

Message from OACAO President Wendy Caceres-Speakman

With the Summer season fast approaching, I hope that you have made plans to take some time to relax and enjoy the sunshine.

As always, there has been a lot of activity happening at the OACAO.

I am delighted to welcome the following new Board members:

Eastern Region:

Don Amos, Executive Director, Seniors Association of Kingston Region

Frederique Theoret, Director of Operations at the Centre Charles Emile Claude in Cornwall.

Central Region:

Rob Gaby, Board member at the Aurora Seniors Centre and Optimist Club of Aurora.

Our Grand River and South West Regions still have vacancies for Regional Representatives. If you would like to learn more about this opportunity, please contact Suzanne Teixeira, Past President, or Sue Hesjedahl, Executive Director.

The OACAO has grown exponentially over the past several years. Our membership, partnerships, sponsorships, special projects, Active Living Fairs, research, and the resources we bring to our membership have all increased significantly. This expansion is mainly due to the hard work of our small but mighty staff team, which is led by our amazing Executive Director, Sue Hesjedahl.

In order to keep up with our association's continued growth and, ultimately, increased workload, we will be expanding our staff team to include a full-time Executive Assistant position. The job posting for this position will be available on our website very soon.

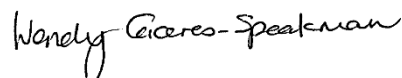
We are thankful to Minister Raymond Cho and the Ministry for Seniors and Accessibility, for their continued support of the OACAO for the work we do to support the Seniors Active Living Centre (SALC) sector. We launched the Seniors Active Living Fairs Call for Applications last week and we look forward to working with our members and SALCs to host over 100 Fairs again this year.

Our conference planning committees are hard at work to ensure that we can offer you another amazing conference this year. Be sure to mark these important events in your calendar, and please plan to attend. We assure you, you won't be disappointed.

Find out more information about the conference on the OACAO website at:

<https://www.oacao.org/events/aging-well-conference/>

Happy Summer Everyone!



Wendy Caceres-Speakman
President

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.



OASSIS

BENEFIT PLANS  FOR NOT-FOR-PROFITS



SUMMER VACATION IS RIGHT AROUND THE CORNER, BUT IT IS NEVER A BAD TIME TO SAVE MONEY FOR YOUR ORGANIZATION!

FOR-PROFIT BROKERS WON'T OFFER A QUOTE FROM OASSIS AS WE DO NOT PAY THEIR FEES AND COMMISSIONS.

YOUR ORGANIZATION WORKS HARD TO ENSURE EVERY PENNY COUNTS. *IT MAKES SENSE TO PARTNER WITH AN ORGANIZATION THAT ONLY SUPPORTS NOT-FOR-PROFITS.* KEEP YOUR RATES STEADY YEAR TO YEAR AND KEEP YOUR HAD EARNED DOLLARS WORKING WITHIN THE SECTOR!

OASSIS IS UNIQUE; WE ARE ONE OF THE ONLY NOT-FOR-PROFIT PROVIDERS IN CANADA, GOVERNED BY LEADERS WITHIN THE SECTOR. OTHERS CLAIM TO BE, BUT HAVE A NETWORK OF BROKERS AND A FOR-PROFIT MINDSET OF BUYING THEIR BUSINESS, OFFERING LOW RATES FOR THE FIRST YEAR ONLY.

CONTACT US TO LEARN MORE AND TO GET A QUOTE FOR A PLAN THAT MIRRORS YOUR CURRENT COVERAGE. WE CAN ALSO CREAT AN AFFORDABLE PLAN FOR YOU!

PLEASE REACH OUT TO CAMERON PONTNG AT 1-888-233-550 EXT. 305 OR CPONTING@OASSISLAN.COM

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RATES**

**NOT-FOR-
PROFIT**

**EXCEPTIONAL
SERVICE**



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Message from the OACAO Executive Director Sue Hesjedahl

Dear OACAO Members, Business Partners and Friends,

I hope this message finds you all well and enjoying the beautiful summer season. As we reflect on the past few months, I am filled with pride and gratitude for the remarkable achievements and dedication shown by our members and partners.

Together, we are building a stronger, more connected network of Seniors Active Living Centres, dedicated to enhancing the health and well-being of older adults throughout our province.

This summer marks a time of renewal and opportunity. In this newsletter, you'll find updates on our recent activities, inspiring stories from our centres, key information from our partners, and highlights of upcoming OACAO events and programs. I encourage you to take time to read through and stay informed about the amazing work being done across the province and to tap into the various opportunities.

We are excited to continue partnering with Honourable Raymond Cho, Minister for Seniors and Accessibility, and the Ministry for Seniors and Accessibility to administer the **2024-25 Seniors Active Living Fairs funding program**. The application portal is now open, with an **Early Bird deadline of July 12th for August and September Fairs, and a final application deadline of July 31st for Fairs to be completed by March 16, 2025**. Don't miss this wonderful opportunity for your centre or club, and your community! <https://www.oacao.org/events/seniors-active-living-fairs/>

The **OACAO 2024 Awards Program nomination process is now open** for an outstanding opportunity to recognize both staff and seniors in your centres and clubs. See page 10 for details on the different award categories and note that award recipients will be honoured at the OACAO Virtual Annual Meeting on Sept. 24th. The **Nomination deadline is September 6th, 2024** at <https://www.oacao.org/programs/awards-program/>

In case you have been considering nominating a senior for the **Ontario Senior Achievement Awards**, the annual **Nomination deadline has been moved to October 1st of each year**. More information is available here: <https://www.ontario.ca/page/honours-and-awards-community#section-2>

The OACAO is proud to celebrate two of our long-time association volunteers. Please join me in recognizing and thanking **Nancy Beddoe and William (Bill) Krever** for their decades of dedication and commitment to the OACAO. Both have served in numerous roles, including President, Past-President, Conference Chair, Committee Chair, and Regional Representative. They are being honoured with **Ontario Volunteer Service Awards**. **Nancy received her 30-year pin** on April 22nd at a ceremony in Burlington, while **Bill will receive his 40-year pin** on July 11th at a ceremony in Richmond Hill. We are so fortunate to have these two incredible community leaders as a part of our OACAO family!



We are pleased to introduce and welcome Erica Rizzi as our 2024 Summer Student. Erica recently graduated from the University of Western Ontario with an honours Bachelor of Science degree in Psychology and is excited to join the OACAO as our Community Development Worker this summer. As in past years, Erica will be working with both the OACAO and the Caledon Seniors Centre to support their programming this summer. (Funding provided by Canada Summer Jobs Program).

2024 OACAO Aging Well Conference: Plans are ramping up for this legendary annual event that gathers together OACAO members and leaders from SALC centres across Ontario. We are securing dynamic keynote speakers, cutting-edge workshop presenters, generous sponsors and trade show exhibitors, and hope that you will join us. Advance Registration is open to OACAO members and partners only now, and the full Early Bird Registration will be available soon. <https://www.oacao.org/events/aging-well-conference/?tab=registration>



...cont'd

Advocacy and Government Relations: The Older Adults Centres Association of Ontario (OACAO) has made significant progress in government relations with the Ontario government in recent months. A major achievement was the creation of a detailed submission in response to the proposed SALC regulation, which highlighted the need to enhance and expand the Seniors Active Living Centres (SALC) program. This submission was positively received by the Ministry for Seniors and Accessibility (MSAA), with the Ministry's receptiveness and commitment to building on the program's success.

OACAO also engaged effectively with various stakeholders, including the Assistant Deputy Minister of MSAA, political staff from the Minister's office, and the Association of Municipalities Ontario (AMO). These engagements facilitated discussions about the SALC program and secured commitments for ongoing collaboration and support. These achievements demonstrate OACAO's effective representation of our sector in Ontario and the strengthening of our governmental relations.

Most recently, we met with the Minister's office to discuss SALC funding. We expressed gratitude for the increased Maintenance and Operating portion of the SALC grant, now at a maximum of \$50,000 per eligible SALC program, while emphasizing the need to have more funds available for the SALC Special Grant. We know that many of our members rely heavily on that portion of the grant to cover the cost of essential upgrades to furniture, and other non-operational costs associated with running a safe and accessible centre. We will continue to advocate for an increase in government investment for the current SALCs, while also celebrating the recent news release noting that the government will open a call for proposals for new SALC programs later this summer. This second SALC expansion in recent years has been welcomed news and has been part of the OACAO's advocacy campaign for several years.

By maintaining our close connections with the government and closely monitoring the impact of the new SALC regulation and budget allocations, OACAO ensures their advocacy remains dynamic and responsive to the emerging needs of the SALC sector.

Have a great summer!



Sue Hesjedahl
Executive Director



OACAO Members 2024-2025 Membership Renewal



We hope all of you are having a great start to your summer season! 😊 Thank you to all of you who have renewed your OACAO Membership for the 2024-2025 year. If you have not yet renewed your membership, please find your invoice enclosed and if you could please contact us as soon as possible it would be greatly appreciated.

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 OACAO Wild

Apricot System and follow the suggested actions on your profile screen. If you do not remember your password you can reset it at: <https://oacao.wildapricot.org/Sys/ResetPasswordRequest> but, again, remember to update your centre's information you must always use the email address of the contact person listed in the system under your organization. If you have any questions or concerns about OACAO 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 Center

3 Roy St, PO Box 186, Emo, ON P0W 1E0

Phone: 807-271-0663

Township of West Lincoln

318 Canborough Street, Smithville, ON, L0R 2A0

Phone: 905-957-6726 • <https://www.westlincoln.ca/en/index.aspx>

East Gwillimbury 55 'n Up Club

1914B Mt. Albert Side Road, Sharon, ON, L0G 1V0

Phone: 905-478-4283

Kingsville Community Centre

1860 Division Rd. N., Kingsville, ON, N0P 2G0

Phone: 226-773-5830 • <https://www.kingsvillecentre.com/>

Canton D'Alfred et Plantagenet

PO BOX 350, 205 Old Highway 7, Plantagenet, ON, K0B 1L0

Phone: 613-673-4797 • <https://www.alfred-plantagenet.com/>

Kenora District New Horizon's Seniors Centre

18 Mike Richards Way, Kenora, ON, P9N 1L2

Phone: 807-468-8221 • <https://newhorizonscentre.ca/>

Mapleridge Recreation Centre

1085 Brealey Drive, Peterborough, ON, K9K 0C1

Phone: 705-742-1481 • <https://www.mapleridgerecreationcentre.com/>

Welcome to our new Gold Business Partner



SENIOR WOMEN LIVING TOGETHER

Senior Women Living Together is a non-profit organization that helps single, senior women in Ontario find compatible homemates to live together in rental housing.

Once senior women are living together and sharing expenses, their costs for housing drop considerably. As well, they are no longer socially isolated or at risk of loneliness. Shared living has been proven to foster a sense of general well-being and can prevent or delay the onset of functional decline, dementia and depression.

Our online service provides a learning experience, tools and guidance to find compatible homemates and opportunities to create friendships with potential homemates.

We believe that affordable, safe and secure housing is a human right. So, we also help arrange affordable rentals through partnering with private landlords, a real estate investor and non-profit housing organizations. www.swlt.ca

MAKE SURE TO FOLLOW THE OACAO ON SOCIAL MEDIA



@oacao



@TheOACAO



Opportunity to Join the OACAO Board of Directors

Calling all Grand River and South West 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 3 Regional Representative openings and we would like to hear from you! See below for the listing of current OACAO Board of Director vacancies:

* **Grand River Region Staff and Senior Rep**

* **South West Staff Rep**

We welcome new recruits and would be happy to answer questions. We have a position description that we can share and discuss with you. Please reach out if you are interested in learning more. The commitment is minimal, and training is provided. Join this dynamic group of community leaders! Contact Suzanne Teixeira, OACAO's Past President at 416-245-4395 or suzanne@ywalc.ca.

Thanks for your Support!



The OACAO would like to thank the following people for their kind donations: an Anonymous donor, Grant and Sheila McLaughlin and Sue Hesjedahl.

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	Thursday, August 15th at 1-2 pm (Virtual)
Eastern	Frédérique Théorêt	ftheoret@cceccornwall.com	Thursday, September 19 at 10:30 am at the Abbotsford Seniors Centre at The Glebe Centre (In-person)
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	TBD (Virtual)
Grand River	Sarah Feeney-Martin	L2W@oacao.org	Thursday, August 29th at 1:00 pm (Virtual)
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, July 9th at 9:30 am (Virtual)
Northern Regions	John Richer	john.richer@greatersudbury.ca	Monday, September 9th at 1:00 pm (Virtual)
South West	Martha MackIntosh	mackintoshmartha@gmail.com	September TBD (In-person)

A full list of the OACAO Board of Directors including Regional Representatives is available near the end of the newsletter.



SAVE THE DATE:

OACAO 2024 ANNUAL MEETING OF MEMBERS

Older Adult Centres' Association of Ontario (OACAO)

will be held on:

Tuesday, September 24th, 2024, at the hour of 12:00 pm (EST)

Virtual Meeting (over zoom)

Registration Deadline is September 23rd, 2024

Registration details will follow

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

June is Seniors Month

Working for Seniors

Information for Seniors in Ontario

The [Ministry for Seniors and Accessibility](#) works with community organizations to offer supports and services to help seniors stay active, safe and socially connected. Seniors and their families can find the information they need to connect to government services and community supports through a convenient new website at ontario.ca/Seniors.

Seniors Community Grants

This program funds local not-for-profit community groups and organizations to deliver projects, supports and resources for seniors that provide opportunities for greater social inclusion, volunteerism and community engagement. Find information about the [program online](#).

Seniors Active Living Fairs

Seniors can find information about government programs and services, as well as information about healthy aging and active lifestyles to keep them active and engaged. Learn more about [seniors fairs in your community](#).

Seniors Active Living Centre programs

Seniors Active Living Centre programs help local seniors stay active, become more involved in their community, and meet new friends in person or online. These programs include:

- unique social activities
- learning and educational opportunities
- recreational programming
- the Seniors Centre Without Walls virtual program
- online video sessions.

There are 316 programs across the province serving seniors annually.

The government is supporting the development of new programs in 2024-2025, so more seniors across the province get the services that meet their needs close to home.

To find a Seniors Active Living Centre program, please:

- visit the [Seniors Active Living Centre locator map](#)
- contact your municipality
- call 2-1-1.

Ministry for Seniors and Accessibility
ontario.ca/SeniorsMonth

Ontario 

June is Seniors Month

Working for Seniors

Age-friendly communities

Age-Friendly Communities are inclusive, accessible environments with programs and services that help seniors stay connected. These communities can include improved transit and housing, as well as opportunities for civic and social participation.

Learn more at ontario.ca/AgeFriendly.

Health 811

Health 811 is a free, secure and confidential service Ontarians can call or access online 24 hours a day, 7 days a week to receive health advice from qualified health professionals, such as a registered nurse, locate local health services and find trusted health information.

This service is available in both English and French, with translation support offered in other languages.

- Call: 811
- Toll-free TTY: 1-866-797-0007
- Chat live online
- Visit ontario.ca/Health811

Seniors Safety Line

Seniors Safety Line is a 24/7, confidential and free resource. It provides counselling, information, safety planning and referrals in 240 languages for seniors in Ontario who are experiencing, or are at risk of, any type of abuse or neglect.

Call Toll-free: 1-866-299-1011 or
TTY: 1-866-299-0008.

More information

Learn more about:

- Seniors Month at ontario.ca/SeniorsMonth.
- ministry programs and services at ontario.ca/Seniors.
- resources for seniors with the updated [Guide to Programs and Services for Seniors in Ontario](#).
- other programs and services available in your area at: 211ontario.ca.
- Seniors' INFOLine
Call: 416-326-7076
Toll-free: 1-888-910-1999
TTY: 1-800-387-5559

Follow us on social  [@SeniorsON](#)  [@SeniorsOntario](#)  [@Seniors and Accessibility](#)

Ministry for Seniors and Accessibility
ontario.ca/SeniorsMonth

Ontario 

NEED A FUN AND REWARDING ADDITION TO YOUR SUMMER PLANS?

We Have Just the Thing! Volunteering!

When July hits, there's an undeniable new feeling in the air, and it's not just the heat: it's summer vacation for the kids! They're out of school and free for two whole months as they enjoy a welcome break from school.

For many parents however, this time also comes with the question of how to keep them entertained and engaged, so the chorus of "I'm boooored" is delayed as long as possible! What's the answer for many? Summer camp!

Day camps of all sorts are offered throughout the summer, usually for a week at a time, where kids can have fun, try out a new hobby, learn a new skill, meet friends, and (gasp) maybe even learn something! Camps provide a great solution for parents as well, so they can continue with their regular work hours knowing their kids are safe and enjoying themselves.

Often staffed by counsellors who are post-secondary students, camps are always in need of additional help and expertise. Whether it's helping effectively manage children in group settings, or assisting campers with activities like science experiments, building towers, facilitating an outdoor scavenger hunt and much more, depending on the camp. The support of experienced older adult volunteers is always welcomed and deeply valued by these often not-for-profit camps - and that's where you could come in!

If you're looking for something to add a little sparkle to your summer, volunteering at a summer camp could be just the ticket. Not only is it an opportunity to share your knowledge with the next generation (2 generations in fact - both the children as well as the camp counsellors!), but the energy of the campers is contagious! Seeing the light bulb come on when a camper figures out a solution to a problem, hearing how they engage with each other (kids sure can be hilarious!) and generally being a part of their fun - well, it's hard to leave with anything but a huge smile on your face.

If you're interested in exploring summer camp volunteering opportunities, Canada Summer Camp Jobs (www.canadasummerjobs.ca) is a website that connects interested volunteers with summer camps across the countries. Opportunities exist for teacher volunteers (those who are currently or have past teaching experience of any sort), and community volunteers.

Take a look and see what's available in your area and start your summer camp volunteering journey today!



Nonprofit organizations must comply with ONCA by October 19, 2024.

The Ontario Not-for-Profit Corporations Act (ONCA) was proclaimed on October 19, 2021. To learn more about what you might need to change, visit [Nonprofit Law Ontario](https://nonprofitlaw.cleo.on.ca/transition-to-onca/) at <https://nonprofitlaw.cleo.on.ca/transition-to-onca/> or visit the Ontario Non-Profit Network (ONN) website: <https://theonnn.ca/topics/policy-agenda/regulation/ontario-not-for-profit-corporations-act-onca/>

Another important link for ONCA compliance is the new online [Ontario Business Registry](https://www.ontario.ca/page/ontario-business-registry) (OBR) (<https://www.ontario.ca/page/ontario-business-registry>) that allows many different filings to be done online.

Check out a series of short ONCA-related videos featuring Benjamin Miller, staff lawyer and policy advisor at ONN: <https://youtu.be/hfvq6n5NQks?list=PL92bafAgRzIK0Wo-dbLKpbFcMO89ISev7>

OACAO 2024 Awards Program



The OACAO is thrilled to announce that nominations for its prestigious awards program are now open! This is an exceptional opportunity to honour and celebrate those extraordinary senior volunteers or dedicated staff members who consistently exceed expectations and embody the spirit of excellence.

Nomination submission has never been easier! Our online platform provides a seamless and user-friendly experience, ensuring that your deserving candidate receives the recognition they deserve.

Mark your calendars! The **deadline for submissions is September 6, 2024**. Don't miss out on the chance to shine a spotlight on those who make a remarkable difference in our community.

The awards are divided into the following categories.

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

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

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

Community Spirit Award

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

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

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

Regional Award of Excellence

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

Award of Distinction

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

Lifetime Supporter Award

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

Nominations are now being accepted for the 2024 OACAO Awards Program. Any person from a current OACAO member organization can submit a nomination. The submission deadline is Friday, September 6, 2024.

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

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

The Selection Committee reserves the right to move a nomination to a more appropriate category if necessary.

Recipient(s) will be chosen for each category. All decisions made by the Selection Committee are final. The successful nominees will be honoured at the OACAO 2023 virtual Annual Meeting on Tuesday, Sept. 24th, at 12:00 p.m. Questions can be directed to Awards Committee at info@oacao.org

Deadline for nominations is FRIDAY, SEPTEMBER 6, 2024: <http://www.oacao.org/programs/awards-program/>

CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT



**THURS
JULY 25TH**



**10AM- 11AM
EDT**

PENSIONS AND BENEFITS FOR SENIORS

PRESENTER: SONI BAUNTHIYAL
SERVICE CANADA



**WED
AUG 7TH**



**10AM- 11AM
EDT**

FRAUDS AND SCAMS

PRESENTER: CHRIS ALLUM
ONTARIO SECURITIES COMMISSION



**WED
AUG 21ST**



**1PM- 2PM
EDT**

SCIENTIFIC INSIGHTS FOR HEALTHY AGING

PRESENTER: DR. SHILPI GUPTA
CURIOUS AND CREATIVE LAB

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

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



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KNOWLEDGE



SKILLS



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SUPPORT



DEVELOPMENT



THURS
SEPT 12TH

**UNLOCKING OPPORTUNITIES: GRANTS AND
FUNDING FOR AGE-FRIENDLY COMMUNITIES**



1PM- 1PM
EDT

PRESENTER: RAZA MIRZA, PH.D.
HELPPAGE CANADA



WED
SEPT 18TH

**WHY WE SHOULD PAY ATTENTION TO
SHARED-LIVING**



1PM- 2PM
EDT

PRESENTER: PAT DUNN
SENIOR WOMEN LIVING TOGETHER

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



2024-2025

SENIORS ACTIVE LIVING FAIR FUNDING PROGRAM

**Early Bird Deadline:
Friday, July 12, 2024
at 5:00 pm EDT
(for Aug & Sept Fairs)**

**Application
Deadline:
Wed., July 31, 2024
at 5:00 pm EDT
(Fairs must be held by
March 16, 2025)**

**Questions?
Contact
info@oacao.org or
1-866-835-7693**

3 Types of Funding Available:

In-Person Single-Site Fair Funding

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

In-Person Multi-Site Fair Funding

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

Virtual Fair Funding

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

To be eligible for funding, your organization must:

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

Application and Guidelines available at:

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

Subject to confirmation of funding amount received by OACAO from Government of Ontario

Funding provided by:



Calling all champions! Join us to Collaborate, Innovate, Advocate at the OACAO Aging Well Conference 2024!

Are you ready to shape the future of Senior Active Living Centres (SALCs) and the community-based senior services sector? Join us at the OACAO Aging Well Conference, returning to the Hilton Mississauga Meadowvale on October 28th and 29th, 2024! This dynamic event brings together passionate individuals like you to collaborate, innovate, and advocate for a brighter, more engaged future for our older adult population.

Our conference committees are working hard to plan an exciting selection of learning opportunities, networking, and fun. Here is what awaits you:

- ✓ **Pre-Conference Power-Ups:** Get a head start with optional pre-conference Learning Sessions tailored to French participants, with French Language presentations; and the transformative Links2Wellbeing Program, with Social Prescribing focused presentations. Both will have great networking opportunities as well!
- ✓ **Inspiring Keynotes:** Gather groundbreaking ideas from inspirational speakers.
- ✓ **Actionable Workshop sessions:** Dive deep into specific topics with a wide range of engaging breakout sessions covering the latest trends and best practices. Explore topics like *diversity and inclusion, leadership, older adult health and wellness, sustainability, innovative program ideas* and much more!
- ✓ **Connect with Industry Leaders:** On Monday, explore the **Trade Show** where you can engage with a wide variety of exhibitors and service providers from the older adult sector. Find innovative solutions and forge valuable partnerships to enhance your work.
- ✓ **Network & Share:** Build powerful connections with fellow advocates and innovators from across Ontario and learn from each other's experience.
- ✓ **Unforgettable Entertainment:** Don't miss the legendary Monday banquet featuring an amazing meal followed by the electrifying Fiddlestix band! Hint, hint: there might be an opportunity to 'dress up' to win a prize!
- ✓ **Tuesday Plenary Sessions:** Settle in for a day of group learning with our energetic and engaging speakers that will inspire our delegation, including topics on *artificial intelligence*. *Don't forget your notepad* as you follow our amazing Lighting talks, then leave inspired by our closing keynote.

Don't miss the chance to take part! It is impossible to leave this conference without feeling energized and ready to forge new ground at your SALC.

Advanced Registration for members and partners only is available now!

<https://oacao.wildapricot.org/event-5750505>

Early Bird Registration for all is coming soon.

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



Secure your spot at the best rates & get started by booking your Room at the

HILTON MISSISSAUGA/MEADOWVALE: <https://book.passkey.com/go/OACAO2024>

Check out our website <http://www.oacao.org/events/aging-well-conference/> and

follow our social media pages, Facebook (@oacao) and Twitter (@TheOACAO), for up-to-the-minute updates!

For more information, please contact Sue Hesjedahl at sue@oacao.org or Sarah Feeney-Martin at L2W@oacao.org

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, July 9, 2024 from 10:00am — 11:15am EDT
Canva - Making videos with Canva

Tuesday, August 13, 2024 from 10:00am — 11:15am EDT
Introduction to Technology Resource Centre

Tuesday, September, 10, 2024 from 10:00am — 11:15am EDT
Brain / Cognition / Coordination exercises with
computer Apps and Games for seniors

**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

Links2Wellbeing Summer 2024 Update – submitted by Dena Silverberg

Thank you to all our current SALC and referral partners! We are thrilled to share that our anonymous donor has funded Phase 2 of our project for four more years! Phase 2 began in Spring 2024. We are currently working hard to plan for four 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.

Outcomes from Links2Wellbeing from the past 3 years! We crushed it!

The outcomes of L2W demonstrated the impact of social prescribing on clients, SALCs and healthcare providers. With 1500+ referrals, participating older adults come from a variety of circumstances, 58% reported living alone, 39% had a physical disability, 12% were living with a cognitive impairment, 12% were settled immigrants, and 8% were caregivers. Older adults were referred primarily because of social isolation (54%), loneliness (43%) and mild depression (25%).

Older adults and health and seniors-serving sectors experienced tangible benefits. After participating in SALC programs, clients reported reduced feelings of loneliness (52% at 6 months and 62% at 12 months), and approximately 40% reported improved connections to community as well as better physical and mental health. L2W also positively impacted healthcare providers with many reporting an increase in job satisfaction and gratitude for having another 'tool' available to offer patients.

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 is 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, July 17th at 12 noon, or 1-1 training at your convenience! We are also hosting our next L2W Social Prescribing Conversation Café on Monday, July 22nd, 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!



NATURE-BASED PROGRAMS

TO ENHANCE THE QUALITY OF LIFE OF OLDER ADULTS



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

Just in time for summer, we are pleased to share another update about our nature-based demonstration projects. Those of you following our journey will recall that the OACAO received a year-long grant from the Levante Foundation to support 10 nature-based demonstration projects in SALCs and member centres across Ontario. The micro-grants are enabling these 10 centres to introduce new and/or to revitalize existing outdoor programs for their members.

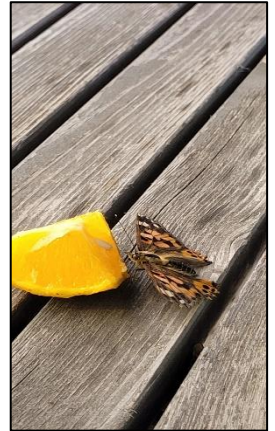
The 10 projects have staggered start and end dates. New projects have either started or are now launching since our last update in the spring newsletter. The Glebe Centre, Abbotsford House (Ottawa) has had a successful beginning to their **Butterfly Release and Nature Walks**. Older adults have been enjoying nature, socializing with one another and butterflies that were ready (out of their chrysalis) were released.

Meanwhile, in the City of Cambridge, **Forest Walks of Discovery** have begun with weekly walks scheduled for June and bi-weekly walks planned for July and August. The program, which has a waitlist for the first two walks, is led by an instructor. The idea for the walks emerged from the Japanese practice of 'forest bathing', taking in, with all of your senses, the forest environment. Walkers have the option of using poles to increase the physical benefits of walking; this involves applying force with one's stride to increase gait speed and intensity.

Seasons in the Garden, at the Active Adult Centre in Mississauga, has visits planned to various gardens over a 6-month period. An educational component offers an opportunity to increase one's knowledge of plants, experience a greater appreciation of nature and encourage participants to grow their own flowers and vegetables. An instructor incorporates urban pole walking, stretches and/or yoga into the program. The first event found participants planting tomato seeds and the second program was a guided walk of the Humber Arboretum to learn more about trees, plants and animals in the ravines and rivers.

You will hear about the remaining projects in the fall! We couldn't be more excited and thank all 10 participating centres. Beyond the 10 demonstration projects, we would love to hear from all OACAO member centres about nature based programs you have planned for the summer.

Please share your plans with either Sue Hesjedahl at sue@oacao.org or Pat Spadafora at pat@kaleidoscopeconsulting.net.



OACAO Welcomes Donna St. Martin

Connecting Nipissing Seniors

Local Champion Joins the Team

The Older Adult Centres' Association of Ontario (OACAO) is thrilled to welcome Donna St. Martin to the team! Donna joins us part-time as our Project Associate in the Nipissing Region, thanks to a Collaborative Partner grant through Canadore College's Village Collective Impact Project with funding support from the Government of Canada's New Horizons for Seniors Program. This Village project is in its final year, serving over 9,800 seniors and demonstrates the power of collaboration in supporting older adults.

A long-time resident of the Nipissing Region, Donna arrived in North Bay at the age of 11 and called it home until 2006 before settling in Corbeil. Her deep understanding of the community is matched by her impressive career - a journey that spanned IT, education, community health, and culminated in running her own successful business for the past decade. Donna's passion for seniors is evident in her involvement with a SALC-funded Seniors club in Corbeil, where she actively participates and champions the positive impact these clubs have on members' lives.

Making a Difference in the Nipissing Region:

Since joining the OACAO team in January, Donna has ensured our project is successful by supporting several key initiatives:

- **Connecting Over 230 Seniors:** Working in partnership with senior leadership volunteers and staff, Donna role in connecting over 230 seniors at Seniors Active Living Fairs held in Kearney and North Bay this March.
- **Launching "Links2Wellbeing":** Donna played a key role in launching "Links2Wellbeing: Social Prescribing for Older Adults." This program connects seniors with social activities at local clubs through referrals by healthcare professionals.
- **Promoting Social Connection and Improved Health:** The anticipated outcome? Increased social engagement for seniors, leading to improved overall well-being. Partnering with local North Bay clubs has already yielded positive results, with a noticeable rise in social participation. Donna is also actively tackling inclusion challenges by addressing technology and transportation barriers.

Looking Forward: A Brighter Future for Nipissing Seniors

We're excited about the future! Donna is exploring the development of a "Seniors Centre Without Walls" program specifically designed for rural areas. We expect to share further details by October.

A Shared Success: Thank You!

A huge thank you to the OACAO and our grant partners for making this initiative possible. Donna is proud to be part of this team, and we look forward to sharing more success stories as we continue to support seniors in the Nipissing Region!





WORLD
HEART
FEDERATION

INFLUENZA VACCINATION CAN HELP PREVENT HEART ATTACKS

Influenza
Increases the risk of
heart attack up to

10X

Greater risk of heart attacks
within the week following an
influenza infection¹

Vaccination
Can reduce the risk
of heart attacks up to

45%²

15-45%

This appears to have a range of effectiveness
similar to that of traditional cardiovascular
secondary interventions, such as:



High cholesterol
medication

Risk reduction up to

30%

19-30%



High blood pressure
medication

Risk reduction up to

25%

17-25%



Smoking
cessation

Risk reduction up to

43%

32-43%

¹ Kwong et al., 2018. NEJM ; Warren-Gash C, et al. Eur Respir J. 2018-51.

² Macintyre et al., 2016. Heart

This campaign has been made possible by a grant from Sanofi Pasteur
and the International Federation of Pharmaceutical Manufacturers and
Associations (IFPMA).

HELP RURAL SENIORS BEAT **LONELINESS** & CREATE NEW FRIENDSHIPS

LAUNCH YOUR OWN FREE PHONE-BASED PROGRAM

WHAT SENIORS ARE SAYING...

*"I look forward to the call each week. I **live in a remote area that doesn't even have a restaurant anymore.** The hour is filled with laughs. It is nice to talk to people and hear others on the phone. You know you're not alone or the only one in that situation. Thank you from the bottom of my heart."*

*"I always feel better after the calls. Lots of laughter! The program is a great benefit for those who are isolated, **especially those living in the country.**"*



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



SENIORS' CENTRE WITHOUT WALLS
PARTNERSHIP PROGRAM

MON CENTRE À DISTANCE
PROGRAMME DE PARTENARIAT

Newsletter Contributions from our Members

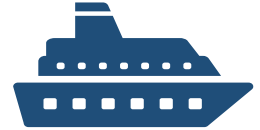


ACTIVE ADULT CENTRE MISSISSAUGA

Submitted by: Laura Surman

TRAVEL

The members of the Active Adult Centre are travelling again! In the past, our group has travelled to 14 different countries, including China, Vietnam, Thailand, Russia, France and a fabulous Danube River cruise. After a break for Covid, we have ventured into the world again with Tripoppo (formerly Nexus Holidays). Last year, our group visited the marvels of Egypt and Jordan, enjoying the pyramids, temples, a Nile cruise, the magic of Petra and a dip in the Dead Sea.



In May this year, a group of 33 headed off to Amsterdam for a Rhine River cruise. We started the trip with a visit to Keukenhof Gardens to see the tulips, then boarded the MS Crucevita for a 7 day cruise. As we traveled up the Rhine, we visited Cologne with its magnificent cathedral, saw three stones from the Berlin Wall in Koblenz, toured Heidelberg Castle, and saw the stork nests in Strasberg. We passed many castles in the Rhine Gorge while enjoying a beer or glass of wine on the top deck. Our city guides were wonderful, sharing stories of Roman beginnings, Medieval settlements, the effects of the wars on the local people. Several of us visited a fabulous Botanical Garden in Basel after the city tour, then the group was bussed to Lucerne. A highlight for me was taking a boat, then a cog wheel train to the top of Mount Rigi to view the Alps from 1700 m (5896').

I would encourage seniors to take this trip, as it is suitable for many abilities. We broke our city tours into a slow group and a fast group, so folks with walkers were not pushed to go fast, and the fast group was able to move at a comfortable pace for them. The food on board was tasty, with lots of choices, including gluten and dairy free, and the service was excellent.

I hope I have encouraged folks to venture back out into the world and discover the joys of river cruises!



AURORA SENIORS CENTRE

Submitted by: Brandie Yorg, Program Lead

AURORA SENIORS WALK ACROSS EUROPE!

We were excited to hold our 3rd annual Walking Challenge which started May 4 and wrapped up May 31. What an amazing success it was this year, with a grant from New Horizons we were able to give away free water bottles along with the printed walking challenge package. Prior to the start date we held a seminar telling everyone how the challenge works, it was a full house.



We are thrilled to report we had 85 participants submit their log sheets weekly. They could submit steps, time or distance. As a group we traveled a total of 10,853 kilometers. Every Step Counts!

BOWMANVILLE OLDER ADULT CENTRE

Submitted by: Denise Allen, Executive Director



Belly Dancing



Merengue & Salsa

Bowmanville Older Adult Association (BOAA) has introduced two exciting new dancing programs this spring that our older adults are absolutely loving – **Belly Dancing** as well as **Salsa and Merengue for Couples**. Belly dancing, one of the oldest forms of dance, offers a myriad of benefits. It promotes balance, strength, digestion, coordination, and confidence, all while being a fun and highly expressive dance form. Our belly dancing group has been enjoying themselves immensely while also keeping healthy and fit. In just a few short weeks, they've transformed from shy to confident dancers.

New this spring is our Salsa & Merengue Dancing for Couples. Salsa, known for its hip movements and rhythmic footwork, is a lively and engaging dance to watch. Our older adults have been embracing this challenge, staying fit while having a blast on the dance floor. The merengue, a couple's dance originating from the Dominican Republic and Haiti, combines elements from various Latin American dances. Originally a rural folk dance and later adapted into a ballroom dance, the merengue provides a cardio workout that gets your heart pumping fast before allowing it to slow down. It's the perfect alternative for those who aren't fond of traditional gym workouts.

At BOAA, we prioritize dancing as a means to stay fit, have fun, express oneself through movement, and enjoy the social aspects of physical activity. With our diverse range of dance programs, we ensure that our members can find something they love while reaping the numerous health benefits of dancing.



VOLUNTEER APPRECIATION LUNCH!

The Caledon Seniors Centre celebrated our valued volunteers at our coveted Volunteer Appreciation Lunch on April 18th. Our country hoedown theme was enjoyed by all! It included themed food, decorations, line dancing and musical entertainment. We partner with the Palgrave Rotary Club to help serve and clean up so our volunteers can enjoy the day. In return, we make the sandwiches that they serve at their Wines of the World event. It is an event that our volunteers look forward to each year!

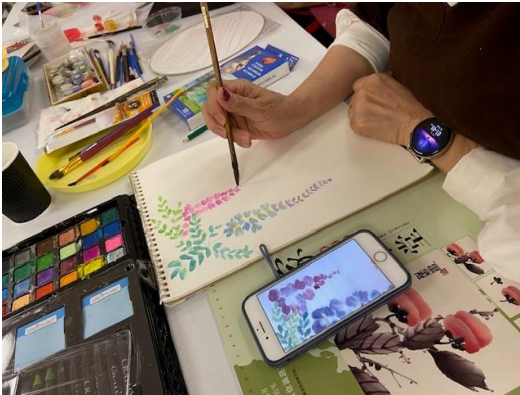




CENTRAL EGLINTON COMMUNITY CENTRE

Submitted by: Amanda Young, Program Manager

It's been a crafty month here at CECC's 50+ Program. Our seniors were busy exercising their creative skills with Embroidery, Watercolour Painting and Plant Pot Designing. These were quiet moments, with pockets of socializing. These activities brought a sense of accomplishment to all, especially those who weren't necessarily art enthusiasts.



Our seniors pose after an intense, but fun session of the world fastest growing sport...Pickleball.



Sonia, Malyori and Freddie are happily waiting for their delicious lunch at La Bella Managua, a local Nicaraguan restaurant in Toronto. This was our second time visiting the restaurant.





EGANVILLE SENIORS

Submitted by: Trudy Kerr, Transportation & Special Events Coordinator

Connecting Green Communities, Another Steppingstone:

We are excited to announce the launch of the Connecting Green Communities project. This is a community walkway project that is underway, where we are changing a vacant, grassy area next to our Centre shared with Fairfield's Retirement home into an accessible walkway for the community to our Echo Centre. This area will not only include the walkway but raised garden beds and benches.

Currently we have installed outdoor exercise equipment and a lending hub where members of the Centre can borrow E-bikes, Pickleball, Snowshoes, Walking Poles, Kick sleds and Giant Jenga. We have called this project "Connecting Communities" Hub. This project was funded through Tree Canada and sponsored by LCBO and Home Depot, with community partners from Fairfield's, local schools, Algonquins of Pikwakanagan and the Eganville Horticultural Society.

With funding from Tree Canada, we added 12 apple, cherry and pear trees to our fruit orchard. On May 6th we had a tree planting day to get all 12 trees in the ground. We were joined by a representative from Tree Canada, Home Depot Pembroke, LCBO employees from various locations, a representative from Algonquins of Pikwakanagan, The Eganville Horticultural Society and students from grades 5/6 at our neighbouring school all lead by Cam Sauve, a volunteer at the Echo Centre. What a deep sense of community, with all ages and abilities as part of this process.

This green space gives the opportunity for people of all ages and abilities to remain active and enjoy the fresh fruit. As we are a rural community, many of the residents are former farmers or gardeners who will enjoy checking these trees and consuming the fruit. It is our hope that these fruit trees give learning opportunities to schools and residents alike as well as being used for consumption. The fruit will also be used in the cooking programs we offer to our members.

Some of the exciting things still to happen include the construction of the walkway, permanent placement of the benches, and signs naming each tree. The signs will not only be in English and French but also in Algonquin language to represent and respect the unceded land and language of the Algonquins of Pikwakanagan. The signs will also have the name, variety and best use of the fruit the tree grows.

The Echo Centre is committed to providing inclusive and accessible areas that meet the needs and interests of all members of our communities. We look forward to our current and new members joining us to live, learn and socialize at the Connecting Communities Hub.



Kayla Menkhorst, Executive Directive Echo Centre
and Cam Sauve, Volunteer





Elder Abuse Prevention Ontario



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

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

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

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



WORLD ELDER ABUSE AWARENESS DAY
Age With Attitude

2024 National Virtual Event

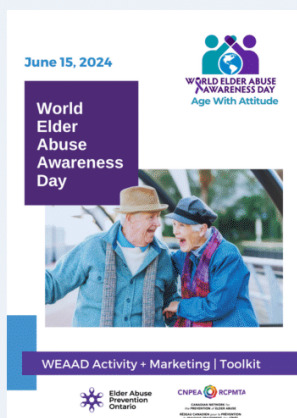
June 12, 2024

12:30 - 2:00 pm EST

[View the Recording](#)

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

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



EAPO and CNPEA have created a **WEAAD Toolkit** of resources and materials to support you in planning events, designing educational and promotional materials for awareness activities, promote your WEAAD events using **WEAAD logos**, or simply supporting this year's campaign, "Age With Attitude" using the Social Media Templates and hashtag **#WEAAD2024**.

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

#WEAAD2024

www.eapon.ca/weaad

#AgeWithAttitude



ELDER HELP PEEL
ELDERS WORKING TOGETHER



Elder Help Peel, a distinguished Canadian non-profit, has been dedicated to enhancing the lives of seniors aged 55+ in Peel Region for a remarkable 25 years. Our commitment to diversity, inclusion, and compassion is unwavering, as we continuously strive to provide a wide array of social programs and services aimed at fostering an active, healthy, and interconnected community. With great pride, we mark our 25th anniversary, offering invaluable resources, education, and essential support services as a registered charity. Through our community-driven initiatives, supported by dedicated volunteers and a determined board, we cultivate an enriching and welcoming environment for all. For further details, please visit www.elderhelppeel.org.



1

SENIOR SERVICES

2

THE FRIENDLY VISITOR PROGRAM

3

GRATITUDE FOR VOLUNTEERS



ACTIVE LIVING

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



COMMUNITY SUPPORT

Our team of Volunteers, are available to assist as support personnel during exercise and gaming activities



GAMES DAY

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

📞 905-457-6055

🌐 www.elderhelppeel.org

✉️ info@elderhelp.net



Abbotsford House in Ottawa

Nature Based Programs

Kirsten O'Brien, Program Facilitator

Karen Anne Blakely, Director of Community Programs

During the spring and summer of 2024, we are focusing on adding nature-based programming for older adults. We were successful in acquiring \$1000 for nature-based programming from the Older Adults Centres of Ontario Association. Caterpillars arrived by courier and we cared for them as they morphed into butterflies. Since it was early spring when the butterflies were ready, we wanted to make certain the butterflies had flowers and plants to eat and enjoy once the butterflies were released.

We began by discussing some of the activities participants wanted to do in the nature-based programs both for on-going programs and special events; some of the suggestions were to grow vegetables as well as some flowers for our garden area. New 'baby' plants will be cared for by the participants. We started with vegetable seeds and then we jumped in with full enthusiasm!

To prepare the garden area for some nature-based programs, we planted tomato seeds. Participants filled pots with soil, and then carefully added one or two seeds to each pot, watering and crossing our fingers for luck. Many seeds germinated and we will plant the seedlings in the garden area when there is no chance for frost.

The following week, we decided to decorate clay pots for some early blooming flowers that will be enjoyed all summer. The participants selected their pots, and we painted with faces on the pots, added a bead for a nose, painted lips and added sunglasses and a bandana. We had so much fun with this project. One creative woman named her pot, she said... "meet Cecilia".

On May 17th, the weather was splendid when five older adults went to a local park near Dow's Lake to enjoy nature and colourful tulips. They were transported in the Glebe Centre van to the park filled with green grassy areas, many flower beds and a beautiful view of the water where ducks and geese were swimming. The women roamed the park admiring the tulips and enjoyed refreshments. Many more nature-based programs will be occurring throughout the summer.



Friends Are Waiting for You at Hillsview

"Joining Hillsview changed my life! I have made so many new friends, learned new things through the many programs offered. I enjoy the fitness programs, cooking classes, crafts, ladies' breakfasts and so much more. I have a social life again!" New Member

"This safe, non-judgmental, welcoming, and caring environment for me is an absolute gift to my personal existence and has helped my mental health more than I could have ever dreamed." Donna L, social prescribing member



The Hillsview Active Living 50+ Senior Centres, through the Town of Halton Hills, have been in operation since 1995, promoting active, social, educational, recreational, and cultural activities to its membership and seniors in our communities. These activities and events are geared to ages 50+ with a mission to engage and enhance physical, mental, social and emotional well-being through inclusive programs, events and services. Our vision is to provide excellent experiences for every person, every day, and we have two branches located in Acton and Georgetown.

A challenge all seniors centre are noticing within their communities, especially in the last few years, is how to reach those faced with isolation and loneliness. At Hillsview, with the support of our community partners and thanks to the Links2Wellbeing grant through the OACAO, we are making headway and seeing the difference social prescribing can make. Since 2023, twenty-nine isolated seniors became members, and two have even decided to become volunteers. We also secured two grants to support the Links2Wellbeing initiatives; Seniors Centres Without Walls micro grant for on-line and telephone programming and the Seniors Community Grant enabling us to offer four cooking for one chef programs, including transportation, at both centres.


One of the successes in the partnership we have with the Halton Hills Family Health Team has been the numerous workshops they are facilitating at our centres. The classes range from a mental health focus such as Making Connections and Building Resilience to nutritional programs like the Craving Change series. These programs are a benefit not only to our membership, but to their clients. Through the program participation, their clients will also receive a referral to our centres, and by removing financial barriers of the membership fees because of the Links2Wellbeing grant, can begin their journey to wellness, friendships, socializing and combat the isolation they have been experiencing.




Celebrating Seniors Month with Exciting Events at North York Seniors Centre!



On May 22, 2024, NYSC had the immense pleasure of hosting The Honourable Doug Ford, Premier of Ontario and The Honourable Stan Cho, Ontario Minister for Long-Term Care at North York Seniors Centre! It was a wonderful opportunity for our community as they not only came to visit and tour our Active Living Centre and our new Adult Day Program at Hendon, but also spent some time to meet and speak with many of our NYSC team members and senior clients. We showcased a number of programs and services such as Seated Conditioning, Knitters Corner, Korean Dance, the Fitness Centre, and the Café. The dignitaries also expressed their gratitude to our wonderful volunteer team for their time and dedication to our clients/members.



JUNE SENIORS MONTH



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 Smoothie Social & Nutrition Presentation (10:00 am - 11:30 am)		4		5 Falls & Balance Exercise Workshop - (10:30am - 11:30am)		6		7 Home Care or Retirement living ? - (2:00pm - 3:00 pm)	
10		11 Lemon Social - (1:30 pm - 2:30 pm)		12		13 Blood Pressure Clinic - (10:00am - 11:30am)		14 World Elder Abuse Awareness Day NYEA & SEAN Presentation (1:30 pm - 3:30 pm)	
17		18 Open House (10:00 am - 3:30 pm) Unsyncable Film Screening (1:30 pm - 3:00 pm)		19 Pride Bingo & Presentation (2:00 pm - 3:30 pm)		20		21	

Throughout June, we are offering a series of special events in celebration of Seniors Month. These events are free and open to the public, providing a wonderful opportunity for engagement and community building. Visit www.nyseniors.org for more details on any of these events.



THE OLDE FORGE COMMUNITY RESOURCE CENTRE

Submitted by: Colleen Taylor, Executive Director

Welcome to the Olde Forge Community Resource Centre

There's a beautiful log home in the middle of a busy intersection in Ottawa west end...Welcome to the Olde Forge Community Resource Centre! The Olde Forge is a not-for-profit, charitable organization that, for 45 years, has been empowering older adults to maintain their independence through advocacy, referral, and support services. It offers programs that promote social inclusion, wellness, independence, and that allow seniors to improve their physical, mental, and social wellbeing. Our center's offerings include community support services (CSS) such as adult day programs, social and recreational programming, housekeeping, home-maintenance, transportation, foot care, and grocery support. All these services work together to ensure seniors have the means to continue to live independently and safely in our community. Here at the Olde Forge, we



understand the importance of feeling connected and we strive to create a supportive, friendly, and inclusive environment for all. Our recreation program is always evolving to deliver the most relevant and engaging content for seniors. This summer's recreation calendar is filled to the brim with workshops, fitness classes, garden parties and socials for all interests and abilities. Interested in healthy eating? Try Cooking Connection where you prepare, share, and take home a healthy meal all while connecting with others. How about taking in a solar light making workshop or an art class? The recreation program even comes equipped with a variety of virtual programs. You can try exploring the world with our armchair travel program or exercise your brain with Fit Minds, a cognitive

stimulation coaching program to support brain health. Whatever your interests and wherever you are, you will always have friends at the Olde Forge. For more information on Olde Forge programs and services visit

www.oldeforge.ca

Every Moment Matters for the OSCC55+ Volunteers!

As we continue to find new (and return to old) ways of getting involved in our communities, the staff at OSCC55+ were thrilled to welcome volunteers to the annual Volunteer Appreciation Event. Despite the rainy spring day, the event was bright and cheery with fresh flowers donning every table and bright colours all around; the perfect setting to show appreciation to our dedicated and enthusiastic group of volunteers.



We kicked off the event with a lovely message from Mayor Dan Carter, who stayed for the duration, mingling and sharing words of gratitude with those in attendance. He even helped to distribute the door prizes – loaves of freshly baked bread from Cobb's Bakery and strawberry jam!

Working with local grocers, staff put together a delightful meal of assorted

sandwiches, fruit and vegetable platters, a variety of punch and cake for dessert. Each volunteer also took home a sweet treat from Eat My Shortbread.



Not only is this event an opportunity for great conversation and social interaction between staff and



volunteers, but it is also an opportunity for staff to acknowledge our milestone recipients, from 100 hours all the way up to 25 years of service, we couldn't be prouder to pay tribute to all our amazing volunteers who bring their skills, care, laughter and compassion to our programs every day.

Our theme, Every Moment Matters, highlighted all the moments our volunteers share that help to make a difference. Every moment that our volunteers show their commitment and kindness they are supporting the OSCC55+'s vision of inspiring the well-being of older adults in Oshawa through enjoyment, active living, wellness, lifelong learning, social interaction and empowerment.

Once again, we are honoured to celebrate our volunteers and celebrate the very special people who make our branches a home away from home for seniors and staff alike.

		# OF ATTENDEES
2023/24 Q4	January 2024	251
	February 2024	301
	March 2024	312
2024/25 Q1	April 2024	322
	May 2024	251 (site renovations)

Participant and senior, Charlotte, shared she has many health appointments, family visits, and events but there's only one thing each week she never misses. It's our weekly programming. Beautiful to see our impact at **Peel Senior Link** (PSL)!

Benefits for older adults:

- Sense of purpose and meaning (check out the happy smiling faces below!)
- Reduced stress, anxiety, and depression . . . plus so much more

Photos: flower paintings, gardening, Solar Eclipse paintings, and exploring The Riverwood Park.

Also, in collaboration with Summerville Family Health Teams PSL offers: Healthy Aging – virtual health education webinars (no charge).

[Program Details \(summervillefht.com\)](http://summervillefht.com)



THE PRINCE EDWARD COUNTY COMMUNITY CARE FOR SENIORS ASSOC.

Submitted by: Michaela Cairns, Co-ordinator



Prince Edward County is home to over 25,000 residents, with more than one-third of them aged 60 and above. The Prince Edward County Community Care for Seniors Association works diligently to assist older adults to live in a home environment in reasonable independence. At Community Care, we believe in the freedom and

dignity of choice, the comfort of home and a passion for volunteers.

Prince Edward Community Care offers over 50 online events each month for seniors 60+. Online Zoom fitness and arts classes along with socials are held Monday to Friday. In June, the Zoom webinar topics include “Loyalist History of The County” with Jessica Chase, Prince Edward County Museum Curator; “Exploring Home Sharing opportunities for seniors in The County” with Anne VanVlack, The County Foundation; “Virtual Bingo” with Community Care staff; “How to use the parking kiosks in Picton” with Jasmin Govier, By-Law Enforcement Officer; and “How to use cell phones and computers” with Adam Cavanaugh, Prince Edward County Library.

In collaboration with Karen E. Williams, Reiki Master Teacher and Practitioner, Community Care will be offering a series of Reiki certification courses over the next few months. The practice of Reiki has numerous benefits, including regulating heart rate, breathing, blood pressure, and digestion, reducing physical pain, relieving depression and anxiety, and promoting emotional and spiritual well-being. Upon completion of the course, participants will be certified at the first degree level of Reiki and will be able to practice Reiki on themselves and others.

Community Care’s annual Tag Day fundraiser will be held on June 21st, 2024. Volunteers will be stationed at retail locations across The County to sell tags in support of programs that assist seniors to live at home.

Community Care has already begun organizing the seventh annual Seniors’ Information and Active Living Fair, scheduled to take place on Thursday, November 14th, 2024, at the Wellington and District Community Centre. This event aims to enhance accessibility and awareness of programs and services available to seniors in the area, as well as to promote healthy active living, social engagement, independence, and learning for seniors, their families, and caregivers.

For more information about Community Care’s services and programs, call 613-476-7493, visit our website at www.communitycareforseniors.org or email info@communitycareforseniors.org.



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 a tenu son Assemblée générale annuelle (AGA) le 22 mai dernier et se prépare à fêter son 20^e anniversaire lors d'un Gala le 7 juin prochain.

Plus de 40 personnes ont participé à notre AGA au Centre Frank McKechnie. En plus des sujets requis, cette année nous avons présenté les nouveaux documents constitutifs afin d'être conforme à la nouvelle loi pour organismes sans but lucratif. RAP avait des Statuts et Règlements qui dataient de 2017, donc relativement récents. Nous avons fait les modifications nous-mêmes et avons consulté une avocate au début du processus, après notre première ébauche et pour réviser la version finale. Suite à une présentation, l'Assemblée a accepté les nouveaux documents ainsi que les règlements pour RAP.



Le Gala 20^e anniversaire sera un événement marquant pour Retraite active car nous serons 180 personnes à célébrer cette réussite au Mississauga Convention Centre. Nous marquerons la contribution de nos fondatrices :

Carmen Gauthier, Claire Parent-McCullough, Georgette Morin, Claudette Béland et Rolande Maheux en dégustant un repas trois services qui sera suivi d'une soirée dansante pour le plaisir de tous. Un diaporama faisant état de nos 20 ans sera projeté en boucle pendant la soirée et nous promettons une soirée inoubliable.

Pour souligner cette anniversaire nos artisans ont confectionné un vitrail qui sera installé en permanence au Centre Frank McKechnie et qui souligne nos racines dans la communauté ainsi que notre relation avec le Centre.



Nous prévoyons un moment de relâche au cours de l'été afin de bien préparer la prochaine saison. Retraite active a reçu une subvention du Programme Nouveaux Horizons pour les Aînés ce qui nous a permis de faire l'embauche d'une personne à contrat pour appuyer nos activités d'ici la fin mars 2025. Guylaine Jaeger s'est jointe à RAP à la fin mai et saura appuyer les membres du comité de programmation.

Nous envisageons la prochaine année d'activités avec enthousiasme et sommes prêts à relever les défis au cours des 20 prochaines années !

Je vous souhaite un bel été, du soleil et un peu de repos !

Lorraine Gandolfo

Présidente du conseil d'administration

Retraite active de Peel

www.retraiteactivepeel.ca

SAULT STE MARIE SENIORS ACTIVE LIVING CENTRE 55+

Submitted by: Jennifer Arbour, Supervisor – Senior Services 55+

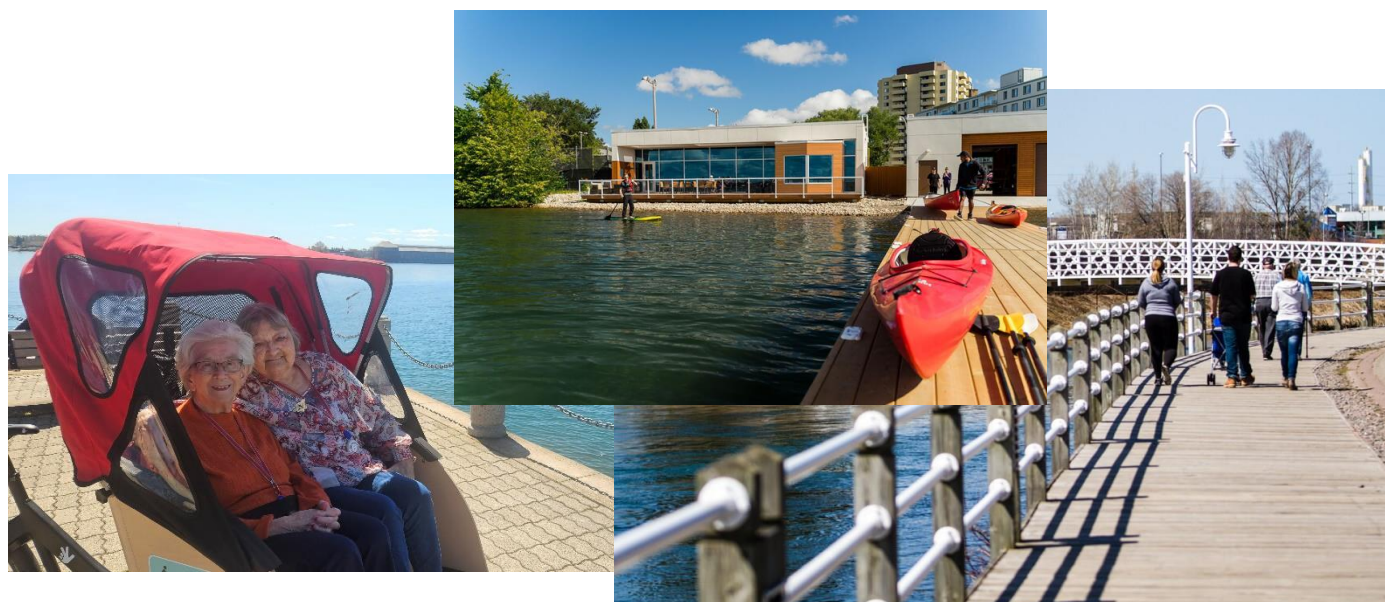
The Sault Ste. Marie Seniors Active Living Centre 55+ is championing healthy, active lifestyles with three vibrant summer programs designed to get seniors moving and enjoying the great outdoors. Each program is crafted to promote physical well-being, social interaction, and a connection with nature, ensuring participants enjoy the best of what the community has to offer.

Cycling enthusiasts can rejoice in the *Cycling Without Age Program*, a unique initiative offered in partnership with Superior Staff It. This program features rides along the Hub Trail on a TriShaw, a specially designed bicycle that accommodates passengers who may not be able to cycle independently. This innovative approach not only allows seniors to relive the joy of cycling but also offers an inclusive way for everyone to participate in outdoor activities. The TriShaw rides are a hit, providing exhilarating experiences and cherished memories while promoting mobility and social interaction.

Our *Sunshine Striders Group* invites seniors to stroll along the city's picturesque boardwalk led by Sault College gerontology students. Our waterfront provides an ideal setting for leisurely walks that are both invigorating and serene. The partnership with the gerontology students adds an educational and supportive element, as these young enthusiasts guide participants, ensuring a safe and enjoyable experience while fostering intergenerational connections.

For those who prefer water-based activities, the **Silver Paddle Society** presents an exciting opportunity. Partnering with the Waterfront Adventure Centre and made possible by Ontario grant funding, this program gets seniors out on the stunning St Mary's River, offering kayaking and canoeing adventures. These sessions are tailored to accommodate varying skill levels, ensuring all participants can safely enjoy the beauty of the lake while engaging in a low-impact, full-body workout. The tranquil waters and breathtaking views make this an unforgettable experience, promoting physical fitness and a profound connection with nature.

These programs by the Sault Ste. Marie Seniors Active Living Centre 55+ are exemplary in fostering active, healthy lifestyles while embracing the natural beauty and community spirit of the area.



SCHC Seniors Active Living Centre:

Embracing summer with vibrant programs and services

The SCHC Seniors Active Living Centre (ALC), located in the Scarborough Village Recreation Centre at 3600 Kingston, Scarborough, Ontario, is dedicated to enriching seniors' lives through engaging programs. This summer, we are excited to offer initiatives promoting wellness, creativity, and social connection. Committed to growth, we adapt to our community's evolving needs and continue to empower seniors with a supportive environment and diverse programs.

One standout feature this year is our "Tech Savvy Seniors" program, designed to bridge the digital divide and help our members stay connected with loved ones and manage daily tasks online. This program includes workshops on internet safety, social media basics, and using smartphones and tablets, providing our seniors with the tools they need to navigate the digital world confidently.

Our success is built on strong community partnerships. This summer, we are collaborating with the City of Toronto, LHIN, CAMH, the Ministry of Transportation, and the Toronto Memory Program, providing comprehensive support. Internally, we work closely with the Health Promotion department to offer more educational health programs tailored to the needs of our seniors, enhancing their well-being and knowledge about health management.

Additionally, we're excited to partner with the Early Childhood Centre to introduce intergenerational programming, which brings together seniors and children for shared activities that foster mutual learning and understanding. These programs are especially beneficial, creating joyous interactions and bridging the generational gap.

Looking ahead, we plan to expand programs that cater to our seniors' needs and wants, collaborating with members to design engaging activities. These include physical, mental, educational, and fun activities aimed at attracting a wide range of seniors. Our monthly trips, chosen by our seniors, add excitement: Famous People Players in June, Old Mill Alpaca Farm in July, a Georgian Bay Cruise in August, and enjoying Fall Colours in September.

Join us this summer and be part of our vibrant community. For details on registration, contact us at 416-847-4134 or email activelivingcentre@schcontario.ca.





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What will my participation involve?

1. Eligibility Assessment (15min.)
2. Clinical pre-assessment (1-hour)
3. Study participation for 4 months in one of the below study groups
4. Clinical post-assessment (1-hour)

	Group 1	Group 2	Group 3
Vitamin D	✓	✓	✓
Group exercise at YMCA		✓	✓
Home exercise		✓	✓
Nutrition review & protein			✓
Medication review			✓

**All participants also receive monthly phone calls from research staff*

If you would like to participate or have any questions, please call GERAS Research Staff

905-521-2100
ext. 12437

This research study has been reviewed by the Hamilton Integrated Research Ethics Board under project #5500



March 2024

An epicenter of friendships, personal in-person connections, and community over generations – YWCA Hamilton's Seniors' Active Living Centre 55+ opens its doors again!

YWCA Hamilton was proud to welcome back our seniors and community, and unveil the refreshed Seniors' Active Living Centre 55+ on March 21st on MacNab Street. In attendance were over 100 seniors, staff, guests from Ontario Trillium Foundation, Ward 2 Councillor Cameron Kroetsch, and CEO Medora Uppal.

Reopening on the centre's 49th anniversary, Robin Mech, Supervisor Active Living Centre 55+, MacNab Street, expressed that this milestone was the perfect occasion for an open house, a moment for everyone to experience firsthand what the centre and its community have grown into over the years.

The Seniors' Active Living Centre started as an initiative to provide affordable programs and services for adults over 55 to promote physical and emotional well-being – with programs focusing on skill development and social programs to build community and build connections with other seniors. The centre has been enriching and supporting independent active living ever since.

However, as COVID-19 pandemic forced us into our homes, our community saw an increasing need for more low-barrier and safe spaces for women and gender-diverse folks experiencing homelessness and using drugs. Our seniors, then, stepped up to support their community, shifted their programs to be virtual, community & telephone based so that the centre at MacNab could allow for the development of Carole Ann's Place (CAP) from a temporary winter program to a permanent, year-round program that addresses and supports this growing need.

Carole Anne's Place now provides access to a safe place to sleep, meals, access to showers, low-barrier health care, harm reduction and withdrawal management services, navigation and shelter referrals, advocacy, care planning and coordination to the women and gender-diverse folks visiting the drop-in.

Starting in 2020, the seniors shifted their programs to be virtual and digital. Even after the lockdown was lifted, the seniors have had their social gatherings and programs at different spaces at MacNab. But, thanks to the generous support of Ontario Trillium Foundation, whose grant funding supported energy efficiency upgrades, new sprinkler system and the Seniors' Active Living Centre renovations, we are able to return seniors their designated refreshed space with the same old friendships and new connections.

Pete Wiesner, from Ontario Trillium Foundation (OTF), shared that Ontario Trillium Foundation recognizes how important it is for the seniors to have a place to call their own and that OTF is proud to support the community.

Robin further shares that the centre is a place where friends reunite and share stories of their long-standing connection with the YWCA. With the challenges due to COVID-19 lockdown, the seniors and the centre have faced a lot of changes. And despite those, there's a sense of communal acceptance and resilience. Robin adds that change is a natural part of life.

YWCA Seniors' Active Learning Centre 55+ is a place where history, friendships, and community thrive, and it doesn't end there. The centre has been a part of the YWCA for generations – Robin has taught gymnastics to children whose parents and grandparents are now members of the Seniors' Active Living Centre 55+. This reopening has been both a homecoming and a fresh start for the seniors' community at YWCA Hamilton. Old friends are reconnecting and new connections are being formed.

Looking forward, we aim for everyone to leave feeling more connected. We wish to witness even more hugs and heartfelt remarks like, "It's so nice to see you again," and "I've been thinking of you, how have you been" like we did at the open house.

Ending on a note of gratitude, Robin emphasized that the center is not just about its past but also about its future – that it is abundant. She also acknowledged the crucial roles played by the YWCA Hamilton's Health and Wellness team, Building Services, and the dedicated volunteers whose countless hours of support have been instrumental in the centre success and existence.



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

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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!



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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
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J'adore la musique et les
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Consultez oa.sharingdance.ca pour vous abonner dès aujourd'hui et commencer à danser!

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Canadian Hearing Services is proud to partner with the OACAO to ensure older adults are connected to their community and remain active and engaged. As an OACAO partner, we regularly attend community events and share information widely with the older adult community. We are thrilled for the opportunity to engage with older adults, share information about hearing loss, and how we can help them improve communication.



Ben Tran at HCC London



Mary Reddish - HCC Chatham



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TheChartwellFoundation.ca



CAN ALLERGIES CAUSE HEARING LOSS & TINNITUS?

Allergies are caused by your immune system reacting to a foreign substance in your environment, such as pollen, dust mites, animal dander, and mold. Your immune system views these allergens as a threat to your health and begins to fight them off by releasing antibodies and histamine. This can lead to you experiencing some of the typical allergy symptoms: congestion, sniffing, and a runny nose. Therefore, allergies can lead to allergy-related hearing loss and tinnitus. Those who already experience tinnitus may hear louder ringing in their ears or have their symptoms worsened.

The side effects of allergies can cause you to experience conductive hearing loss, which occurs when something blocks the sound path to your eardrum or inner ear. In this case, your ear can be clogged with mucus and other fluids shifting in your ear, causing pressure to build in the middle ear, leading to your hearing being muffled.

To determine the difference between allergy-related hearing loss and sensorineural hearing loss, it is recommended you have a hearing assessment completed if the muffled sounds do not become clear within a couple of months. Many people discover that they have sensorineural hearing loss after visiting a hearing centre for a hearing assessment due to allergies.

While allergy season can be miserable, it can be a serious issue for those with sensitive ears, existing hearing loss, or a tendency towards congestion. Luckily, in most areas, pollen is only an issue for a few months. If your hearing is concerning you every season of the year, you can schedule a hearing consultation with one of our skilled hearing healthcare professionals.



Coping with allergies as a hearing aid wearer

For people who are already experiencing sensorineural hearing loss, temporary conductive loss can interfere with their current hearing aids.

Although you should already be cleaning your hearing aids often, it is especially important to increase your daily cleaning routine during allergy season to ensure optimal hearing.

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Aging is an inevitable aspect of our lives. With the right mindset and perspective, aging can be viewed as a gift rather than a challenge.

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Heart to Home Meals brings delicious and nutritious meals right to seniors' doors. When aging at home, having access to nutritional meals is essential to maintaining a healthy and content lifestyle. Heart to Home Meals truly believes that life should get easier as you age. This is why Heart to Home Meals has implemented a service with the lifestyles and nutritional needs of seniors in mind – delivering delicious and nutritious frozen meals right to its customers' doorsteps.

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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.

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

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.

RHRA.CA



Scenes from the many events
we've co-hosted for older adults



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Find “The Future of Pharmacy” on the CARP Youtube channel.



**Contact Jacqueline to learn how GreenShield Pharmacy
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Senior Women Living Together is a non-profit organization in Ontario helping single senior women find compatible homemates to share rental housing. Benefits include reduced housing costs, social connection, improved well-being, and potential prevention of health issues. Our online service offers tools to find homemates and create friendships, while also assisting in arranging affordable rentals through partnerships.



<https://swlt.ca>

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

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

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Thank you to all our 2024-2025 Business Partners



NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2024 Fall Newsletter – September 3, 2024

2024-2025 Winter Newsletter – December 2, 2024

2025 Spring Newsletter - March 3, 2025

Please send your submissions to admin@oacao.org

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