are able to have more of our members participate in daily activities, events and functions that our seniors enjoy.

As our senior population has increased and continues to do so, we are very excited to have the space to accommodate them all.

Our activities and events are as follows:

Monday to Friday – lunch 11:30 a.m. to 12:30 p.m.

Weekly line dancing, floor shuffleboard, table shuffleboard, various cards games, crafters, chair yoga, floor curling, mahjong, bean bag toss, bingo, board games, puzzles. The library and carpenter shop are open daily.

Our monthly events include, pancake breakfast, spaghetti dinner, open mic, teas and bazars, summer barbeques, social dances, and pot luck dinners.

We are hoping to finish construction of our lower level soon. It will accommodate two accessible washrooms, games room, hair dresser and foot care room, board room, storage room and custodian closet.

All of our events and activities run all year long. We will be able to have lawn darts, horse shoes and bean bag toss outdoors in the summer.

We have attached pictures of the Dryden Go-Getters Seniors Activity Centre's addition and some inside pictures.



"An Energetic Senior Citizens Group"



EGANVILLE & DISTRICT SENIORS CENTRE

Submitted by: Brandy Couette, Program Coordinator -SALC



We are thrilled to announce the launch of our new men’s programming, the “Fellowship Fellowes”! We had a successful luncheon where we invited some of the men currently involved in our programs to share their thoughts, concerns, and ideas, we are excited to introduce a range of new activities, that will bring in more men to our programs, and engage more male leaders in our community, yet still open to all. We wanted the feedback, guidance and leadership of men to ensure that we are hearing all voices.

During the luncheon, we had insightful discussions and received valuable feedback from our attendees. Their suggestions and interests have led to the development of a diverse array of programming options aimed at providing enjoyable and enriching experiences new participants to our facility, and to increase the interest of males in our community.

Here are some of the exciting new programs we’ll be offering specifically to males (although so many ideas came from this, we are still adapting and changing as we go!):

Mighty Men’s Fitness: Get ready to break a sweat and improve one’s overall health and well-being with our dedicated men’s only fitness class. Whether the participant is a beginner or a seasoned gym-goer, our SFIC male instructors will help the men reach their fitness goals in a supportive and motivating environment. Our goal is that these participants will also join in on other classes, open to all genders.

Intro to Wood Carving: Unleash one’s creativity and learn the art of wood carving. Our skilled male instructor will guide through the process, from choosing the right materials to mastering different carving techniques. Create beautiful, handcrafted pieces to showcase or gift to loved ones.

Men’s Issues Discussion Group: Engage in stimulating discussions on a variety of topics ranging from current events to personal interests. The men will share their thoughts, exchange ideas, and connect with fellow community members in these engaging and thought-provoking sessions for men only.

In addition to these new offerings, we are also expanding upon existing programming to include more activities that cater to the interests of our male participants. Whether they enjoy fly fishing, euchre, shuffleboard, Kicksledding, different types of cards, E-biking, drama or art programs, there’s something for everyone at the Echo Centre. We even learned a new term – UNCO – meaning unconventional programming. They don’t want the regular “watercolour painting” they want leather working, things that are outside of the conventional activities to really draw them to the centre.

The Echo Centre is committed to providing inclusive and diverse programming that meets the needs and interest of all members of our communities. We look forward to our current and new members joining us for all the programming and seeing how all these programs evolve.



FIRST PORTUGUESE CANADIAN CULTURAL CENTRE OF TORONTO

Submitted by: Carina Paradela



Our Senior Day Centre is opened Monday to Friday with a fantastic program that offers two meals (breakfast and lunch) to our seniors, along with amazing activities such as Exercise Classes, Seminars, Bingo, Computer Classes and so much more. Our seniors have the best time, are engaged and happy on a daily basis. We strive to offer the best programming possible, and we are always adding special activities. Every end of month we celebrate the senior's birthdays with a themed party. This month's theme was New Year's! We had a beautiful balloon decoration, party favours, a "midnight" with champagne and participants engaged in a special bingo game, dancing, and lots of other fun activities. It was a very special day, as you can see from all the pictures.



We will continue to strive to introduce new activities to our program and we hope for the Spring to be able to return to our Social Garden where abled seniors plant, water and take care of a small garden. We will also strive to be able to return to having our seniors enjoy the nice weather with outdoor seating and dining options. We are looking forward to the Spring!





FRIENDSHIP CENTRE SENIOR

Submitted by: *Pauline White, Friendship Centre Senior Services Wellness Coordinator*
townofstmarys.com | discoverstmarys.ca



Denise is a prime example of living a life full of vitality. Denise can be found saying “age is just a number.”

Denise contributes in many capacities throughout the community including: her roles as an active member of the Inner Wheel; her love of the local theatre, and enthusiastically gives support to many Friendship Centre events such as our International Women’s Day and the Friendship Centre’s Annual Christmas social variety show.

It is through Denise’s nearly 10 years of service with the Friendship Centre that we have learned her true willingness to give. The Friendship Centre is a not-for-profit Active Living Centre and Community Support Services agency which offers programs and services geared towards people 50 years and older, people recovering from illness, injury and people with varying abilities.

Denise registered as a volunteer with the Friendship Centre at the age of 79. She began her volunteer journey with the Friendship Centre by becoming certified to teach the Home Support Exercise programs (HSEP). When approached to utilize her HSEP certification by teaching a small group fitness class at a community apartment complex, Denise was more than willing to try something new. EVEN MORE, utilizing her knowledge in Meditation, Denise volunteered her time to run a meditation course for the Friendship Centre community.

Denise, who is always up for a challenge, expressed interest in obtaining her Seniors Fitness Certification through the University of Western Ontario’s Centre for Activity and Aging. Denise successfully completed her mentorship and evaluation and with her new certification in tow in 2019 at the age of 83, Denise became a regular fitness instructor with the Friendship Centre. Denise could often be found teaching 1 hour of fitness multiple times weekly for individuals 20 to 30 years her junior throughout the week.

Presently Denise, in her 89th year, continues to teach fitness classes for the Friendship Centre, supporting the growth of the Friendship Centre and Home Support Services. Denise embraces new learning opportunities and is always willing to spend the time as needed, with new participants and mentoring new fitness instructors. Denise is a prime example of living a life by acting your age. Denise is closely followed by other instructors who are living life with full vitality, our Older Adult Centre is a place to play and not act your age 😊





Introducing the Kanata Seniors Council

The Kanata Seniors Council has been active for more than 25 years and has recently returned as a member of OACAO. The Council's situation differs somewhat from other member organizations in that our programs are run from a City-operated Seniors Centre. We provide essential advisory support to the City, operate the Council Café, maintain a Computer Lab, offer various programs and events, and advocate for the well-being of seniors in our community.



An example of a lifestyle activity is our international dining series. To date, we have visited local Tex-Mex, Italian and Thai restaurants. The next two months will highlight Turkish and East Indian cuisine. These lunches have been a very popular way to explore new tastes and experiences in friendly company – and it is decidedly inexpensive, easier than air travel and contributes to the well-being of our diverse food service community.

The Council has also partnered with the local Kanata Theatre Company and arranged for a block of tickets for Sunday matinee performances. Before the performance, our group meets for lunch at one of several nearby restaurants for a very enjoyable and reasonably priced afternoon of social connections and live entertainment thereby helping to reduce social isolation and depression.

One of the special features of the Kanata Seniors Council is an onsite Café that offers a place to socialize while enjoying a coffee or a hot meal at affordable prices. In addition, the Café provides special meals to celebrate holidays – the most recent one, St. Valentine's Day.



In response to the dynamic changes within our community, characterized by increased cultural diversity and an active demographic ranging from individuals in their 50s to their 90s, the Council is committed to adapting and enhancing its support services.

Currently operating without a membership fee, the Council actively seeks support from granting agencies to sustain its valuable initiatives. The success of our activities relies on accurately understanding the needs of the many seniors that we serve.

The Kanata Seniors Council has identified increasing membership as its top priority and is actively encouraging seniors to embrace its programs, aiming to enhance the overall value of being a member. To help with this task, the Council will be conducting an online membership survey. The Council is aiming to have the results by the beginning of April. For more information about our programs or upcoming events go to kanataseniors.ca or call us at (613) 254-7164

Upcoming Seniors Council events at the Centre

- Seniors Marketplace April 13
- Awesome Garage Sale May 4
- Far West Fun Fest, 2 weeks, from May 23 to June 6



Onaping Falls Golden Age Ladies Pool Players 2024

Members of our Ladies Pool Team are (l to r) Nevaida Howe, Jean Duffus, Patricia Winn, Cassandra Farndon and Susan Smith



Lifetime member Angie Charlebois celebrated her 105th birthday in December 2023 at our Club.



Our monthly Music Jams, led by our President Jim Howe, are always well attended and a lot of fun!

Our Club has so much to offer the 50+ community!

- Crafting • Quilting • Shuffleboard • Pool • Bowling • Rummoli • Yoga
 Tai Chi • Euchre • Cribbage • Exercise Room • Internet
 Woodworking Shop • Library • Monthly Music Jam

Onaping Falls Golden Age Club

109 Service Road,
 Onaping, Ontario PoM 2R0
 705-966-0137
 ofgac@hotmail.com



Our membership are \$20 per year and offer all these great perks plus friendship !



Arts with the Seniors Program at Rexdale CHC

With the help of community partnerships, the RCHC Seniors Program was able to provide significant art recreation to their clients.

monstrARTity fills cultural and economic gaps in underserved diverse communities. They approached the seniors program to bring South-East Asian dance classes.

Instructor Tripti Ninan, "I've truly enjoyed engaging with and dancing with the Seniors at RCHC! Their joy, feedback and excitement have been really rewarding. I'm honoured to bring a taste of Bollywood and Garba dance to a multi-cultural group of participants who are open to learning something new."



Coordinator Methila Narayanamoorthy, "Our entire team is grateful for this partnership and hope for more to come in the future!"

VIBE Arts increases access and equity to the arts to encourage wellness, resilience and a sense of belonging. They approached RCHC to offer clay classes.

Instructor Sandra Tarantino, "Over the course of eight weeks, I had the pleasure of working with RCHC. We came together to create pottery pieces—bowls, mugs, sculptures, ornaments, and more. More than just a creative endeavor, our weekly sessions also became a haven for connection and caring for one another."



Arts Etobicoke focuses on improving people's lives through the arts. As part of their seniors art project, *Expressions of Wisdom: Storytelling Through Art*, an African Hand Drumming workshop was hosted at RCHC. Arts Etobicoke also engaged RCHC seniors to prepare dishes for the reception of their seniors art project exhibition.



Finally, **Seniors Junction** brought a harmonious blend of knowledge and innovation to RCHC seniors using the medium of music. Passion for music and the commitment to lifelong learning created a unique and enriching community for our seniors.

The Seniors Program is grateful to these organizations for their generous gift of art. Stay tuned for more to come!



En effet, en plus de nos activités régulières; pilates, jeux, vitrail, pickleball, couture, tricot, cercle du livre, repas de soupe mensuel, ateliers d'arts et santé, Retraite active s'apprête à fêter ses 20 ans en 2024.

Depuis 2004, RAP est le seul organisme qui a le mandat exclusif de travailler avec les aînés et aînées francophones dans Peel en offrant une programmation qui contribue au maintien de leur bien-être physique et intellectuel. Nous sommes toujours à la recherche de nouveaux défis pour répondre aux besoins de nos membres. L'introduction au Tai-Chi a reçu un très bon accueil avec tous les avantages que cela comporte au niveau de la concentration et de la respiration.



Les bienfaits de l'activité physique sont bien connus mais il est souvent nécessaire de trouver une motivation. Pendant 4 semaines, un groupe de 36 personnes a relevé le **Défi Cubes-énergie RAP** qui consistait à faire une activité physique (peu importe laquelle) par bloc de 15 minutes. Le but ultime était de se motiver à bouger davantage. Les résultats ont été concluants et nous poursuivrons jusqu'à la fin mars.

Le sondage effectué auprès des membres en janvier confirme, avec un taux de réponse de plus de 35 %, un très haut niveau de satisfaction et donne également des pistes pour améliorer nos activités. Nous sommes également occupés avec la mise-à-jour de nos documents officiels pour nous assurer d'être conforme avec la nouvelle *Loi sur les organismes sans but lucratif*. Cet exercice devra être complété d'ici octobre 2024.

Le comité organisateur planifie une série d'activités pour souligner et fêter nos 20 ans! Parmi celles-ci, nous avons rajeuni notre logo et nous avons organisé le 6 mars une célébration bien spéciale pour souligner la Journée internationale des femmes où nous rendrons hommage aux pionnières de notre organisme. Nos artisans sont à confectionner un très beau vitrail qui sera remis au Centre Frank McKechnie et exhibé en permanence pour souligner notre partenariat.



Notre point culminant sera le GALA anniversaire le 7 juin prochain à 18h au Mississauga Convention Centre sur Derry Rd à Mississauga. Un cocktail avec hors d'oeuvre suivi d'un repas 3 services marqueront le coup d'envoi de cette soirée animée par Lyne Boily, animatrice à la radio de Radio-Canada maintenant à la retraite. De la musique et de la danse suivront. Nous attendons un bon nombre de personnes et des invités de marque qui se joindront à nous pour célébrer l'anniversaire d'une réussite francophone en Ontario. Le coût de cette soirée est de 75 \$ et vous pouvez trouver les renseignements sur notre site web au www.retraiteactivepeel.ca. Un beau printemps en perspective!

SOUTH GATE CENTRE

Submitted by: Sarah Lindsay, Marketing & Communications Manager

Exciting activities and events at South Gate Centre

On February 2nd we held our 19th annual Pancake Breakfast with South Gate Centre's resident ground hog, Chilly Charlie. The Mayor of Woodstock and more than 100 members of the community witnessed Charlie make his prediction for an Early Spring. Hooray Charlie!!!



On March 8th more than 30 exhibitors and speakers will take part in our annual Health Expo. This Seniors Active Living Fair is being hosted by South Gate Centre in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario.



On March 22nd the Centre will be moving and grooving to some great music at a Dance Party put on by South Gate staff and volunteers.

We welcome Spring with a fashion show, *Embarking on a New Season*, on April 6th.

Our monthly 50/50 lottery (www.southgate5050.com) continues to help with fundraising at the Centre. Open to anyone in Ontario at the time of purchase, with tickets available at the Centre as well as online, it's easy to play month after month.



New Program Alert! The City Of Waterloo Presents Empowered Learners

January 2024 saw the launch of the City of Waterloo's new bi-weekly educational series, **Empowered Learners**. This informative presentation and lecture series offers a wide range of themes and topics, including health resources and general interest. The series began with The World's First "Giraffeologist" Dr. Anne Innis Dagg, sharing her movie *The Woman Who Loves Giraffes*. Accompanying Dr. Innis Dagg was her daughter and CEO of the Anne Innis Dagg

foundation CEO, Mary Dagg. After screening the film, a question and answer period was held to further participant's learnings.

Attendance and engagement from the local community was high and the feedback from participants was incredible. Empowered Learners next



topic was Canada Pension Plan (CPP) and Old Age Security (OAS), presented by Service Canada. This topic educates seniors on supports offered by the federal government.

The need for additional learning series is evidenced not only through participant attendance but also by presenters reaching out and fully booking for the 2024 season. Future show topics include 'Eating for Vitality with Dr. Heather Keller', 'The Value of Volunteering with Jane Hennig', 'Advanced Care Planning with Hospice Waterloo Region' and more. Collaborating with the local community has been an excellent way to showcase local health resources and general interest topics.

Program information can be found at www.waterloo.ca/activewaterloo or by emailing the Community Leisure Programming team at leisureprogramming@waterloo.ca.

THE GLEBE CENTRE – ABBOTSFORD HOUSE

Submitted by: Pat Goyeche, Coordinator of Community Programs

Keeping Fit, Keeping Busy at Abbotsford Seniors Centre

Abbotsford hosted a Seniors Active Living Fair on Friday, January 5, 2024, funded by the provincial government through the Older Adults Centres Association of Ontario network. MPP Joel Harden and Glebe Centre's Executive Director Emma Tibbo offered words of welcome to the participants and a letter was read from Minister Raymond Cho, Minister of Seniors and Accessibility. 210 older adults took part in free activities throughout the day: fitness classes, hearing tests, watercolour painting, needle-felting art, a talk about alerting seniors to frauds and scams, and another talk about the benefits of exercise as we age with Heartwise instructor, Lisa Guadamuz.

Participants enjoyed a tasty lasagna and caesar salad lunch prepared by the Glebe Centre food services staff. In the afternoon, we held a trade fair with many businesses and organizations that serve seniors and are invested in keeping seniors living in the community. The entire event was skillfully planned and led by Program Facilitator Kirsten O'Brien. It was a delightfully successful event that showcased many of Abbotsford's activities and services.

What a great way to start 2024! Abbotsford is in full swing now with a full roster of Wednesday afternoon lectures, different levels and types of fitness regimes, yoga, Zumba Gold, Tai Chi, and



dance classes, as well as art, pottery, bridge, Mahjong, memoir-writing, play-reading, poetry, piano, ukulele, snooker/pool, ping pong, Spanish and French classes and various clubs. There is also ample music and entertainment as members get together to jam and sing at the Hootenannies. Let's keep up the momentum and we March into spring!



Some of Lisa Guadamuz's Level 2 Strength Training Participants pose for the camera!

TILLSONBURG SENIOR CENTRE

Submitted by: Nancy Puhr



Since the fall of 2023, the Tillsonburg Senior Centre has been focusing on expanding its programming to meet the diverse needs and interests of seniors in our community, and to recruit and retain new members.

In addition to the regular programs we offer including card and table games, physical fitness classes, sports and rec activities, we've added new music-based programs including Ukulele lessons, a monthly karaoke program, and an acoustic music circle. We've expanded our educational offerings to include Spanish classes, and our fitness options now include Karate, Tai Chi and Qigong. Partnerships with Baycrest@Home and the National Ballet of Canada have allowed us to offer unique virtual programming to those for whom face-to-face programs and activities are uncomfortable or impossible.

With all the new members these programs are attracting, we've also been implementing a Volunteer Ambassador



Congratulations to Victoria Rode, our Program Coordinator, for her tenacity in getting so many programs off the ground, and to the volunteer ambassadors helping new members feel right at home!



program. We know how intimidating it can be to join a new group or activity, so the goal is to partner new members with an ambassador in their chosen program who will introduce them to others in the group, teach them the rules of play, and be a warm and welcoming face while they acclimate.

This spring, we're expanding our efforts to offer programs and activities for seniors who may feel marginalized in the community and those who may lack the means or knowledge of how to get involved with us. We're pleased to have received funding through Links2WellBeing so that community partners can offer a 'social prescription' to our Centre and its activities for seniors who would benefit from participation.


Later this spring we'll be implementing a Men's Shed here, thanks to assistance from HelpAge Canada and Men's Sheds Ontario, and last but not least, we're excited to be working with Oxford Pride to plan our first ever Pride Month activities which will acknowledge and support those among our membership and in our area who are part of the 2SLGBTQIA community.



TOWN OF OAKVILLE

Submitted by: Kelly Meeussen, Recreation Assistant

SWAG hosts Seniors Housing Symposium and Information Fair!

 Oakville Seniors Services and the Seniors Working Action Group (SWAG) hosted a symposium of speakers and an information fair dedicated to providing insightful discussions and options about affordable housing for older adults in Oakville. The fair took place on October 28 from 9:30 a.m. to 12:30 p.m. at the Sir John Colborne Recreation Centre for Seniors featuring local seniors focused organizations and an expert panel of speakers who presented an overview of their services to help older adults explore alternative housing solutions, navigate local housing options, and plan for current and future needs.

This event would not have been possible without the planning and organizing of our SWAG committee volunteers. With only a few short months of planning, these volunteers orchestrated an interactive and informative day. The centre saw over 250 people come through the doors. Thanks, to our community partner, Access Abilities, we were able to offer re-usable bags for our guests to collect, giveaways, valuable information, and resources from all the vendors. Our dedicated volunteers in the café provided delicious, freshly baked scones and beverages throughout the morning for guests, vendors, and speakers to enjoy.

The lightening talks were well received with over a 100 people in attendance and included speakers such as Renovictions presented by Oakville Councillor Chathy Duddeck, Dr. Vipin Nikore from Home Care Hub, Andrew Balahura from Halton Community Housing, Jeanette Bock from Fluid Senior Transitions and Dr. Raina Parminder from the McMaster Institute for aging to name a few. Participants had the opportunity to talk with the presenters, discuss personal questions, and share experiences. We were delighted with the response and look forward to hosting future symposiums and information fairs to support the older adults in our community as they navigate the journey of aging.



WISE MOBILE ACTIVE LIVING CENTRE

Submitted by: Krysia Schafer, Outreach Coordinator - Seniors Programs and Services



The WISE Mobile Active Living Centre operated by the District of Muskoka has been busy this past Fall and Winter with programs focused on Fraud Prevention and Indigenous Cultural Awareness talks for ten rural program locations throughout our region.

Fraud impacts Canadians on a day-to-day basis, with only a fraction of these scams ever getting reported to authorities. Older adults frequently find themselves the target of fraud schemes and it is reported by Statistics Canada that those aged 65 to 74 show a higher risk of victimization than others age groups. WISE Mobile Active Living Centre, in partnership with Agelic, delivered talks to older adults in Muskoka to help identify the numerous types of scams circulating, how to deal with a scam if you think it is happening to you, and how to go about reporting them. These programs were hosted in our rural program locations as well as an online option to older adults across Muskoka.

The WISE Mobile Active Living Centre was extremely proud to offer a number of Indigenous Cultural programs over the last year. Programs ranged from interactive workshops centred on learning about the Indigenous perspective, to history talks, and even online cooking classes.

Looking ahead to the warmer months, the WISE Mobile Active Living Centre will continue to look for innovative partnerships as well as maintain the important local connections with partnering businesses and organizations in Muskoka that help us deliver quality programming to older adults in our region.



Mini Bannock bites with smoked trout, hung yogurt and fresh dill made by seniors participating in the online Indigenous cooking class.

To learn more about the programs we offer, visit www.muskoka.on.ca/seniorsprograms





Annual Strawberry Shortcake & Ice Cream Social

June 20th, 2024
1:00 - 3:00pm

Please join us!

Enjoy time with friends!

Thank you!



sponsor of the tasty cake!



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Small gift for everyone

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WHY A HEALTHY SOCIAL LIFE IS IMPORTANT FOR SENIORS



Imagine living alone for the first time in more than 50 years and you'll start to understand the importance of social connections for seniors. Feeling lonely after her husband died, one senior moved to Amica after just a few weeks of being on her own. On her first day at the retirement residence, she was introduced to one of her neighbours and was grateful to have someone to talk to at dinner that night. Team members noticed the two heading to the new resident's first fitness class together the next morning. The new friends have been enjoying each other's company ever since. Maintaining a healthy social life makes life better at any age, but connection is especially critical for seniors. One study found that 24% of seniors in Canada feel socially isolated, which has similar health effects as smoking 15 cigarettes a day. Luckily, there are [many ways for seniors to combat isolation](#) and stay socially active to improve their mental, physical and emotional well-being.

"Regular social interactions lead to happier and more fulfilled lives, which leads to positive impacts on health, wellness and quality of life," says Amy Lee, Amica's Life Enrichment Specialist. "I've noticed that seniors who are socially connected experience positive emotions, they are more likely to be physically active, they live with an improved sense of purpose and belonging, they are more adventurous about trying new things, and they show more self-confidence."

How can seniors improve their social lives?

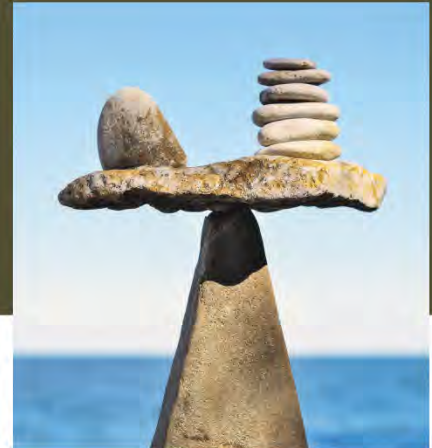
It's important to remember that being social is meant to bring you joy from seeing people you love and doing things you enjoy. Here are a few ideas to help you to start incorporating social activities into your calendar:

- If you haven't been socializing recently, ease in by calling a few different friends or family members. This allows you to experience time being social without needing to get ready, plan ahead or travel.
- Once you're ready to go out, start with simple plans that you are excited about and that don't require much organizing. Plan to meet with friends for coffee or lunch.
- Join a local club that is focused on a hobby or passion. You can meet new people who share your interests and spend time doing what you love.
- Host a gathering where everyone brings a dish to enjoy or a game to play. This way you don't have to plan and prepare everything yourself, and you can all share favourite foods (takeout or prepared foods work too) and activities together.
- Consider moving into a senior living residence in a great location [where activities are planned for you in-house](#), and where your neighbours share similar interests and live a few steps away.

"At Amica, you get to choose your day, your way. Our Life Enrichment teams provide multiple outlets for our residents to participate in programs that promote a healthy social lifestyle. We support our residents' choices, even if they choose not to participate in our programs. We are always supporting our residents to ensure they are engaged and connected with others in ways that interest them," said Lee.

For more resources from our Amica specialists, visit amica.ca/conversations.

Exclusive benefits for members of OACAO



Arbor Alliances Program

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

4%[†] savings

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

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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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Dansons Ensemble pour les aînés

Découvrez la joie et les bienfaits de la danse...
dans le confort de votre salon!

Élaboré par Baycrest et l'École nationale de ballet du Canada (ÉNB), chefs de file du secteur des soins gériatriques et en formation en danse, le programme Dansons Ensemble pour les aînés offre des programmes de danse accessibles et de première qualité qui favorisent le bien-être physique, émotionnel et social. Aucune expérience de danse n'est requise!



Ressources
en français
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Accès gratuit!

Les cours offerts incluent les suivants :

En position assise

Conçu pour être accessible aux personnes vivant avec des déficiences physiques et/ou cognitives modérées à importantes, ce cours est dansé entièrement en position assise.

En position debout

Conçu pour être accessible aux personnes vivant avec des déficiences physiques et/ou cognitives légères, ce cours est dansé en position debout, tout en offrant des options en position assise.

Ressources supplémentaires

Cette section présente une bibliothèque en pleine expansion de ressources emballantes qui vous permettront d'intégrer davantage la danse dans votre vie!

Fonctionnement :

- Abonnez-vous pour accéder à des vidéos en continu et suivez les instructions d'experts en danse de l'École nationale de ballet du Canada qui vous guident dans le cadre de cours de 20 minutes.
- Visionnez les vidéos sur la plateforme Web de Dansons Ensemble pour les aînés ou téléchargez l'application sur votre téléphone ou votre tablette pour profiter de votre expérience de visionnement préférée.
- Profitez de cours captivants avec accompagnement en direct qui renforcent votre indépendance et votre assurance, tout en enrichissant votre vie quotidienne grâce à l'expression créative.

*La danse m'amène à
tisser des liens avec
moi-même et avec
les autres.*

*C'est agréable et
revigorant. C'est une
excellente façon de faire
de l'exercice sans penser
qu'il s'agit d'exercice.
J'adore la musique et les
thèmes aussi.*

Consultez oa.sharingdance.ca pour vous abonner dès aujourd'hui et commencer à danser!

Des questions? Écrivez-nous à : sharingdance@nbs-enb.ca



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May is Speech and Hearing Month in Canada!

May is Speech and Hearing Awareness month. It's a month dedicated to raising awareness about communication disorders and the importance of early detection and treatment.

Hearing loss can affect your ability to communicate and can cause you to withdraw from participating in the activities you love. When left untreated, hearing loss can continue to worsen over time and impact your quality of life. Canadian Hearing Services (CHS) offers a full suite of services to help you improve communication so you can feel confident, safe, and empowered to participate.

- Hearing Health Care
- Hearing Aids & Communication Devices
- Hearing Care Counselling
- Employment Services
- Accessibility Services

Hearing Care Counselling

Free counselling services and workshops for people aged 55+

Our hearing care counsellors work with individuals aged 55 and over who have hearing loss to help improve communication with family, friends, and service providers. Contact a hearing care counsellor to learn more!

Email: hearingcarecounselling@chs.ca

Phone toll free: 1-866-518-0000

TTY toll free: 1-877-215-9530



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Spring
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HOUSE**

April 12 & 13 | 10 am - 4 pm



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MAY IS NATIONAL SPEECH-LANGUAGE-HEARING MONTH.

Formerly known as **Better Hearing and Speech Month**, this time is dedicated to raising awareness about communicative disorders, including how to uncover them and how to effectively communicate with loved ones experiencing them.



IDENTIFY THE SIGNS

- ✓ Do you often ask others to repeat themselves?
- ✓ Are people mumbling or not speaking clearly?
- ✓ Are group conversations difficult to follow?
- ✓ Is it hard to hear in noisy situations?

 If you've answered yes, it's time to book a hearing evaluation.

DID YOU KNOW?

Hearing loss is connected to other health conditions:



Diabetes Balance Problems


Heart Disease Dementia Tinnitus

Hearing test screening should be performed at 55+ years of age or earlier if the client has a related health concern.

5 TIPS FOR INCLUSIVE COMMUNICATION

- 1 Reduce Background Noise**
Consider reducing distractions wherever possible, such as turning off music and television, and closing doors or windows to block noise coming from other areas.
- 2 Rephrase, Don't Repeat**
If asked to repeat yourself, try rephrasing what you are trying to communicate.
- 3 Use Gestures**
Consider "talking with your hands" to connect your words with an action for more clarity.

- 4 Face Them**
Make sure you are facing the person directly when having a conversation. This way, they can read your lips and follow along with the conversation if not all words are heard.
- 5 Well Lit Environments**
When the environment is well lit, it makes it easier to see facial expressions and read lips, which aid in understanding.

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Benefits of Living in a Licensed Retirement Home

DID YOU KNOW



Only residents of retirement homes licensed by the Retirement Homes Regulatory Authority are protected under the Retirement Homes Act.

The **Retirement Homes Regulatory Authority** (RHRA) is a not-for-profit organization mandated by the Ontario Government to administer the Retirement Homes Act. RHRA's mission is to work collaboratively to protect Ontario retirement home residents through effective right-touch regulation. Our vision is to have seniors live with dignity, choice and confidence in licensed retirement homes.

Any retirement home licensed by RHRA must meet high standards and comply with the law.

When residents choose a licensed retirement home, they are benefitting from RHRA's resident protection mandate. This includes:

- ✔ Granting licences only to homes that meet the legal standards and requirements to operate safely and successfully.
- ✔ Responding to complaints and taking action to resolve resident or family concerns.
- ✔ Taking immediate action in cases of harm or risk of harm to residents.
- ✔ Inspecting homes and working with them to address any issues or concerns.
- ✔ Providing resources, programs and education to help homes proactively comply with the law to benefit residents.
- ✔ Making sure that the rights of residents are respected according to RHRA's Residents' Bill of Rights.
- ✔ Providing financial assistance in certain emergency situations from RHRA's Emergency Fund.

ADDITIONAL SUPPORT

RHRA also offers residents resources to help them thrive in retirement living, including guidance on starting a residents' council and the opportunity to join RHRA's Resident Network to provide input on matters that impact them directly.

RHRA is here to help. We are just a phone call or email away if ever you need us or have questions:



1-855-ASK-RHRA



info@rhra.ca

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[Find out if you qualify today](#)





Introducing Music Appreciation Facilitator Training Program

Namrata Bagaria, MBBS, MPH, PhD (c)

Bridging the Gap: The Transformative Role of Music in Senior Care

In the realm of senior care, the quest to enhance quality of life often leads to innovative approaches rooted in science and compassion. Among these approaches, the therapeutic benefits of music have emerged as a promising frontier, offering a bridge to cognitive stimulation, emotional well-being, and social connectivity for seniors. At Seniors Junction, our commitment to evidence-based practices has driven us to explore the transformative potential of music in bridging the gap between care and enrichment for our aging population.

Understanding the Science: Research in the fields of neuroscience, psychology, and gerontology has shed light on the profound effects of music on the aging brain. Studies indicate that music has the remarkable ability to stimulate neural pathways associated with memory, cognition, and emotion, making it a powerful tool for maintaining cognitive function and emotional health in seniors. Furthermore, music has been shown to reduce stress, anxiety, and depression, while enhancing overall mood and well-being.

Meeting the Need: Despite the growing body of evidence supporting the therapeutic value of music, there remains a gap in the implementation of music-based interventions within senior care settings. Limited access to trained professionals and resources often hinders the integration of music appreciation programs into recreational activities for seniors. Recognizing this gap, Seniors Junction has embarked on a mission to bridge the divide between research and practice by equipping recreation professionals with the knowledge and skills needed to harness the healing power of music.

Introducing the Music Appreciation Facilitator Training Program: Our Music Appreciation Facilitator training program is designed to empower recreation professionals with the tools and resources needed to create engaging and meaningful music experiences for seniors. Grounded in scientific research and best practices in music therapy and recreational programming, our program provides participants with a comprehensive understanding of the therapeutic benefits of music and practical techniques for designing and implementing music appreciation sessions.

Bridging Communities Through Music: By training recreation professionals as Music Appreciation Facilitators, we aim to bridge the gap between research and practice, enriching the lives of seniors through the universal language of music. Through innovative programming, informed by science and guided by compassion, we endeavor to create vibrant and inclusive communities where seniors can thrive, connect, and experience the joy of music together.

To learn more visit www.seniorsjunction.com or call 647-629-0300

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Contact Jacqueline to learn how The Health Depot can support older adults in your community: jacqueline.tinus@greenshield.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.





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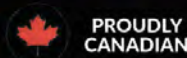


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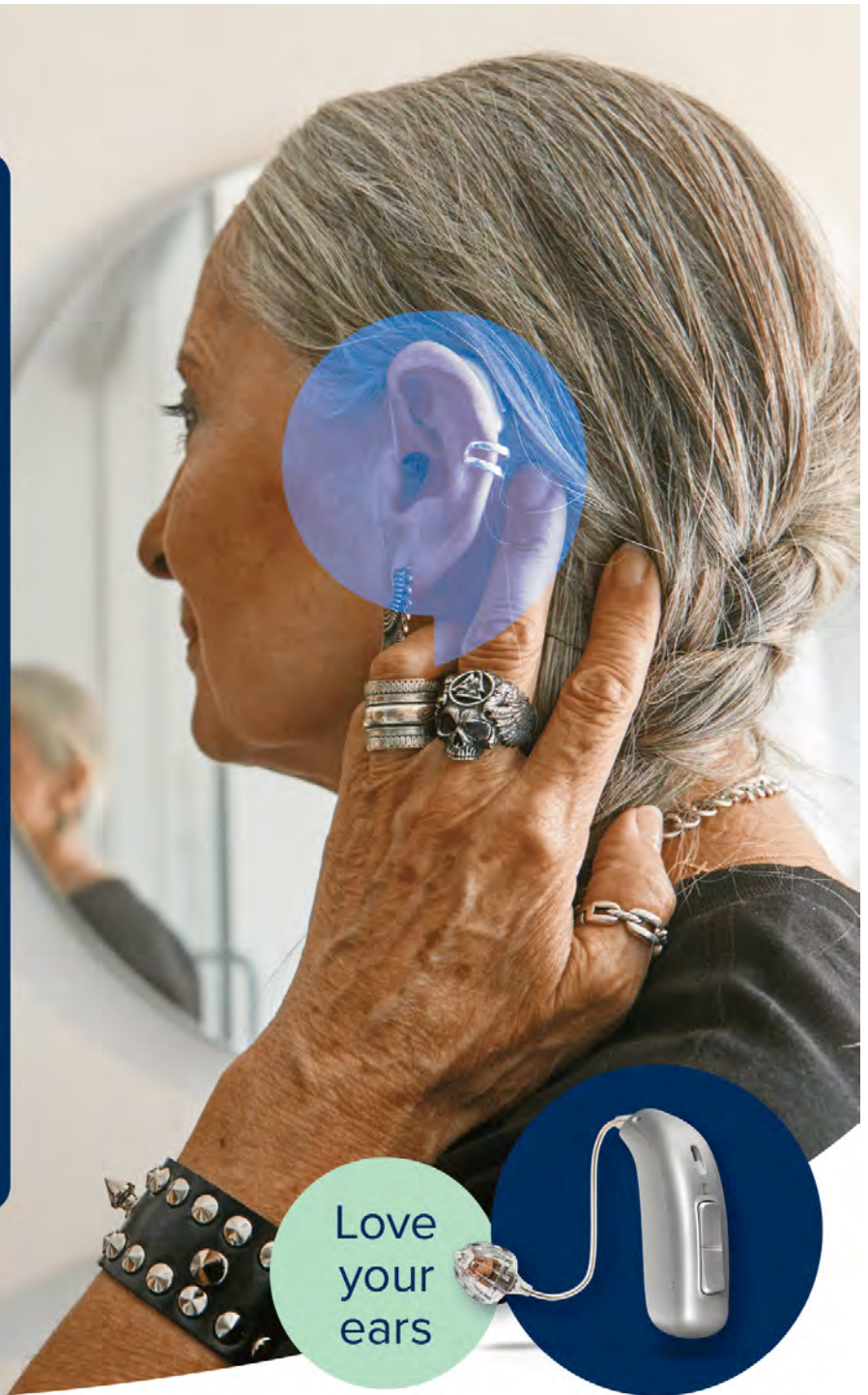
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For more information about the
Older Adult Centres' Association of Ontario
please contact: Sue Hesjedahl, Executive Director
at 905-584-8125 or 1-866-835-7693 or sue@oacao.org
www.oacao.org P.O. Box 65, Caledon East, ON L7C 3L8

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Thank you to all our 2023-2024 Business Partners



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Please note the following deadline for submissions:

2024 Summer Newsletter – June 3, 2024

2024 Fall Newsletter – September 2, 2024

Please send your submissions to admin@oacao.org

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