

OACAO Newsletter

Summer 2025

Message from OACAO President Wendy Caceres-Speakman

“Live in each season as it passes; breathe the air, drink the drink, taste the fruit.” – Henry David Thoreau

As you read this newsletter, I hope you're enjoying the warmth, light, and energy that summer brings to your part of the province.

Summer is a season of vitality, connection, and growth, much like the dynamic and evolving landscape of our sector. With longer days and renewed momentum, it's the perfect time to reflect on how far we've come and to look ahead with purpose and optimism.

At the OACAO, we continue to embody this spirit of progress and optimism.

We're pleased to share that the Board's decision to maintain Membership and Business Partner rates at last year's levels has had a positive impact. As a result, our membership has grown and currently stands at **258 members** — a testament to the strength and relevance of our network.

We're also thrilled to welcome two new members to our growing team:

- **Julie Moran-Illes**, Project and Membership Coordinator
- **Emily Angel**, Marketing and Events Coordinator

We're also pleased to welcome **Sara Saggese** as our Summer Student who will be working with us from June 2nd - August 1st.

Please join us in giving them a warm welcome!

Looking ahead, we invite you to attend our **Annual General Meeting (AGM)**, which will be held virtually on **September 29th**. This is a great opportunity to learn more about the important work the OACAO has undertaken over the past year.

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.

Message from OCAO President cont'd

We're also excited to announce that the **2025 Annual Aging Well Conference** will take place from **Sunday, November 2nd to Tuesday, November 4th** in **Mississauga**. This year's theme, "**Embrace Challenge – Inspire Change!**", speaks to our shared commitment to innovation and resilience. As always, our dedicated Conference Planning Committee is hard at work to ensure an engaging and successful event.

A Personal Message

After much reflection and with a deep sense of gratitude, I am writing to formally step down from my role as **President of the Board of Directors for the OCAO**, effective **July 11, 2025**.

Although my term was originally set to conclude in September 2025, I have made the difficult decision to retire a few months early due to evolving personal commitments. This was not a decision made lightly — serving alongside such a dedicated and passionate team has truly been one of the greatest honours of my career.

Over the past 25+ years, I have had the privilege of witnessing the incredible impact of the OCAO's work. I am immensely proud of what we have accomplished together — from our organization's exponential growth under the leadership of our exceptional Executive Director, **Sue Hesjedahl**, to the strengthening of our mission and values as the **Voice of Older Adults in Ontario**.

I leave with complete confidence in the vision, leadership, and dedication of the current Board and staff. I will be working closely with the Executive Committee and my successor, **President-Elect Karie Papillion**, to ensure a smooth and seamless transition that supports the continued momentum of our strategic goals.

Thank you for the opportunity to serve, for your trust, and for the meaningful relationships we've built. I will always remain a steadfast supporter of the OCAO and look forward to witnessing its continued success — this time, from a new vantage point.

Sincerely,

Wendy Caceres-Speakman

Wendy Caceres-Speakman
OCAO President



Wendy Caceres-Speakman, Manager, Services For Seniors and Dan Grummon, Seniors Program Coordinator, Rexdale Community Health Services, at Wendy's Retirement party.



Your Mind Matters

In today's fast-paced work environment, mental health challenges like stress, anxiety, and burnout can affect anyone. Taking care of your emotional and psychological well-being is just as important as your physical health. That's why we offer a confidential Employee Assistance Program (EAP) — a trusted resource to support you in managing life's challenges.

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- 24/7 confidential access to licensed professionals
- Crisis intervention and mental health aid



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1-888-233-5580 ext. 305
cponting@oassisplan.com



Message from the OACAO Executive Director Sue Hesjedahl

Dear OACAO Members, Business Partners and Friends,

Summer is here, bringing warmth, celebration, and a renewed sense of energy. June is Seniors Month in Ontario—a time to honour the incredible contributions of older adults and to recommit ourselves to ensuring that all seniors have access to engaging, inclusive, and vibrant communities.

We are pleased to welcome three new staff members to the OACAO team: **Julie Moran-Illes, Project and Membership Coordinator**; **Emily Angel, Marketing and Events Coordinator**; and **Sara Saggese, 2025 Summer Student**. Each brings valuable experience and fresh perspectives to our organization. Their **commitment, fresh perspectives and early contributions** are already making a meaningful impact. You can learn more about our new team members on Pages 6-8.

We're also pleased to welcome **12 new OACAO member centres and clubs**, and **one new Platinum Business Partner** to the OACAO network. Our network continues to expand and diversify, reaching more communities and enabling stronger support for older adults across Ontario. See page 11 for a listing of all new members and page 12 to learn about our newest partner.

This summer's newsletter is packed with updates and opportunities, including:

- **Call for Nominations:** The **2025 OACAO Awards Program** is now open! Help us recognize excellence in our sector. Nominations are due by **September 8, 2025**, and awards will be presented during our **Annual Meeting on September 29th at 11:00 am**. The meeting will be held virtually, and registration will open soon.
- **OACAO Board Recruitment:** We are currently recruiting for **four volunteer positions on the OACAO Board of Directors in the following OACAO Regions: Grand River, Eastern and North West**. If you know someone with a passion for supporting older adults and a desire to contribute to sector-wide impact, please encourage them to apply.
- **Technology and Knowledge Sharing Webinar Series:** In collaboration with *Human Endeavour*, this series continues to explore innovative tools and digital inclusion strategies tailored for older adults and SALCs. See page 17 for upcoming topics.
- **OACAO 2025 Aging Well Conference:** Save the date! Join us in Mississauga from **November 2 – 4, 2025** at the Hilton Mississauga/Meadowvale. Advance registration opens soon, along with exciting Trade Show and Sponsorship opportunities. We are deeply grateful to **Arbor Memorial**, our long-time Title Sponsor, for their continued support of this vital event.
- **Links2Wellbeing (L2W):** Our flagship social prescribing project continues to grow, now involving 125 OACAO member centres and SALC Program locations, and almost 400 healthcare **referral partners**. We are actively recruiting new member centres to join this meaningful and innovative project. Participation includes access to micro-grants, outreach tools, training, and networking opportunities. For more information, please contact Dena Silverberg at dena@oacao.org. The Links2Wellbeing project is funded by The Waltons Trust.
- **Ontario Veterans Award for Community Service Excellence:** A new recognition program from the Government of Ontario. **Nominations are due by August 31, 2025.**

With gratitude for funding support from the **Government of Ontario, Ministry for Seniors and Accessibility**, our MSAA-funded projects are thriving:

- **Seniors Active Living Fairs:** We were thrilled to kick off our Seniors Active Living Fairs 2025-2026 year with Fairs in June, Seniors Month, and planning is underway for another dynamic year, with our members and SALC Programs delivering over 100 engaging community-based events that foster connection, learning, and wellness. See page 23 for a list of upcoming Fairs.

Message from Executive Director cont'd

Capacity Building Webinars: Mark your calendars for these free, monthly (or more!) sessions, which include both professional development opportunities for staff, volunteers, and board members, as well as engaging programs that member centres can share with older adult participants. Many topics can be live-streamed and incorporated into your centre's own programming, making these webinars a versatile and valuable resource. See page 18 for the July–September Capacity Building Webinars, and please register in advance.

I would like to take a moment to **honour and thank Wendy Caceres-Speakman, our beloved President** of the OCAO Board, who will be retiring from the Board in July. Wendy has been a dedicated and visionary leader, and we thank her for over 25 years of unwavering commitment to the SALC sector and the OCAO. Her guidance and passion have left an indelible mark on our organization, and we wish her all the very best in her next chapter.

To our members, funders, and business partners, we extend our gratitude and appreciation for your ongoing support. And to all who contributed to this newsletter, your voices and stories are what keep our sector strong and vibrant.

Wishing you a wonderful, healthy, and connected summer season!



Sue Hesjedahl
Executive Director



Meet the OCAO Team

OCAO Administrative and Seniors Active Living Fairs team

Sue Hesjedahl, Executive Director sue@oacao.org

Emily Angel, Marketing and Events Coordinator emily@oacao.org

Julie Moran-Illes, Project and Membership Coordinator julie@oacao.org

Karen Kelly, Seniors Active Living Fairs Project Assistant seniorsfairs@oacao.org

Sara Saggese, Summer Student admin@oacao.org

Links2Wellbeing: Social Prescribing for Older Adults Project Team

Jennifer Wiebe, Project and Sustainability Manager jenn@oacao.org

Dena Silverberg, Project Coordinator dena@oacao.org

Sarah Feeney-Martin, Project Support & Quality Assurance Coordinator sarah@oacao.org

(Independent contractors supporting the projects are not listed)

Introducing- NEW faces at OACAO!



Meet Emily

Hello OACAO members and partners!

My name is Emily Angel, and I'm thrilled to be stepping into the role of Marketing & Events Coordinator with OACAO. That means I'll be your go-to support for all things newsletters, websites, social media, trade show and event promotion — basically, if it needs sharing or celebrating, I'm your person!

A little about me... I'm originally from Newfoundland, and even though Ottawa has been home for over 25 years, don't be surprised if the occasional East Coast saying slips into conversation — some habits are just too hard to break. I've always had a passion for people and community, which led me to earn a degree in Psychology from Queen's University, followed by a Bachelor of Commerce from the University of Ottawa. This educational mix of heart and hustle turned out to be the perfect foundation for a career in the non-profit world. Believe it or not, I spent more than a decade as a professional Wish Granter with the Children's Wish Foundation — a job that felt almost too fitting considering my last name is Angel! From there, I moved into program management with Candlelighters Childhood Cancer Support Programs, and later shifted to marketing and communications with the Olde Forge Community Resource Centre in Ottawa.

Each step along the way has deepened my respect for the amazing grassroots organizations doing big things in their community with small budgets and giant hearts. I feel truly grateful to now be part of an association like OACAO, surrounded by such dedicated and inspiring changemakers. True to my East Coast roots, I consider myself a bit of a social butterfly — I love a good chat, sharing stories, and of course I LOVE finding meaningful ways to connect and collaborate. Outside of work, I'm the proud mom of two incredible adult kids. My husband and I have recently entered the world of the empty nester and even though the "people population" has gone down in our home, the "furry 4 legged population" has some how increased! Coincidence? I think not.

I'm excited to be part of the OACAO community and can't wait to meet, connect and collaborate with the amazing members and businesses that make such a difference to the lives of older adults in our communities.

Looking forward to getting to know you all!



Meet Julie

My name is Julie and I'm honoured to have joined the OACAO team as Project and Membership Coordinator. I look forward to supporting our members and overseeing the Seniors Active Living Fairs. I am also excited to travel throughout all of Ontario, meeting our members, supporting their communities and discovering so many amazing cities and counties

I love to help people so much that I went back to school and started a new career as part of my retirement journey. Throughout my 20 year career at TELUS, I spent thousands of hours volunteering and decided to turn this passion into a second career. I transitioned from being a Business Analyst to becoming a Registered Social Service Worker and graduating from Seneca College with High Honors...An accomplishment I might be a little proud of!

I find purpose in helping others and giving back and I saw retirement as an opportunity to work for that purpose. The connections I made at Seneca stayed with me and changed my life for the better. After graduating, I got a call from one of my favourite Seneca professors, Diana, offering me a position as a Program Co-ordinator at West Scarborough Neighbourhood Community Centre (WSNCC). Just like that, my second career began. I lead a Wraparound program to support adults in need of life stabilisation skills.

When that program ended, Diana referred me to the OACAO. WSNCC is a member of the OACAO, which made this transition so perfect.

I work with everybody and I have no barriers; My goal is to help people help themselves. It's never too late to make a change to your life and health. If you think you can or you think you can't...either way, you're right.

I'm originally from the South Shore of Montréal and have lived in Toronto for about 40 years. Le fait que le français soit ma langue maternelle, I am fully bilingual, but my french accent or expressions do stand out sometimes. I have a beautiful 27 year old daughter who moved to BC a few years ago, we visit her mid-year and she comes home for the holidays, which is where I get my 2 yearly squishy hugs! My partner and I love adventure, traveling and walking. We like to be active and enjoy the outdoors.

I look forward to this new adventure and continued learning opportunities.



Meet Sara

Hello OACAO members and partners!

My name is Sara Saggese and I am excited to join the OACAO team this summer as a community and social service worker. I will be supporting a mix of projects that help keep things running smoothly behind the scenes. This includes administrative duties, membership data entry, and assisting with the Links2Wellbeing - Social Prescribing for Older Adults project. I am also excited to be helping with early planning for the 2025 OACAO Annual Aging Well Conference taking place in November.

Alongside my role at the OACAO, I am also working as a Summer Program Assistant at the Caledon Seniors Centre in Bolton. In this position, I collaborate with staff and volunteers to plan and deliver recreational programs for our local seniors. I participate in a wide range of activities, ensuring the use of the newly expanded space and amenities at the centre. This opportunity allows me to be involved in the hands-on delivery of programs that meet the interests and needs of the seniors in our community! It is rewarding to see the smiles on the seniors' faces as they connect with one another, form new friendships, and stay active and engaged in their community.

A little bit about me – I recently completed my Bachelor of Science degree in Nutritional and Nutraceutical Sciences at the University of Guelph. I will be continuing my studies this September at the Canadian College of Naturopathic Medicine in Toronto in hopes to become a Naturopathic Doctor. I am passionate about holistic health and wellness, so this role provides a perfect blend of community connections and supporting the health of older adults. I am located in Caledon East and have lived here for more than 15 years! I have always loved the small-town feel and the sense of community. I enjoy playing soccer, travelling to new places with my family and friends, and baking or cooking new recipes!

It is an amazing experience learning more about the incredible work being done in order to support older adults across Ontario. I am very lucky to be a part of such a welcoming and dedicated team, and I'm excited to contribute my knowledge and skills this summer!

Looking forward to all that's ahead!

OACAO Members

2025-2026 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 year 2025-2026. If you have not yet renewed your membership, please find your invoice enclosed and contact us as soon as possible. Please remember to keep your centre's information updated on your membership account for 2025-2026. 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.

UPDATE

YOUR INFORMATION



SAVE THE DATE:

OACAO 2025 ANNUAL MEETING OF MEMBERS
Older Adult Centres' Association of Ontario (OACAO)
will be held on:

Monday, September 29th, 2025, at the hour of 11:00 am (EST)

Virtual Meeting (over zoom)

Registration Deadline is September 26th, 2025

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

The 2025 Annual Meeting is sponsored by OASSIS Benefit Plans for Not-For-Profits.

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



OASSIS
BENEFIT PLANS FOR NOT-FOR-PROFITS

Ontario Launches New Veterans Award



ONTARIO VETERANS AWARD FOR COMMUNITY SERVICE EXCELLENCE

We are excited to share information from the Ministry of Citizenship and Multiculturalism (MCM), the launch of **Ontario Veterans Award for Community Service Excellence (OVACSE)**

Ontario is the first province in Canada to develop an award specifically dedicated to recognizing veterans' excellence in community service. The launch of OVACSE follows the *Honouring Veterans Act, 2024*, that reaffirms Ontario's commitment to recognizing veterans' invaluable contributions and shows our dedication to celebrating the significant impact of veterans' volunteer efforts in their communities.

Selection process: The veteran nominated by their Ontario branch of The Royal Canadian Legion will receive this award. The Ontario Honours and Awards Secretariat will distribute certificates and lapel pins to the nominating Ontario branch of The Royal Canadian Legion.

Award presentation: Each participating Ontario branch of The Royal Canadian Legion will present their award during local ceremonies in November

The deadline for nominations is August 31.

To **Learn more about the (OVACSE)** visit the [Ontario Veterans Award ontario.ca page](https://ontario.ca/page/ontario-veterans-award) which is available in both English and French.

To Help Promote this New Award:

- **Share this information:** share the link to the program page with your networks.
- **Leverage social media:** amplify posts from MCM's official social media accounts.



PRIX D'EXCELLENCE DE L'ONTARIO POUR LES SERVICES A LA COLLECTIVITE A L'INTENTION DES ANCIENS COMBATTANTS

Chaque année, les filiales ontariennes de la Légion royale canadienne vont choisir un(e) ancien(ne) combattant(e) qui a fait des contributions significatives et soutenues à sa collectivité, dans le cadre d'un service communautaire exceptionnel.

Processus de sélection

L'ancien(ne) combattant(e) mis(e) en candidature par sa filiale ontarienne de la Légion royale canadienne recevra ce prix. Le Secrétariat des distinctions et prix de l'Ontario va distribuer des certificats et épinglettes à la filiale ontarienne de la Légion royale canadienne qui a proposé la candidature.

Présentation des prix

Chaque filiale ontarienne participante de la Légion royale canadienne va présenter son prix lors des cérémonies locales en novembre.

Date d'échéance

Vous devez soumettre toutes les candidatures d'ici **la date limite du 31 août chaque année.**

Plour Plus d'Informations :

[Distinctions et prix : communauté | ontario.ca](#)

Pour Aider à Promouvoir ce Nouveau Prix :

- Partagez cette information : diffusez le lien vers la page du programme auprès de vos réseaux.
- Utilisez les médias sociaux : relayez les publications des comptes officiels de MCM.

Welcome to our New Members

Age-Friendly North Lanark

215 McKenny St., Almonte, ON K0A 1A0

Phone: 613-591-5666 •

<https://www.agefriendlynorthlanark875908313.wordpress.com>

Centre Lajoie des aînées francophones de Pembroke

303 James St., Pembroke, ON, K8A 4V1

Phone: 613-732-7730 • <https://www.ccfpembroke.ca>

Circle of Care

4211 Young St., Toronto, ON M2P 2A9

Phone: 437-223-4993 • <https://www.circleofcare.com>

City of Peterborough Recreation and Parks Services

500 George Street North, Peterborough, ON, K9H 3R9

Phone: 705-742-7777 • <https://www.peterborough.ca/recreation>

Communauté du Trille blanc

226 Industrial Parkway North, Unit 5A, Aura, ON L4G 4C3

Phone : 705-2203489 • <https://www.communauteutrilleblanc.ca>

Les Compagnons des francs loisirs

North Bay ON P1B 6G8

Phone: 705-303-1278 • <https://www.lescompagnons.org>

Perley Health

1750 Russell Rd, Ottawa, ON K1G 5Z6

Phone: 613-526-7170 • <https://www.perleyhealth.ca>

Prostate Cancer Support Ottawa

795 Desalaberry St., Ottawa, ON K1J 6Y5

Phone: 613-747-5444 • <https://pcsottwa.ca>

Redleaf Cultural Integration (RCI)

480 Foresetwood Cres, Burlington, ON L7L 4J9

Phone: 416-902-7508 •

<https://www.redleafculturalintegration.com>

Township of North Huron

99 Kerr Drive, Wingham, ON, N0G 2W0

Phone: 519-357-1208 • <https://www.northhuron.ca>

Town of LaSalle

5950 Malden Road, LaSalle, ON, N9H 1S4

Phone : 519-969-7771 • <https://www.lasalle.ca>

YMCA of Three Rivers

333 Carwood Ave, Kitchener, ON N2G 3C5

Phone: 519-743-5201 • <https://www.ymcathreerivers.ca/>



Welcome to our new Platinum Business Partner



CITADEL MORTGAGES

Richard Linklater has extensive real estate experience and specializes in Reverse Mortgages and other No Monthly Payment mortgage products. At 72 years old he well knows the issues and concerns of aging in today's economic and political environment. He would be pleased to help you through the mortgage process with knowledge, experience, and a caring approach.

Richard has published a 44-page eBook as an in-depth review of Reverse Mortgages including history, trends, pros, cons, case studies, and a step-by-step process to apply for a Reverse Mortgage yourself. The book discusses each of the providers of Reverse Mortgages in Canada without a bias.

For your free copy of DIY Reverse Mortgages eBook please email Richard.linklater@citadelmortgages.ca and put DIY Reverse Mortgage in the subject line.

He is a Reddit Community Moderator: Mature Money Management
Blog Site: MATUREMONEYMANAGEMENT.CA

Citadel Mortgages is pleased to be a Business Partner with the OACAO to support our mutual goal of helping seniors to age in place and age in community. Citadel Mortgages is one of the largest full-service Mortgage Brokerages with professional Mortgage Agents & Mortgage Brokers servicing Ontario, Alberta, Saskatchewan, PEI, Newfoundland, New Brunswick, Nova Scotia, and British Columbia with mortgage financing solution programs for Residential, Commercial and Private mortgages.



Contact: Richard Linklater, Mortgage Agent Level 1
License # M23005849

Phone: 647-797-9204, cell 780-951-7487

Email: Richard.linklater@citadelmortgages.ca

Web Site:

<https://www.citadelmortgages.net/richardlinklater>

Citadel Mortgages Ontario Mortgage Brokerage

License # 12993



Thanks for your Support!

The OACAO would like to send our sincere appreciation to Martha Mackintosh for her kind donation.

The OACAO is a registered Charity and can issue tax receipts.

Go to www.oacao.org and click on the Donate Now button.

Charitable Registration No. 125123471 RR0001



Please consider the OACAO for your charitable donation.



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 names of the Regional Representatives and their corresponding email addresses. 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 14th at 11-12 pm (Virtual)
Eastern	Don Amos	DonA@seniorskingston.ca	October 7 th 11am-2pm (The Good Companions, Ottawa) In Person
Golden Horseshoe	Julie Pennal	Julie.pennal@oakville.ca	TBD (Virtual)
Grand River	Sarah Feeney-Martin	L2W@oacao.org	Thursday, August 28 th (Virtual)
Metro	Lisa Tobio	yorkfairbank@on.aibn.com	Tuesday, July 8th at 9:30 am (Virtual)
Northern Regions	John Richer	john.richer@greatersudbury.ca	Monday, September 8th (Virtual)
South West	Jennifer Jones	jjones@bgclondon.ca	September TBD (In-person)

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

Opportunity to Join the OACAO Board of Directors

Attention OACAO Members!

OACAO Board Positions Available!

Are you eager to take a more active role in the Older Adults Centres' Association of Ontario? Do you have fresh ideas to share and would like to support and represent the member centres in your Region? We are seeking Regional Representatives in various regions of OACAO.

Regional Representative Postings for Staff:

- 1 Grand River Regional Staff Representative

Regional Representative Postings for Senior Volunteers:

- 1 Eastern Regional Senior Representative
- 1 Grand River Regional Senior Representative
- 1 North West Regional Senior Representative

Join
us!

To learn more about these opportunities, please contact the OACAO Office at info@oacao.org to request the Regional Representative Position Description and Application Form. For further questions, reach out to the OACAO Office at info@oacao.org, call 905-584-8125, or toll-free at 1-866-835-7693.



OACAO 2025 Awards Program

We're excited to announce that nominations are now open for the OACAO's 2025 Awards Program!



This is your chance to recognize the outstanding senior volunteers and dedicated staff who go above and beyond to make a lasting impact.

Submitting a nomination is easier than ever — our streamlined online platform makes it simple to put forward someone truly deserving of this honour.

Deadline for nominations: September 8, 2025

Don't miss the opportunity to celebrate the individuals who inspire excellence and strengthen our communities every day!

Award Categories:

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-term 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 open for the 2025 OACAO Awards Program! Anyone affiliated with a current OACAO member organization is welcome to submit a nomination. The deadline to apply is **Monday, September 8, 2025**.

The Selection Process:

A dedicated Selection Committee, made up of OACAO Board Members, will carefully review all submissions and select recipients based on specific criteria, including:

- A clear description of the nominee's achievements, showcasing leadership and commitment to the sector
- Specific examples of involvement and meaningful contributions
- Evidence of the nominee's impact on their Centre, community, older adults, or the OACAO
- Testimonials and supporting materials that highlight the significance of the nominee's contributions

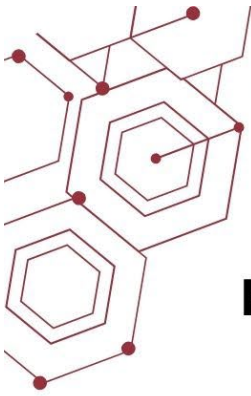
The Selection Committee reserves the right to move a nomination to a more appropriate category if needed. One or more recipients will be selected in each award category, and all decisions of the Selection Committee are final.

Award recipients will be recognized during the **OACAO 2025 Virtual Annual Meeting on Monday, September 29th at 11:00 a.m.**

Deadline for nominations is:

Monday, September 8, 2025: <http://www.oacao.org/programs/awards-program/>

Questions: Please reach out to admin@oacao.org

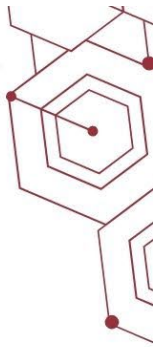


**Human
Endeavour**

Ontario 

OACAO

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



TECHNOLOGY INFORMATION AND KNOWLEDGE SHARING VIRTUAL WORKSHOP

via Zoom and Toll Free

Workshop Facilitator: Human Endeavour/HOPE Resource Hub SALC, Technology, Access, Support for Seniors (TASS), info@humanendeavour.org

Upcoming Workshops

INTRO TO ONLINE GROCERY SHOPPING

- What is online grocery shopping
- Benefits of online grocery shopping
- Popular apps
- Getting started

Tuesday, July 8th
10am-11:15am



GUIDE TO DIGITAL LIBRARIES AND EBOOKS

- What are Digital Libraries and EBooks
- How to access Digital Libraries
- Devices you can use to read EBooks
- How to borrow or download EBooks
- Popular Digital Library Apps
- Audiobooks

Tuesday, August 12th
10am-11:15am



HOW TO USE TECHNOLOGY FOR LEARNING

- Importance of continued learning
- Learning with technology
- Popular learning platforms and apps
- Free & paid learning apps available
- Staying connected through learning

Tuesday, September 9th
10am-11:15am



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 julie@oacao.org**

UP NEXT

OACAO 2025 WEBINARS

CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT

This is a **FREE** Webinar Series for Seniors Active Living Centres and OACAO Members staff, older adult members and volunteers. Participation can be done Virtually (with live multilingual captioning) or by Telephone

UPCOMING WEBINARS

Wednesday
July 30th at 10am

**Stop the Scam: Tools for
Fraud and Scam Free Living**



Tuesday
August 19th at 10am

**Exploring Social Prescribing
A Community Centered
Approach to Health and
Wellbeing**



Monday
September 15th at 10am

**Continuum of Civic
Engagement with an Older
Adult Lens**



Wednesday
September 24th at 10am

**SingWell: Group Singing
and its Impacts on Social
and Physical Health**



SingWell
SING MORE. BE WELL.

To Register

Visit: <https://oacao.wildapricot.org/Upcoming-Events>
OR Scan the QR Code



For more information, contact OACAO



905-584-8125 or Toll Free 1-866-835-7693



Emily Angel: emily@oacao.org

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

OACAO

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

Est. 1973

50+
years of service

Funding provided by:



It's almost summer! After our long winter and wet spring, I am so excited for sunshine!!

Thanks to the amazing dedication of **125 participating SALCs and member centres and their 392 health care referral partners**, [Links2Wellbeing](#) continues to make a meaningful difference in the lives of older adults across Ontario! The compelling stories gathered from L2W clients this past year show how social prescribing to a SALC made a tangible impact on their health and well-being. As one participant shared, **"It has transformed my daily life, empowering me to stay active, build meaningful connections and feel more supported every day."** These [Client Stories](#) are truly inspiring.

So, what did [we achieve together](#) this past year?

- Over **1,300 referrals** made
- A strong network of **125 participating SALCs and OACAO member centres**
- A powerful collective of **392 distinct health care partnerships**, from hospitals and Community Health Care Centres to Family Health Teams, solo physicians, mental health providers, community paramedics, pharmacists, and more
- A dedicated team of **132 participating centre staff, 39 Volunteer Link Ambassadors, and 101 peer mentors**
- Engagement of **28 students** from **17 post-secondary institutions** across Ontario
- Meaningful **support for over 730 older adults**, 76% being women, most aged 65-74 (35%) or 75-84 (28%). Many identified as those with physical disabilities, living alone, or settled immigrants

Over the next three years, we are committed to growing our network and setting partners up for success. As we work towards long-term sustainability, we are connecting with L2W partners to understand and share local successes and creative innovations. We are also guided by an **amazing Social Prescribing Leadership Table** composed of experts in fields such as pharmacy, community paramedicine, hospital, academia, acute care, population health, front-line work, Ontario Health, and more!

Want to be a part of this transformative project?

Join our growing network of SALC and referral partners! By participating in L2W, your Centre can **forge new referral pathways** to connect with and support isolated members of your community, leading to increased membership and a stronger local presence.

Here's what you gain by joining:

- Flexible participation levels to suit your organizational capacity
- Micro-grant funds to break down socio-economic barriers for clients
- Opportunities to empower volunteers as peer mentors or Link Ambassadors
- Valuable supports at your fingertips, including a repository of Tools and Resources, an unlisted YouTube Channel, and more
- Outreach postcards, posters, and a video to connect with health care providers
- A supportive community through regular networking events, such as Social Prescribing Conversation Cafes, Check-In meetings, and province-wide Community of Practice

Ready to get involved? Email Dena Silverberg at dena@oacao.org **now** to learn more! Don't miss our next L2W training on Thursday, July 17th (1-2pm), or schedule a one-to-one session with Dena. Join us for our Social Prescribing Café on Monday, July 28th at noon!

Social Prescribing, SALCs and Health Promotion

By Pat Spadafora, Kaleidoscope Consulting



The health and well-being benefits of older adults who have been referred to have been well documented over the last four years of the project, both by staff and volunteers in participating Seniors Active Living Centres (SALCs) and other OACAO member centres as well as by individuals who have been referred to the project. Throughout the project, participants have consistently self-reported feeling less lonely and isolated and more connected to their communities.

Quite simply, social prescribing works.

The documented benefits of social prescribing have tended to skew more towards social inclusion factors rather than the physical benefits it provides. Yet, we know that SALCs contribute to health promotion and illness prevention in a variety of ways.

Is it time to more explicitly frame and market the work of SALCs through a health promotion lens – and why? I would argue “yes” on both accounts.

Research suggests that approximately 60% of adults 65+ are living with at least two chronic conditions such as diabetes and hypertension. The specific percentage varies somewhat depending on the data source. Using these two conditions as examples, there is compelling evidence that physical activity can benefit people experiencing them. It is reasonable to assume that physical activity may similarly benefit individuals experiencing other chronic conditions.

Social prescribing clients involved in SALCs have reported that participating in activities and exercise programs improved their physical well-being. The motivation and encouragement they received within the SALC enabled them to stay more active than in their former, more sedentary lifestyles (adapted from the Links2Wellbeing client stories report, 2024).

Relatedly, in the United Kingdom, the National Academy for Social Prescribing (NASP) reports that social prescribing can help to prevent chronic conditions from either developing or progressing and can support their management by offering people more choice of activities in which they can become involved (does this sound like the great options offered by SALCs?!). Source: <https://socialprescribingacademy.org.uk/resources/how-does-social-prescribing-support-people-with-long-term-conditions/>.

Further, social prescribing benefits not only the recipients but also the healthcare system. As one example, NASP cites the “Ways to Wellness Program” for long-term conditions (what, in Canada, we refer to as chronic conditions) in Newcastle as one that, since 2015, has supported thousands of people with a variety of conditions through social prescribing. Their analysis indicated that 86% of their clients improved their well-being after participating in the program.

Why is this important to us in Canada? We have an aging population and we know that that chronic health conditions are more prevalent as we age. We also recognize that we have a healthcare system under stress.

If we can amplify the role that SALCs play in health promotion through social prescriptions, we will be able to contribute to the evidence for integrating social prescribing into health and social policy and to advocate for it to be appropriately funded.

SALCs – helping people to stay healthier longer

HAPPY SOCIAL PRESCRIBING DAY!

March 19th marked **Social Prescribing Day**, a special opportunity to highlight the value of social approaches to health and well-being. A big thank-you to Life After Fifty for sharing their celebration and helping to inspire others!



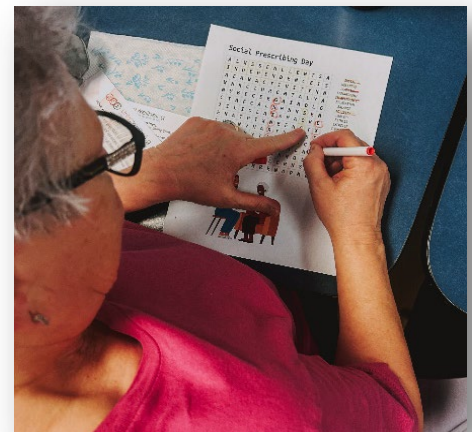
Life After Fifty
Windsor, Ontario

Happy Social Prescribing Day! At Life After Fifty in Windsor, Ontario, we had a

fantastic time celebrating! Our members enjoyed learning about Social Prescription through games/puzzles and informative discussions—all while sipping on complimentary coffee and indulging in some delicious Timbits.

The excitement was contagious as members discovered how our centre is involved in Social Prescription and how it can benefit them. Many were eager to take home reading materials to explore further and share with their healthcare providers.

A big thank you to everyone who joined us in making this day both fun and informative!





Are you interested in participating in a study about social frailty?

What is the study about?

The goal of this research study is to understand how racialized older adults become socially frail. Social frailty is a term that describes being at risk of losing or having lost the relationships, activities or skills that help someone stay socially connected and supported as they age and is related to experiences of social isolation and loneliness.

Who is eligible?

1. **You are 65 years of age or older**
2. **You self-identify as racialized**
3. **You are experiencing social frailty**

What does participation involve?

- You will be asked to answer questions about your social life and experience with social frailty through an interview and survey (language translation services are available)
- You will receive a letter of appreciation and compensation for your time (\$50 gift card)

How will my information be used?

- Your participation in this study will help us to better understand how older adults experience social frailty and to create a strategy to help improve the social wellness of older adults
- Your personal information will be kept private and confidential

For more information, please contact our study lead by email at **Krystle.Amog@nygh.on.ca** or phone at **416-540-7519**



NORTH
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TORONTO



CIHR
IRSC
Canadian Institutes of
Health Research
Instituts de recherche
en santé du Canada

2025 - 2026

SENIORS ACTIVE LIVING FAIRS

**UPCOMING
EVENTS**



JULY & AUGUST FAIRS

July 13	Chinese Cultural Centre of Greater Toronto
July 29	Askennonia Seniors Centre
August 9	Senior Persons Living Connected
August 9	Essoka French Bilingual Newcomers help Center
August 16	Carefirst Seniors & Community Services Association

SEPTEMBER FAIRS (Up Until Mid September)

September 3	Bowmanville Older Adult Association
September 3	The Good Companions Seniors' Centre
September 5	The Glebe Centre
September 6	Aurora Seniors Centre
September 10	City of Belleville
September 10	First Portuguese Canadian Cultural Centre of Toronto
September 11	Town of Whitby 55+ Recreation
September 12	MacKay Centre for Seniors
September 12	Better Living Health and Community Services - Better Living Community Centre #1
September 13	Town of Ajax

**To Find a Fair
Near You Visit:**
www.oacao.org/events

*Please Note:
Fairs may be Subject to
Change*

Funding provided by:

*Thank you to the Government of Ontario, Ministry for Seniors and
Accessibility for funding the Seniors Active Living Fairs Project*

Ontario 



OACAO Annual Conference
AGING WELL
EMBRACE CHALLENGE • INSPIRE CHANGE
November 2 - 4, 2025 • Mississauga

Are you ready to be inspired? Join us to embrace challenge and dive into new and exciting ideas at the OACAO Aging Well Conference 2025!

Hosted at the **Hilton Mississauga Meadowvale** from **November 2-4, 2025**! This vibrant event brings together individuals like you to network, learn and inspire. Conference committees are working hard to plan an exciting selection schedule of events. We heard your feedback and have made changes and updates to our schedule to make this year even better!

Dive into preconference sessions on Sunday, ignite your participation in the conference trade show with the GooseChase app and be ready to be wowed with our crowd-pleasing Monday evening entertainment! This year our Tuesday schedule will still offer impactful speakers jam packed with information and learning but will end earlier in the afternoon to support those who need to travel or support their centres later in the day.

Here is what awaits you:

- ✓ **Pre-Conference Power-Ups:** Optional Sunday afternoon Francophone sessions and additional workshops.
- ✓ **Inspiring Keynotes:** Gather groundbreaking ideas from inspirational speakers.
- ✓ **Actionable Breakout sessions:** Dive deep into topics deeply relevant to program delivery, implementation, funding, project collaboration and 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, learn from each others experience.
- ✓ **Unforgettable Entertainment:** Don't miss Monday banquet featuring an amazing meal followed by crowd pleasing entertainment!
- ✓ **Tuesday Plenary Sessions:** Settle in for a day of group learning with our energetic and engaging speakers that will inspire our delegation, featuring our amazing Lighting talks, leave inspired and energized with new program ideas.



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 only coming in July!

Secure your spot at the best rates & get started by booking your Room at the HILTON MISSISSAUGA/MEADOWVALE: <https://book.passkey.com/go/OACAO2025> or 1-800-445-8667 (Code 90S) 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 Sarah Feeney-Martin at or sarah@oacao.org Nora Jones nora.jones@townofws.ca



Title Sponsor



1 Room

100+ Aging Well Community Partners

1000 CONVERSATIONS

BE AT THE HEART OF HEALTHY AGING IN ONTARIO

ENDLESS POSSIBILITIES

Sponsorship and Tradeshow Opportunities Coming Soon....



OACAO Annual Conference

AGING WELL

EMBRACE CHALLENGE • INSPIRE CHANGE

November 2 - 4, 2025 • Mississauga

FOR DETAILS

Contact Emily

emily@oacao.org

www.oacao.org

Application Notice



Road Safety Community Partnership Program

Public Outreach and Education Office
Ministry of Transportation

The Ministry of Transportation has officially launched the **Road Safety Community Partnership Program** on June 17, 2025.

For more information, to download the Application Guide and to apply for grant funding, please login to Transfer Payment Ontario (TPON) website:

<https://www.tpon.gov.on.ca/tpon/psLogin> and then search for 'Road Safety Community Partnership Program'

Application Deadline

All final applications must be submitted through the TPON system on or **before 4:59pm on July 28, 2025**.

If you have any questions, please contact POEO@ontario.ca.

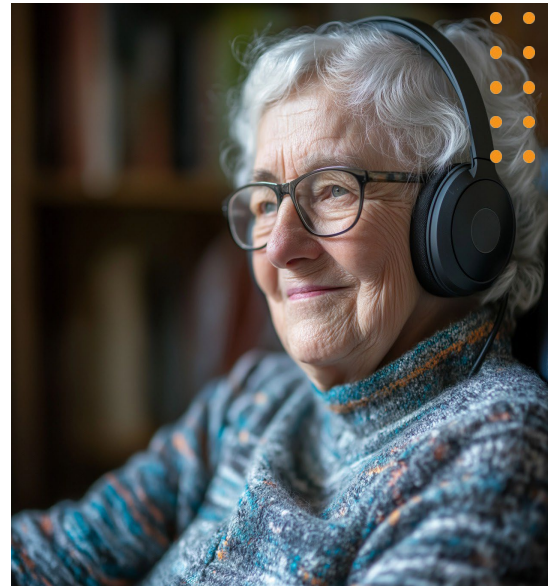


Elder Abuse
Prevention
Ontario

Elder Abuse Prevention Ontario

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

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



NEW EAPO Podcast: *Aging Vibrantly: Conversations to Empower Seniors*, the show where we amplify the voices of seniors.

Join Elder Abuse Prevention Ontario, and special guests as they share insights on topics of aging, abuse prevention including ageism, powers of attorney, seniors' rights, frauds and scams, the importance of intergenerational connections, and having supportive conversations... and more!

Each episode features an older adult who will impart their expertise and wisdom, to enhance our understanding of aging and living a full, safe and fulfilling life with respect and dignity.

Check out all of our podcast episodes on [iTunes](#), [Spotify](#) or [Youtube](#) or wherever you listen to your podcasts!

www.eapon.ca/podcast

SEASON 2 IS LAUNCHING IN JUNE 2025!

@EAPreventionON



eapon.ca

Funded by **Ontario**

June is Seniors Month

Fit, Active and Healthy 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 at ontario.ca/Seniors.

Seniors Community Grant Program

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
- online/remote programming.

The government is expanding the number of programs in 2025, so more seniors across the province can get the services that meet their needs close to home. This year, there are more than 400 programs across the province.

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



**PROTECT
ONTARIO**

June is Seniors Month

Fit, Active and Healthy 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/msaa.
- resources for seniors with the updated [Guide to Programs and Services for Seniors in Ontario](#).
- for other programs and services available in your area visit: 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



Newsletter Contributions from our Members



KANATA SENIORS COUNCIL
Submitted by: Kay Dubie, Director

The last few months have been very busy for our Council. We have presented health Seminars each month. Our Travel and Lifestyles team has offered about 4 events including: day trips/dinners/theatre outings each month.

In March we held a marketplace for our various sponsors as well as many senior related vendors. A very busy day with lots of visitors. In April we held a huge Garage Sale at our centre, and many treasures were shared and found new homes.

In April we celebrated our Volunteers with a social evening where we gathered to enjoy refreshments and snacks, with a little help from the Council, and gave us a chance to get to know those who we volunteer with a little better.

May brought our Far West Fun Fest. Two weeks of fun, food and friends. We have 34 activities which include, active and sedentary, cards, singing, mini putt, frolf, bingo, cooking, darts, wine tasting, bird house building, and many many more. And of course, lots of food!!!! We open the FWFF with a lovely continental breakfast and end with a beautiful full course luncheon. Lots of visiting old friends and making new ones. A wonderful way to end the year.

June brings our AGM and then a bit of a break to rest up for next year.

Have a wonderful summer everyone.





AGE-FRIENDLY NORTH LANARK

Submitted by: Barb Sheldrick, Chair

Age-Friendly North Lanark and Climate Network Lanark partnered with the Levi Home Hardware Building Center in Almonte and held a joint display to mark Canada's Emergency Preparedness Week 2025.



This daily display and free draw offered information and equipment for older adults to help them prepare for, cope with and recover from adverse weather events like prolonged power outages, fires, floods, storms and evacuations.

The information and key resource were developed from extensive consultation with both urban and rural residents and feature a "made in Mississippi Mills" approach to key information like local contact numbers, radio stations providing storm updates and municipal roles and responsibilities. A daily draw was held, and winners took home a free 72-hour emergency kit from the Red Cross, donated by our local Carebridge Community Services.

The project was created based on feedback from older adults who did not cope well during the derecho storm of May 2022. Many were left ill prepared, isolated in the dark without food and medicine. Age-Friendly North Lanark is a small non-profit and member of the World Health's world-wide network of age friendly communities and OACAO. We are funded through community grants.



Mississippi Mills Mayor Christa Lowry with Barb Sheldrick, Chair Age-Friendly North Lanark and Scott Hortop from Climate Network Lanark picking the day's winning ticket. These are the winners!



SPRING SUCCESS & SUMMER CELEBRATIONS

The Spring Fashion Show on April 24 was a sold-out celebration of style and community spirit. Volunteer models brought colourful ensembles from Kingston's Cloth Clothing store to life, while backstage support came from our own Crème de la Closet women's boutique at The Seniors Centre. Executive Director Don Amos even joined the fun, personally escorting several models down the runway. Thanks to Tracie Tattie's sponsorship and our cash-bar partner, the show raised over \$2,000. Just two weeks later, our centre sprang to life for the Spring Yard Sale. Volunteers

arrived the day before to unpack boxes of household treasures,

and vintage books. By opening time, nearly two hundred eager shoppers hunted for hidden gems, raising over \$2300. When the sale ended, Loving Hands—a local organization providing supplies to the most vulnerable—collected any items they needed. Maryann Ruttan, Loving Hands' team lead, remarked, "Your kindness and support play a vital role in our effort... your commitment to social responsibility is inspiring." With Capital Movers covering transportation, what remained was loaded into a truck and donated to Goodway Thrift Store, leaving nothing to waste. As these two events fades, our summer plans bloom. A familiar favourite: every Tuesday and Thursdays throughout July and August, members and the community are invited to pull up a chair, share a meal and enjoy lively conversation at our "Dine with Don" BBQs. Hosted by Executive Director Don Amos, who personally manages assisted at

the grill, and cash by a board member. Building on that community spirit, we're introducing "Beats & Bites" in mid-July. Local food truck favourites Otter Creek Eats and Churro Guy will serve gourmet burgers and handcrafted pastries, while Spencer Evans & Friends play toe-tapping classics and soulful favourites. Beats & Bites promises to be a season highlight.





EGANVILLE DISTRICT SENIORS

Submitted by: Trudy Kerr, Transportation & Special Projects Coordinator

Connecting Accessible Hubs and Indigenous Communities, the Eganville and District Seniors have successfully concluded the "Connecting Accessible Hubs and Indigenous Communities" grant project, funded through the Government of Ontario's Inclusive Communities Grant Project, marking a milestone in cultural inclusion and accessibility for our center.

The initiative was conducted in collaboration with the Algonquins of Pikwakanagan and Fairfields, aiming to enhance the existing Connecting Communities Hub with Indigenous teachings and accessible features. At the heart of the upgrades is the integration of bilingual, educational signage rooted in Algonquin culture, highlighting the Medicine Wheel and traditional natural elements such as sage, cedar, and sweetgrass. It also includes multiple signs with cultural history and educational components, with a QR code for accuracy and the ability to link to new pieces if there are changes.

These additions are designed to foster cultural awareness and respect, while ensuring the hub remains a welcoming space for all. To complement the educational elements, the project also introduced accessible infrastructure, including wheelchair-friendly tables and garden planters, pet stations and convertible benches. These features are intended to encourage social interaction and provide opportunities for individuals of all ages and abilities to participate in planting and maintaining traditional plants and vegetables.

This project is about creating a space that honours Indigenous culture and supports accessibility. We want everyone in our community to feel included and empowered. The enhancements will serve the community well into the future, offering sustainable learning opportunities for local schools and residents. With perennial plants and trees forming part of the landscape, the hub will continue to be a place of learning, gathering, and pride for the community. When we had our launch, we had drumming from Papase Drumming Group and a traditional Algonquin meal of beef stew and fry bread served by Nigig Nibi Ki-win. We also had traditional teachings from The Algonquin Way Cultural Centre.

By integrating accessibility with cultural respect, the Eganville and District Seniors have taken a meaningful step toward a more inclusive and connected community for all.



QUINTE HEALTH LEADERSHIP EXPERIENCES COMMUNITY CARE IN ACTION

Judith Zelmanovits (I) shares her appreciation for Prince Edward Community Care for Seniors with Quinte Health President and CEO Stacey Daub (C) and Meals on Wheels volunteer Maggie McDougall.

In December 2024, Judith Zelmanovits sustained a leg fracture while travelling in Mexico. Shortly after returning home, her husband George became ill, requiring surgery. “I knew that we needed help to continue living at home

independently and my first call was to Prince Edward Community Care for Seniors to arrange Meals on Wheels,” said Judith. “They have been amazing, and I am grateful for all their services to help seniors live at home. The regular delivery of meals provides peace of mind, and no matter how busy volunteer driver Maggie is with deliveries, she always makes time to check in and have a chat.”



Quinte Health President and CEO Stacey Daub recently participated in Meals on Wheels delivery to meet some of the seniors who benefit from vital community care services.

“These programs play a crucial role in community well-being and patient recovery,” said Stacey. “Too often, patients stay in the hospital longer simply because they don’t know about available resources. Collaboration and awareness are key to ensuring people get the support they need to return home sooner. Hearing Judith’s story and meeting some of the dedicated volunteers who strengthen our community was truly inspiring.”

CELEBRATING MILESTONES AND CULTURAL CONNECTION AT REDLEAF CULTURAL INTEGRATION'S CHINESE SALC



Redleaf Cultural Integration (RCI), a non-profit organization based in Burlington, Ontario, has been proudly serving the Halton Chinese community since 2013. RCI is dedicated to supporting newcomers in integrating into Canadian society through programs that promote multiculturalism, physical and mental well-being, and community inclusion for all ages.

On May 4, 2025, RCI hosted the Annual General Meeting (AGM) and Seniors' Talent Show at the Burlington Seniors Centre, as part of the Chinese Seniors Active Living Centre (Chinese SALC) program. The event welcomed over 100 seniors and featured lively performances in music, dance, poetry, and other social activities—celebrating the achievements of the past year and the vibrant spirit of our community. We were honored to have Ontario's Regional Development Advisor, Ms. Kate Oxley, in attendance to share her words of support and encouragement.

RCI is proud to have been officially designated as one of Ontario's Senior Active Living Centres. This provincial recognition is a testament to more than a decade of dedicated service to the Halton Chinese senior community and addresses a vital underserved need for culturally tailored programming in our region.

We are also delighted to join the OACAO as a new member and become part of this inspiring network of SALC operators. We look forward to ongoing learning, knowledge-sharing, and mentorship opportunities as we continue to grow and provide much-needed services to promote cultural integration, mutual respect, and active living in the Halton Chinese community and broader society.



CIRCLE OF CARE SINAI HEALTH

Submitted by: Michelle Duklas, Manager, Communications

A FRESH TAKE ON DEMENTIA CARE: INSIDE CIRCLE OF CARE'S ADULT DAY PROGRAM

At Circle of Care, we believe great care goes beyond daily support—it's about creating a space where seniors feel connected, engaged, and part of a vibrant community. That's exactly what our Adult Day Program (ADP) offers.

Open seven days a week in a fully accessible centre in Vaughan, the ADP has become a true hub of activity, filled with energy, laughter, and purpose. Clients take part in small-group baking, Tai Chi, trivia, Rendrever virtual reality, and more, while caregivers gain peace of mind and much-needed respite. Our on-site wellness spa, featuring foot care, hairdressing, Reiki, and free hearing clinics, rounds out the experience with an extra touch of care. Recently we were excited to offer free facials to our clients on Thursdays, thanks to a special volunteer. She's one of 30 volunteers that assist staff at the ADP, helping bring joy and support to senior participants.

A Place of Community



Beyond our regular programming, we have also been able to use the 7,000+ square foot space for special activities, like *Soup's On*, a social group where participants learn how to make different soups each month.

"Engaging seniors from the community in a late afternoon program of soup, socialization and Bingo has been a great hit," says ADP supervisor Madeline D'Arpino. "It gets them out of the house and they just love it, telling us they look forward to it every month."

For Passover, the ADP team transformed the lounge area into a separate kosher space that allowed for 50 client visits. Clients and families were appreciative of being able to accommodate this.



Let's Connect

If you support clients who could benefit from structured, engaging programming, we'd love to hear from you. Call us at 905-728-1128 to learn more or make a referral. Together, we can help more seniors stay active, connected, and thriving.





THE NORTHERN BRUCE PENINSULA SENIOR ACTIVE LIVING CENTRE

Submitted by Sharron Colter, Program Coordinator and chair for NBP CSAAC and Partner with the NBP SALC

This is the first article about the Senior Active Living Centre (SALC) on the Northern Bruce Peninsula (NBP). As of April 2025, there have been many activities planned for the residents to avoid loneliness and isolation. The programs have been in person to promote connections with others. The SALC has created many opportunities to partner and network with other groups including Old Schoolhouse Seniors Club (OSHS), the Friendship Club, the Bruce Peninsula Environment Group (BPEG), the Lion's Head Legion, Branch 202, the Northern Bruce Peninsula Support Advisory Action Committee (NBP CSAAC), the Bruce Men's Shed (BMS), and Council on Aging Grey Bruce (COAGB)

The Northern Bruce Peninsula has a population of 4,400 with 55% aged 55 plus.

The SALC is beneficial as a vehicle to ensure aging well. Some of the activities have included in person writer's workshop and meet the author monthly and yoga and Laugh Yourself Healthier weekly.

The activities are advertised on a monthly calendar and in the Northern Bruce Peninsula Press, a local newspaper provided free to every household on the Northern Bruce Peninsula.

For more information contact nbpcsaac@eastlink.ca or phone 519-793-3473



ÇA BOUGE A RETRAITE ACTIVE DE PEEL!

La tenue de notre assemblée générale annuelle le 28 mai a été une occasion de faire un bilan et de reconnaître le succès remarquable de notre organisme au cours de l'année 2024-2025. En effet, depuis le 1er avril 2024 au 31 mars 2025, nous avons compté 3 978 présences à nos activités ! Ce chiffre s'explique surtout grâce à la subvention reçue du gouvernement fédéral (PNHA 24-25) qui nous a permis d'offrir une gamme variée d'activités et selon un mode encore plus accessible pour inclure un maximum de membres.

Six ateliers de littératie numérique (en personne et en virtuel) ont redonné un peu plus confiance à nos participantes dans l'utilisation de cette technologie. Nos téléphones sont plus utiles que nous pensions, même l'intelligence artificielle est davantage perçue comme positive... Quelques élèves de l'école secondaire Jeunes sans Frontières ont soutenu nos apprentissages avec patience...

Saviez-vous que nos mains ont un pouvoir thérapeutique ! C'est en effet ce que nous avons découvert par le biais d'une série de 6 sessions virtuelles d'auto-massage offertes par Raphaël Lavoie-Brand, massothérapeute québécois. Parmi les thématiques abordées, il y avait le relâchement des tensions musculaires, le soin des articulations, l'apaisement du stress et de l'anxiété et la détente avant de dormir. C'est impressionnant à quel point ces simples routines sont efficaces.

Un tournoi de casse-tête ? Eh oui c'est le défi que 7 équipes de deux personnes ont réalisé au mois d'avril dernier. L'équipe gagnante a terminé en un temps très impressionnant de 106 minutes ! À refaire à l'automne prochain si on en juge par les commentaires.

La chorale coup d'Choeur de Retraite active était sur pause depuis quelque temps mais l'idée d'une visite au centre d'accueil Héritage de Toronto a été l'élément déclencheur pour réchauffer nos cordes vocales. Depuis février dernier un groupe de 18 personnes se réunit à chaque semaine et redécouvre le plaisir de chanter, sans prétention, un répertoire qui nous représente bien. La joie sur le visage des résidentes lors de notre visite le 7 mai dernier valait tous les efforts et nous a donné le vent dans les voiles. On continue en septembre !

Nos activités artistiques suscitent un intérêt grandissant. De très belles pièces ont été créées (à la surprise même des participant.es) grâce aux deux ateliers d'introduction à la céramique par Lise Goulet, céramiste. Nous avons hâte de voir le résultat final après la glaçure et la période au four...



Juin est le Mois des aînés en Ontario. Nous sommes privilégiés de faire partie de cette communauté et de partager l'expérience et la «sagesse» quand on veut bien nous en donner la chance. Il existe parmi les membres de Retraite active une immense banque de ressources à tous les points de vue. Nous remercions

nos merveilleux bénévoles qui font en sorte que notre organisme est unique en son genre.

Longue vie à nos retraitée. et aînées!

Françoise Myner, secrétaire du conseil - www.retraiteactivepeel.ca

Submitted by: Shiroman Deen Anton, Marketing & Communication Specialist

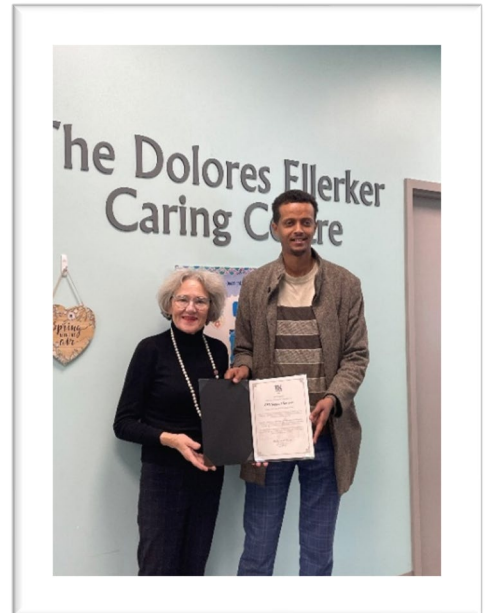
COMMUNITY PROGRAM BUILDING ACCESS IMPROVEMENTS MAKE A DIFFERENCE AT ESS SUPPORT SERVICES

ESS received a \$47,500 Capital grant from the Ontario Trillium Foundation. This grant enabled ESS to install a new outdoor permanent ramp and make other essential accessibility improvements at its community program building at 30 Rosemont Avenue in Etobicoke. The project has improved accessibility for older adults and seniors participating in the programs being delivered at the space. With the new ramp and pavement to enter the building, greater safety, and accessibility have heightened the ability of those with mobility challenges to participate in our programs offered at this building. Accessibility is a commitment to inclusion, dignity, and independence for the older adults and seniors ESS serves.

On April 23rd, MPP Mohamed Firin of York South—Weston met with the team at ESS to hear how the support from the provincial government's Ontario Trillium Foundation (OTF) are impacting the delivery of vital programs in the community. He was pleased to hear how the funding has helped make the programs more accessible for seniors using the space.

The Adult Day Program at this building provides support to older adults and seniors who have a cognitive impairment, such as Alzheimer's and dementia and are physically frail. It offers a supportive environment with social, therapeutic, and recreational activities and gentle physical and mental exercises to stimulate and engage the individuals attending our program. Along with this program, our Overnight Respite program is also offered at this building; it provides short-term overnight care and accommodation for older adults who have a memory-related impairment, chronic illness, or disability. The program offers short-term respite for caregivers, giving them an opportunity for rest and self-care. These programs are about more than services — they're about connection, compassion, and community.

The two pictures below show that the construction has been completed with yellow handrails and an improved sloping pavement.





CALEDON SENIORS CENTRE

Submitted by: Cheryl Sampson

THE CALEDON SENIORS CENTRE HAS BEEN BUSY WITH ACTIVITY!

We had a Chef Night Fundraising Event with Chef Fab Natale from Chef Talk Catering Inc. He prepared the participants' dinners from their choice of everyday ingredients you would find in your kitchen pantry at home. A



great time was had by all!

Our Men's Lunch was well attended for the Senior Men's Health presentation by Dr. Joe Niedoba. The men learned about the determinants of health, diet, exercise, and prostate health. Following the presentation, the attendees enjoyed a delicious, healthy lunch of panini sandwiches, salad and fruit crisp!



SOUTH GATE CENTRE FOR ACTIVE ADULTS

Submitted by: Sarah Lindsay, Marketing & Communications Manager

Summer is in Full Swing at South Gate Centre!

Our community embraces every moment of the season—and it shows! With three co-ed lob ball teams, over 125 golf league members, and 200 dedicated volunteers, South Gate Centre is buzzing with energy, connection, and fun. While our parking lot undergoes construction, our monthly car cruise-ins have found a temporary home at a nearby church—thank you for your continued enthusiasm and support!

Construction Update We're thrilled to report that our building expansion is on schedule, with a grand reopening planned for November 2025. The new Grand Hall will be a flexible space, able to transform into three smaller rooms to accommodate a wide variety of programs and events—from conferences and trade shows to weddings, meetings, and community celebrations. Enhancements also include a secondary kitchen, a large bar, and a welcoming lounge area to support expanded food services and social gatherings.

Volunteer Spotlight In April, we celebrated our volunteers with a heartwarming Volunteer Appreciation event under the theme "Together on the Journey." The celebration reflected on the incredible contributions of our volunteers—past, present, and future—as we look ahead to our next chapter. Volunteers were gifted sunglasses as a fun symbol of the bright future ahead! Check out our photo collage from the event and see the smiles that keep South Gate Centre shining.



Submitted by: Michelle St. John, Program Coordinator

The Bowmanville Older Adult Association (BOAA) is a fun, inclusive environment designed for older adults. Our centre has been providing new and exciting experiences to its members for over 25 years. With over 150 programs each season and many amazing events, there are plenty of opportunities to meet new people! Want to join a program but don't know where to start? We offer your first class free (one class per person, per session). Come out and try something new and exciting today! The Bowmanville Older Adult Association is a federally incorporated non-profit organization that offers social, active, and educational programs to older adults in Clarington. BOAA has introduced some exciting new programs in the spring that our older adults are absolutely

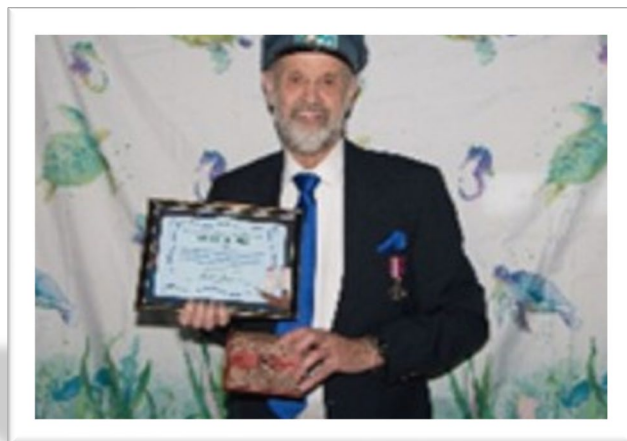


loving – Eldoa a revolutionary stretching and strengthening technique for the spine and joints of the body. The Eldoa postures target every joint of the spine to decompress, create space and normalize the tension around each vertebra. We also have Lots of fun new art programs to offer, from Canvas painting – rug tufting, we have even squeezed in some wine glass painting for some added creative fun! We've introduced some exciting new fitness classes at the Centre for the summer: Beginner and Intermediate Spin Classes. These classes incorporate both on-bike and off-bike exercises to build strength and endurance, with a particular focus on the quads, hamstrings, calves, core, hip flexors, and glutes. This 1-hour spin class offers a safe, engaging, social bike ride, balancing low-impact cardio, joint-friendly strength work, and plenty of

mobility time. A special shout out to all our volunteers who we honoured at the Volunteer Appreciation Dinner on May 3rd. They deserved this amazing night, with an under-the-sea theme, for everything they do. Without the assistance of our volunteers, many of our programs and services would not exist. We are very thankful to all of them for everything they do to keep the BOAA going.

As always, we are thrilled to invite you to the Bowmanville Older Adult Association (BOAA) Open House and Active Living Fair on Wednesday, September 3rd, 2025, from 9:00 AM to 1:00 PM.

Check out our website at <https://bowmanvilleolderadults.com/> for more information on our events and registration information.



Shalom Village: Celebrating Seniors, Community, and Care

For over 50 years, Shalom Village in Hamilton has redefined what senior living can be. From Assisted Living and Long-Term Care to community wellness programs, fitness classes, memory care, and transportation services, Shalom Village creates “Moments that Matter” — ensuring older adults live their fullest, most meaningful lives.

This June, in celebration of Seniors’ Month, Shalom Village proudly hosted its inaugural Carnival for Care — a joyful, family-friendly fundraiser filled with games, entertainment, music, and carnival treats. But behind the fun, Carnival for Care carried a deeper purpose: raising critical funds to support programs that enhance the health, dignity, and independence of hundreds of seniors every year.

The Carnival for Care grew out of Shalom Village’s long history of community events like the beloved Hustle 4 Health and last year’s 50th Anniversary Family Fun Day, which together raised over \$350,000. These events reminded us all that when the community comes together, magic happens — not just through dollars raised, but through the connections, laughter, and shared commitment to supporting our elders.

This year’s Carnival embodied that spirit. Whether families tossed beanbags, danced to live music, or simply enjoyed an afternoon together, every moment helped fund life-changing care: personalized therapy, mobility and fitness programs, creative arts, memory support, and so much more.

As we reflect on Seniors’ Month, Shalom Village is proud to stand alongside organizations across Ontario celebrating the contributions, resilience, and vitality of older adults. We are grateful for the generous sponsors, donors, volunteers, and families who helped make Carnival for Care such a meaningful success.

Together, we are building a future where every senior — at Shalom Village and beyond — feels valued, engaged, and deeply cared for.

For more about Shalom Village’s accommodations, programs, services or events visit www.ShalomVillage.ca.





Onaping Falls Golden Age Club (OFGA Club)

Submitted by: Michael Sandblom

On August 31, 1966, I Mickey Sandblom arrived in Onaping with my family to be The principal of the local Public School.

We planned to stay for a few years and then explore new fields. However, plans do change, And 59 years later, my wife and I still live in the same home in Onaping.



Why did we stay? Simply, we decided that this area had so much to offer in the way of good schools, multiple recreational facilities, and many outdoor activities. Now, after retiring, one of the key reasons is the Onaping Falls Golden Age Club.

On February 12, 1976, the OFGAC first opened its doors. When Falconbridge Nickel company donated the former Crawley-McCracken bunkhouse to be used as a gathering place for local Seniors. Len Sabourin served as the Club's first president. We now have an active group of over 250 members involved in many activities, such as a men's and women's pool, a fitness centre, a woodworking room, a comfortable reading library, and a meeting hall for over 100 guests.

Each year, many special events are held where 100 tickets are printed for an event & all are sold. One Friday a month is devoted to a circle music Jam session where talented musicians perform individually or as a group. Over the winter, each Wednesday, Snack and Chat takes place with soup and sandwiches, accompanied by much chatter and laughter, followed by an afternoon of euchre and practice for the club ukulele group. I could go on, but I think you can see that this is a busy place where we can meet and greet old friends and make new ones. It provides a social venue that many of us would not have without OFGAC.

Why have we stayed here all these years? The answer is simple. Honest, hard-working, sociable, friendly PEOPLE and the OFGAC!

**Onaping Falls Golden Age Club
705-966-2502 / 109 Service Road, Onaping, Ontario
Mailing address: 109 Service Road Onaping On., P0M2R0**

DAYLIN JAMES' SHOW AN OUTSTANDING SUCCESS FOR PIONEER CLUB ATIKOKAN'S 50TH ANNIVERSARY DINNER

June 11, 2025 - Atikokan, Ontario...Daylin James, Canada's two-time International *Elvis Tribute Artist Grand Champion* and international performer headlined the Pioneer Club's 50th Anniversary Dinner and entertainment celebration on, Saturday, June 7, 2025.

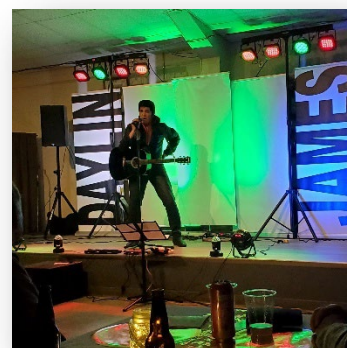
Treasurer, Kim Cross, who suggested Daylin's show at a meeting of the Social Committee beamed, "The show was excellent! We had so many people call for tickets at the last minute, but we just couldn't accommodate them. The show was outstanding!"



The Atikokan Royal Canadian Legion Branch 145 hosted the party, providing a wonderful space with a delicious ham and turkey meal with all the fixin's! A big, "Thank you," to the Legion members that cooked and served us.

Following dinner, Daylin performed a double feature with the first forty-five minutes paying tribute to the legends of country music and the second half his tribute to the *King of Rock 'n' Roll, Elvis In Leather*. He moved about the room, interacting and singing, gave a red scarf to one lady and threw little teddy bears into the audience while singing, (Let Me Be Your) Teddy Bear.

The standing ovation gave evidence that the show was a great success, enjoyed by all.



UNIONVILLE COMMUNITY CENTRE FOR SENIORS: 2025 MARCH BREAK EXPO A CELEBRATION OF ACTIVE COMMUNITY CONNECTIONS

This past March, the Unionville Community Centre for Seniors hosted the vibrant and much-anticipated Seniors March Break Expo at the Unionville Commons, a Housing York Seniors Building, just steps away from our seniors active living centre satellites. from March 10-14, 2025. Close to 200 seniors, many of whom never participated in a UCCS program, joined us during a week was filled engaging programs, all designed to promote wellness, connection, and fun for the local senior community.

Among the many highlights was the Brunch Club and Spring Luncheon, where attendees enjoyed delicious, nutritious meals while connecting with fellow seniors. A special evening program, Treats and Tunes, brought the community together after dinner for live entertainment and decadent desserts, with participants dancing to their favorite tunes.

For those eager to stay active, the expo offered fitness-focused programs, including Line Dancing, Posture and Balance, and a Zumba-inspired dance exercise class. In addition to wellness activities, essential community services were available. Seniors benefited from a hearing clinic courtesy of Archer Hearing and an informative session with Jennifer Mathews from CHATS (Community & Home Assistance to Seniors), highlighting valuable resources and support options.

The expo wrapped up with a heartwarming Friday Friendship Café, featuring a pop-up BINGO game and a celebration of Unionville's diverse community, making for a perfect conclusion to a week of new experiences and friendships.

It was a memorable week that was made possible thanks to the incredible efforts of 16 volunteers, who contributed nearly 150 hours of their time to make the experience special

With incredible feedback from participants, to bring more specialty weeks to UCCS, we have already planned another one in June to celebrate Seniors Month.





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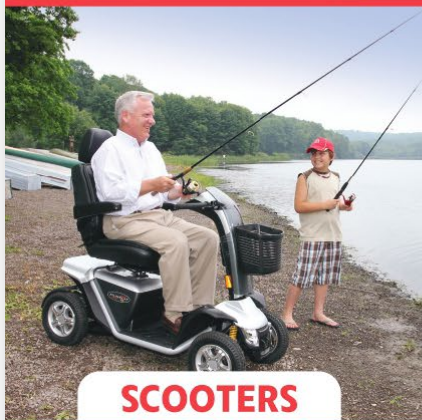
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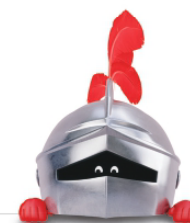
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WHAT ARE THE EARLY SIGNS OF HEARING LOSS?



Summer is full of lively conversations, whether it's a backyard BBQ, a family reunion, or an outdoor concert.

But if you've found yourself frequently asking people to repeat themselves or struggling to follow along in group settings, it could be more than background noise.

Common signs of hearing loss become especially noticeable in noisy summer environments, such as:

- Difficulty understanding conversations when there's background music or chatter.
- Needing to turn your head to hear someone better.
- Feeling mentally fatigued after social events from trying to keep up.
- Avoiding gatherings because it's just "too hard to hear."

Hearing loss often occurs gradually, and many people don't realize it's happening until it begins affecting their daily lives. The good news is, if you are experiencing any of these symptoms, a simple hearing assessment can quickly determine if you have hearing loss, and there are many effective solutions available to help you reconnect with the world around you.

DON'T MISS A WORD THIS SEASON — YOUR EARS DESERVE A LITTLE SUMMER FUN, TOO!

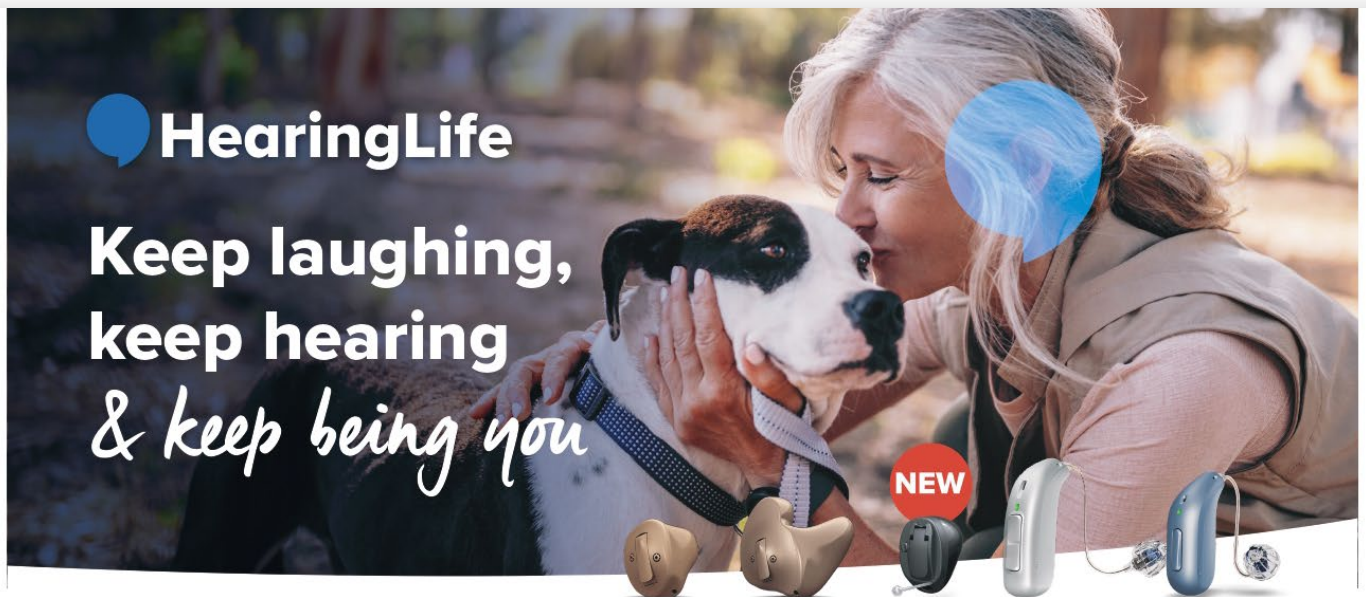


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Shine a Spotlight on a Remarkable Retirement Home Resident

Submissions now open for the 2025 RHRA Resident Champion Award

Every year the RHRA presents an award known as the Resident Champion Award to a senior living in a licensed retirement home in Ontario. This award celebrates and recognizes the contributions and efforts that have made a noticeable impact on their fellow residents and community members alike.

The RHRA is now accepting nominations for this year's Resident Champion Award. If you know a senior living in a licensed retirement home whose actions and endeavours have had a positive impact on the quality of life for others living in their retirement home and their community, submit their name today through the [submission form found on the RHRA website](#).

The RHRA will be accepting submissions until **Friday, July 25th, 2025**. Alternatively, submissions can be made via email at communications@rhra.ca. The award recipient, along with the top 10 finalists will be announced at the AGM and Recognition Event. This year's AGM and Recognition Event will be taking place virtually on **Wednesday, September 17th, 2025**.

The RHRA's AGM and Recognition Event gives us the opportunity to reflect on the work completed over the year. In addition to reflecting on the regulatory work the RHRA has accomplished, the Recognition Event gives us the opportunity to celebrate industry partners and residents who have helped us work towards our mandate of protecting seniors living in retirement homes so they can continue to live with dignity, choice and confidence.

Along with the Resident Champion Award, the RHRA presents the Partner in Protection Award to an organization that has partnered with the RHRA to support the delivery of its vital resident protection mandate.

To stay up to date on all RHRA news/updates make sure to [sign up for the RHRA's bi-weekly newsletter on the RHRA website](#) or email e-newsletter@rhra.ca to be added to the mailing list.

About the Resident Champion Award

The RHRA is honoured to name the Resident Champion Award after Frank Kajfes, a beloved member of the RHRA's Stakeholder Advisory Council (SAC). Frank was devoted to improving the lives of seniors and the lives of the people in his retirement home community. As an educator, he was generous, humorous and optimistic. In his later years, that passion translated into his work to empower seniors to stay informed and know their rights so that they can live in security and with dignity in a retirement home. Frank's ideas were intelligent, respectful, honest, practical and inclusive.



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



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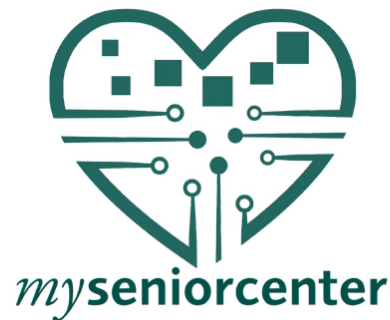
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For more information about the

Older Adult Centres' Association of Ontario

please contact: Sue Hesjedahl, Executive Director

at 905-584-8125 or 1-866-835-7693 or sue@oacao.org

www.oacao.org P.O. Box 65, Caledon East, ON L7C 3L8

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

OACAO

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

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

Belairdirect www.belairdirect.com/healthcare 1-833-887-4626

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

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

Citadel Mortgages www.citadelmortgages.ca 780-951-7487

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

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

Heart to Home Meals www.HeartToHomeMeals.ca 1-888-777-2219

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

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

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

Parkland Lifestyle Residences www.experienceparkland.com 1-877-742-6639

Retirement Homes Regulatory Authority www.rhra.ca 1-855-275-7472

Senior Women Living Together www.swlt.ca

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

Thank you to all our 2025-2026 Business Partners



NEWSLETTER DEADLINES

Please note the following deadline for submissions:

2025 Fall Newsletter – September 2, 2025

2025 Winter Newsletter – December 1, 2025

2026 Spring Newsletter – March 2, 2026

Please send your submissions to emily@oacao.org

Exclusive benefits for members of OACAO



Arbor Alliance Program by Arbor Memorial

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

Final arrangements made in advance*:

4% savings on cemetery lots and niches

10% savings on funeral and other cemetery products and services**

Final arrangements made at time of death*:

5% savings on funeral and cemetery products and services***

PLUS! Access to Arbor Memorial's planning tools - FREE!

Call for your Information Kit: 905-842-2252 or visit ArborAlliance.ca



Arbor Alliance
by Arbor Memorial

OACAO

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



Arbor
Memorial

*Arbor Alliance discount will vary for other provinces. **Excluding lots, niches and cemetery crypts. ***0% discount on cemetery lots, niches and crypts at time of death.

†An "Eligible Participant" is an AAP Partner Organization Member and any of the following immediate family of the AAP Partner Organization Member: father, mother, father-in-law, mother-in-law, spouse, sibling, and child. Proof of membership required at time of contract.

Arbor Memorial Inc.



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OACAO BUSINESS PARTNERS

Platinum Business Partners



Gold Business Partners

