

### Message from OACAO President Wendy Caceres-Speakman

#### Greetings OACAO Members, Partners, Friends, and Supporters!

As always, the summer months have flown by, but how wonderful that we are getting to enjoy a few more weeks of late summer sunshine. As always, work at the OACAO continues regardless of the season, and this summer has been no exception.

The planning for our 2024 Aging Well Conference, October 28- 29th, is in full swing. We have an exceptional lineup of keynotes, workshops, panel presentations, Lightning Talks, networking opportunities, and much more. This year, we have added a new feature: a pre-conference opportunity on Sunday, October 27th. More news about that wonderful opportunity is in our Newsletter.

This year, the board is launching a new initiative to enable more access to the Aging Well Conference with the approval of a 'Travel Bursary'. We have received very positive feedback from our membership for this support, and we are delighted to know that this will result in greater access to the conference for our valued delegates.

Many hours of work and many hands are involved in planning this important annual event for the OACAO, and I would like to extend a special thank you to the amazing Conference Planning Committee for their incredible efforts and unwavering support. Our sincere appreciation also goes out to all sponsors and partners who support the event and the Trade Show.

The OACAO's 2024 Annual General Meeting (AGM) took place on September 24<sup>th</sup> and was well attended by our Membership. Our gratitude to OASSIS Employee Benefits for Not-For-Profits for sponsoring the event. Following the Annual Meeting, the Board convened to appoint the Executive Committee. The committee are represented as follows: Wendy Caceres-Speakman, President; Karie Papillon President-Elect and Leslie Olsen, Vice-President. William Krever continues as our Treasurer, and Sharon Oatway remains our Secretary. A heartfelt thank you to our outgoing board members Elaine Manisto, Karen Pyatt-Westbrook, Monique Doolittle-Romas and Nellie Kinsbury.

The full list of Board members is found on page 56.

We welcome our newest Board member, Jennifer Jones, who is joining the OACAO Board as the **South West Staff Regional Rep**. Jennifer is the Program Coordinator of Older Adults at the Horton Street 50+ Centre in London.

#### 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 the OACAO President Wendy Caceres-Speakman cont'd

The work on our Strategic plan for 2024 – 2026 continues, and we have moved forward many of the items identified in the plan to date. Many thanks to the Board and especially to our Strategic Planning Committee, co-chaired by Sue and Leslie, for their hard work and dedication to ensuring that the plan will successfully guide our organization for the next three years.

The amazing initiatives and opportunities offered by the OACAO to bring relevant resources to support our sector and its membership could not happen without the support, skills and dedication from our Executive Director, and her amazing team. We extend our sincere appreciation for their excellent work to Sue, Lina, Dena, Sarah, Donna, and Karen.

Wishing you all a wonderful fall! I look forward to seeing you at the Conference, dressed in your amazing Halloween Costumes!

*Wendy Caceres-Speakman*

Wendy Caceres-Speakman

President

## Honouring Decades of Dedication: Celebrating Long-Time Board Members' Contributions to the OACAO

The OACAO is proud and deeply grateful for the outstanding contributions of our long-serving Board members, Nancy Beddoe and William (Bill) Krever, who have been recognized with prestigious Ontario Volunteer Service Awards. As one final way of celebrating OACAO's 50th Anniversary in 2023, we submitted nominations to honour their decades of dedication, leadership, and vision, which have been instrumental in driving the growth and success of the OACAO. Nancy received her 30-year pin and Bill his 40-year pin in recognition of their tireless efforts and unwavering support. We celebrate their remarkable achievements and appreciate their continued guidance. Congratulations Nancy and Bill!



## September 30th: National Day for Truth and Reconciliation

Let's take time on September 30th, and throughout the year, to honor and support Indigenous communities across Ontario and Canada. This day is also known as Orange Shirt Day, which began in 2013, to raise awareness of the impacts of the residential school system and the ongoing journey of reconciliation.

For more information and valuable resources, please visit the following links:

- [Ontario's National Day for Truth and Reconciliation](#)
- [Government of Canada: National Day for Truth and Reconciliation](#)





# OASSIS

BENEFIT PLANS  FOR NOT-FOR-PROFITS

WE HOPE EVERYONE ENJOYED THEIR SUMMER VACATION!  
NOW IS THE BEST TIME TO FALL INTO A COMPREHENSIVE AND  
AFFORDABLE BENEFITS PLAN WITH OASSIS!



YOUR ORGANIZATION WORKS  
HARD TO ENSURE EVERY PENNY  
COUNTS. IT MAKES SENSE TO  
PARTNER WITH AN  
ORGANIZATION THAT ONLY  
SUPPORTS NOT-FOR-PROFITS.  
OASSIS IS UNIQUE; WE ARE ONE  
OF THE ONLY NOT-FOR-PROFIT  
PROVIDERS IN CANADA,  
GOVERNED BY LEADERS WITHIN  
THE SECTOR.

CONTACT US TO LEARN MORE AND TO GET A QUOTE FOR A  
PLAN THAT MIRRORS YOUR CURRENT COVERAGE. WE CAN  
ALSO CREATE AN AFFORDABLE PLAN FOR YOU!  
PLEASE REACH OUT TO CAMERON PONTING AT 1-888-233-5580  
EXT. 305 OR [CPONTING@OASSISPLAN.COM](mailto:CPONTING@OASSISPLAN.COM)

[www.oassisplan.com](http://www.oassisplan.com)



# Message from the OACAO Executive Director Sue Hesjedahl

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Hello OACAO members, partners, and friends,

As we transition into the latter part of the year, the fall season brings with it not just the beauty of changing leaves, but a renewed energy in our centres. This time of year reminds me of the vibrant spirit in our communities as we continue to support and engage older adults across Ontario. As the air cools and the colours brighten, I'm grateful for the impactful work we've done together and the exciting opportunities ahead.



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

The OACAO received funding to **support over 100 Seniors Active Living Fairs in 2024 - 2025**, and I am pleased to say that we have met that goal. You will see on page 18 that we are working with 94 SALCs / OACAO member organizations to host over 100 Fairs. With the newer funding category of 'Multi-site Fair host,' we have eight organizations that tapped into that opportunity. **I would like to thank Lina Zita**, OACAO's Development and Marketing Coordinator, and staff lead for the Fairs project, and **Karen Kelly as our Seniors Active Living Fairs Assistant** for their hard work and dedication to ensure the success of the Fairs Program. Please contact Lina Zita at [coordinator@oacao.org](mailto:coordinator@oacao.org) for more information about the Fairs.

**Have you registered for the OACAO's 2024 AGING WELL Conference** in Mississauga? Pre-conference events are on Sunday, October 27th, followed by the full conference on October 28-29 at the Hilton Mississauga/Meadowvale. With the theme "**AGING WELL: Collaborate \* Innovate \* Advocate!**" the event includes a Welcome Reception, sponsored by HearCANADA, and a Monday night Gala Banquet featuring a costume contest and live music by Fiddlestix, sponsored by Amica Credit Mills.

We are grateful to our generous sponsors, especially our **Diamond Conference Title Sponsor, Arbor Memorial**, for their support and the delegate bags filled with great resources and swag. Do not miss the Monday Trade Show, where Hon. Raymond Cho, Minister for Seniors and Accessibility, will join us and provide a special greeting. See page 12 for more details. A few Travel Bursaries are still available for delegates traveling a greater distance. Please contact the OACAO office for details.

Conference Early Bird Registration and the Hotel room block is available until September 27<sup>th</sup>. Registration closes on October 16<sup>th</sup>. **Registration & Session info:** <https://www.oacao.org/events/aging-well-conference/?tab=registration>

The OACAO is so pleased to welcome 7 new Members this Fall (see page 6 for their names).

The **OACAO's 2024 Annual Meeting** took place virtually on September 24th, sponsored by OASSIS Benefit Plans. A highlight was the announcement of our 2024 Annual Award Recipients. Thank you to our members for nominating exceptional volunteers and staff, and to the Awards Committee for selecting this year's recipients. For the first time, nominees will also be listed on page 7, as all are deserving of recognition. Congratulations to all!

Another event to watch for is the **Flu Awareness and Prevention Webinar** we are hosting on October 18th from 10:30 to 11:30 a.m. See page 16 for the flyer. We are pleased to have James Morrison, Director of Pharmacy Excellence at Wholeheart Pharmacy Partners, and Monica Balkaran, a registered nurse from Rexdale Community Health Centre, as our co-presenters this year. We encourage you to invite your members to participate. See page 16 for details and share this with your members and volunteers.

The OACAO is strengthening its Social Prescribing efforts through the **Links2Wellbeing: Social Prescribing for Older Adults project Phase 2**, which began in April 2024 and welcomed several new members. Thanks to Dena Silverberg, Sarah Feeny-Martin, and consultant Pat Spadafora for their leadership. See page 14 for details on the next four years,



Message from the OACAO Executive Director Sue Hesjedahl cont'd

featuring three levels of participation based on your Centre/SALC capacity. The project offers partner organizations training, tools, resources, and micro-grants. For more info, and to join the project contact Dena at [dena@oacao.org](mailto:dena@oacao.org).

This month we are wrapping up our **Nature-Based Programs to Enhance the Quality of Life of Older Adults** project. With funding support from the **Levante Foundation**, we were able to provide a small micro-grant to 10 Nature-Based Demonstration Projects over 12 months to offer creative and meaningful outdoor programs to their members. Our 10 nature-based demonstration projects wrapped up in September. You will soon hear more about the results of the wonderful work captured in these projects. For now, see page 15, and I hope you enjoy a beautiful illustration created by artist Alicia Bint that depicts many of the nature-based activities that took place during the project. Enjoy!

I look forward to seeing many of you at our upcoming Capacity-Building webinars, Regional Meetings, and many of you at our 2024 Aging Well Conference!

Sue Hesjedahl



Sue Hesjedahl  
Executive Director



## Nonprofit organizations incorporated in Ontario must comply with ONCA by October 19, 2024.

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

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

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

## OACAO Members 2024-2025 Membership Renewal



Please remember to keep your centre's information updated on your membership account for 2024-2025.



When updating your centre's information, make sure to log into your membership profile at <https://oacao.wildapricot.org/Sys/Profile> but please remember to use the email address and password of the contact person in your organization listed on the OACAO Wild Apricot System and follow the suggested actions on your profile screen. If you do not remember your password you can reset it at: <https://oacao.wildapricot.org/Sys/ResetPasswordRequest> but, again, remember to update your centre's information you must always use the email address of the contact person listed in the system under your organization. If you have any questions or concerns about OACAO Membership, please feel free to contact us at 905-584-8125 or Toll Free at 1-866-835-7693.

# Welcome to our New Members

## Men's Sheds of Ontario Inc.

357 Jamieson Street, Almonte, ON, K0A 1A0  
Phone : 613-601-2148

<https://www.mensshedsontario.ca/>

## Shalom Village – Hamilton

60 Macklin Street North, Hamilton, ON, L8S 3S1  
Phone: 905-529-1613 ext. 307

<https://www.shalomvillage.ca/>

## Municipality of Red Lake

Box 1000, Balmertown, ON, POV 1C0  
Phone: 807-735-2096

<https://redlake.ca/>

## Havelock Seniors Club

10 George St. W., Havelock, ON, K0L1Z0  
Phone: 705-778-2386

## King City Seniors Centre

2585 King Road, King City, ON, L7B 1A1  
Phone: 905-833-6557

<https://www.king.ca/seniors>

## Maadookii Seniors Group

33 Maadookii Crescent, Warton, ON, NOH 2T0  
Phone: 519-534-4918

<https://www.nawash.ca/seniors/>

## The Village at Canadore College

100 College Drive, North Bay, ON, P1B 8K9  
Phone: 705-358-2829

<https://www.canadorecollege.ca/the-village/seniors-programs>

*Welcome*

**MAKE SURE TO FOLLOW THE OACAO ON SOCIAL MEDIA**



@oacao



@TheOACAO



## Thanks for your Support!

The OACAO is a registered Charity and has the ability to issue tax receipts.

Go to [www.oacao.org](http://www.oacao.org) and click on the Donate Now button.

Charitable Registration No. 125123471 RR0001 Please consider the OACAO for your charitable donation.

## OACAO Regional Networking Meetings

OACAO Regional Board Reps host both virtual on zoom and in-person meetings for Regional members to join together, network, share ideas and support each other. For your convenience, we have listed below the dates for the upcoming OACAO Regional Meetings along with the Regional Representative and their email address. Beside the date will let you know if it is in-person or a Zoom meeting! Please contact your representative to get full meeting details.

REGION	REPRESENTATIVE	EMAIL ADDRESS	NEXT MEETING
Central	Nora Jones	<a href="mailto:nora.jones@townofws.ca">nora.jones@townofws.ca</a>	TBD
Eastern	Don Amos	<a href="mailto:donA@seniorskingston.ca">donA@seniorskingston.ca</a>	Tuesday, Nov. 12, 11 am – 2 pm in-person at Eganville and District Senior Citizens Centre
Golden Horseshoe	Julie Pennal	<a href="mailto:Julie.pennal@oakville.ca">Julie.pennal@oakville.ca</a>	TBD
Grand River	Sarah Feeney-Martin	<a href="mailto:L2W@oacao.org">L2W@oacao.org</a>	Thursday, Nov. 28 1 - 2 pm (virtual)
Metro	Lisa Tobio	<a href="mailto:yorkfairbank@on.aibn.com">yorkfairbank@on.aibn.com</a>	Tuesday, Nov. 26 <sup>th</sup> 10 am – 1 pm in-person at York-Fairbank Centre for Seniors
Northern Regions	John Richer	<a href="mailto:john.richer@greatersudbury.ca">john.richer@greatersudbury.ca</a>	Monday, Nov. 4th 1 - 2 pm (virtual)
South West	Jennifer Jones	<a href="mailto:jjones@bgclondon.ca">jjones@bgclondon.ca</a>	Tuesday, Nov. 19, 10 am – 1 pm in-person at Ingersoll Services for Seniors

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



# Celebrating Excellence: OACAO 2024 Awards Program Winners

Submitted by Nancy Beddoe, OACAO Awards Committee Chair

The Award nominees and recipients were announced at the OACAO's 2024 Annual Meeting held virtually on Tuesday, September 24th.



## Congratulations to all the wonderful people who were nominated for an OACAO Award!

Celeste Adams, Beverly Byrnes, Meg Chaberek, Tom Harmon, John Oberheuser, Brandie Yorg, Linda Price, Connie Gray, Rick Rose, Debbie Smith and Francine Corriveau.

## Congratulations to the OACAO Award Recipients!

### Award of Merit - Staff

Judy Contin, Askennonnia Seniors Centre

### Award of Merit – Volunteer

Kim Bidwell, Ingersol Services for Seniors

### Community Spirit Award

Ursa Major Learning Support Centre

**Trail Blazer Award - Staff** Julie Bennett, Whitewater Seniors Home Support and Active Living Centre

### Trail Blazer Award – Volunteer

Jodi Ziebarth, South Gate Centre

### Regional Award of Excellence

Martha Mackintosh, OACAO South West Regional Board Representative

Congratulations to these remarkable individuals, whose dedication and passion have left an indelible mark on our organizations and communities.

Thank you to everyone who participated and contributed to the success of the OACAO 2024 Awards Program.

## Fraud Victimization Among Older Adults Study

Submitted by Lyndsay Woolridge

Are you an adult aged 65+ who has been targeted and/or victimized by fraud? If so, we would like to invite you to participate in a study conducted by Dr. Joshua Wyman of King's University College and Lyndsay Woolridge of the Ontario Provincial Police. The details of the research are as follows:

- One 60-to-75-minute interview about your experiences with fraud
- Can take place over the phone or online via video telecommunication software
- You will receive a \$30 Amazon e-gift card for your participation!

To learn more or schedule an interview, please visit [bit.ly/4dSNLzC](https://bit.ly/4dSNLzC) or contact Lyndsay Woolridge, Ontario Provincial Police, [lyndsay.woolridge@opp.ca](mailto:lyndsay.woolridge@opp.ca).

# 2024 Ontario Senior Achievement Award / Prix d'excellence de l'Ontario pour les personnes âgées de 2024

August 2024, Août 2024

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Dear Friends,

It is my pleasure to invite you to submit a nomination for the [Ontario Senior Achievement Award](#).

Each year, the program recognizes extraordinary seniors who, **after the age of 65**, have made significant contributions to their community or province.

**The annual deadline for nominations is October 1<sup>st</sup>.** You can submit a nomination online by [registering through the Ontario Honours and Awards Portal](#).

For more information about the program, please visit the [Ontario Senior Achievement Award webpage](#).

You may also contact Ontario Honours Secretariat at [OntarioHonoursAndAwards@ontario.ca](mailto:OntarioHonoursAndAwards@ontario.ca) if you have questions about the Ontario Senior Achievement Award and how to submit a nomination online.

Thank you in advance for taking the time to consider putting forward the name of a special senior in your community.

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Madame, Monsieur,

J'ai le plaisir de vous inviter à proposer une candidature au [Prix d'excellence de l'Ontario pour les personnes âgées](#) de 2024.

Chaque année, le programme rend hommage aux aînés extraordinaires qui, **après l'âge de 65 ans**, ont apporté une contribution exceptionnelle à leur communauté ou à la province.

**La date limite annuelle pour proposer une candidature est le 1<sup>er</sup> octobre.** Pour soumettre une candidature en ligne, veuillez-vous [inscrire au Portail des distinctions et prix de l'Ontario](#).

Pour plus de renseignements sur le programme veuillez consulter la [page Web du Prix d'excellence de l'Ontario pour les personnes âgées](#).

Si vous avez des questions au sujet du Prix d'excellence de l'Ontario pour les personnes âgées, veuillez contacter aussi le Secrétariat des distinctions et prix de l'Ontario à [OntarioHonoursAndAwards@ontario.ca](mailto:OntarioHonoursAndAwards@ontario.ca).

Je vous remercie d'avance de prendre le temps de songer à proposer le nom d'une personne âgée exceptionnelle de votre collectivité.

Veuillez agréer, Madame, Monsieur, l'expression de mes sentiments les meilleurs.

Sincerely / Sincèrement,



Raymond Cho

Minister for Seniors and Accessibility / Ministre des Services aux aînés et de l'Accessibilité





# CAPACITY BUILDING



TRAINING



LEARN



KNOWLEDGE



SKILLS



COACHING



SUPPORT



DEVELOPMENT



**WED  
OCT 2ND**

**SEASONAL SELF-CARE FOR FALL**  
CAITLIN PATTERSON



**10AM- 11AM  
EDT**

BOARD-CERTIFIED DRUGLESS HOLISTIC PRACTITIONER AND A PHD CANDIDATE IN NATURAL MEDICINE



**WED  
NOV 6TH**

**INTRO TO CODING AND DIGITAL LITERACY FOR OLDER ADULTS**



**10AM- 11AM  
EST**

PINNGUAQ ASSOCIATION



**WED  
NOV 27TH**

**THE ROLE OF THE DEATH DOULA**



**10AM- 11AM  
EST**

DEBBIE CHARBONNEAU AND VALERIE  
OLDFIELD

COMPANIONSHIP BY VALERIE

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

Please register in advance: <https://oacao.wildapricot.org/Upcoming-Events>

Participation can be done virtually  
(with live multilingual captioning) or by telephone

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



Funding provided by:



# CAPACITY BUILDING



**TUES  
DEC 10TH**

## FRAUDS & SCAMS

MARY SHKOURY



**1PM- 2PM  
EST**

ELDER ABUSE PREVENTION ONTARIO



**TUES  
DEC 17TH**

## UNTAPPED: ENGAGING OLDER WORKERS IN YOUR ORGANIZATION



**10AM- 11AM  
EST**

PAT SPADAFORA

KALEIDOSCOPE CONSULTING

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

Please register in advance: <https://oacao.wildapricot.org/Upcoming-Events>

Participation can be done virtually  
(with live multilingual captioning) or by telephone

Funding provided by:



For more information,  
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or Toll Free 1-866-835-7693 or  
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[coordinator@oacao.org](mailto:coordinator@oacao.org)





**OACAO**

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

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

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

### **Upcoming Dates and Times**

Tuesday, October 8, 2024 from 10:00am — 11:15am EDT  
Introduction to computers and selection

Tuesday, November 5, 2024 from 10:00am — 11:15am EDT  
5G Mobile Network Technology and its Importance

Tuesday, December 3,, 2024 from 10:00am — 11:15am EDT  
Cyber Security

**Free for Seniors Active Living Centres (SALCs), OACAO members and organizations serving seniors. (Register in Advance)**

**To Register Visit:** <https://oacao.wildapricot.org/Upcoming-Events>

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



OACAO Annual Conference  
**AGING WELL**  
COLLABORATE • INNOVATE • ADVOCATE  
October 28 & 29, 2024 • Mississauga



## The countdown is on! Have you secured your spot?

We are thrilled for you to join us for the 2024 OACAO Aging Well Conference October 28-29, where a world of inspiration, learning, and connection awaits! This exciting event is packed with engaging workshops, interactive breakout sessions, and cutting-edge discussions on aging, technology, wellness, and community building.

Kick off your experience by joining one of our pre-conference sessions - Social Prescribing or our French Language sessions on Sunday October 27. Our main program launches Monday morning including dynamic keynote speaker **Pete Bombaci, founder and CEO** of GenWell, who will explore "The Power of Building a Culture of Human Connection," and **Jennie Queen, life coach and leadership expert**, sharing insights on "Thriving Everyday: Navigating Work & Life," you'll leave with fresh ideas and practical tools to enhance both your professional and personal life. Additional sessions include special guests from the Ministry for Seniors and Accessibility, embracing Artificial Intelligence, dementia-friendly communities, and volunteer engagement, among many others

The conference offers plenty of opportunities to learn and connect, including a **vibrant trade show** showcasing a wide range of exhibitors focused on aging-related products and services. You'll have the chance to engage directly with industry leaders, learn about new innovations, and bring valuable resources back to your centers. Whether you're looking to discover the latest in health technology, senior living products, or community services, the trade show has something for everyone!

The fun doesn't stop there—kick off with a **Sunday evening reception**, compete in a virtual GooseChase scavenger hunt (download your App ahead of time!), and bring your creativity to life at our Monday **Halloween Costume Dinner**, where you can win prizes and dance the night away to live music by the **Fiddlestix band**. Don't miss out on our annual silent auction, featuring amazing prizes to take home.

Whether you're a professional or volunteer working in the senior services space, or simply passionate about aging well, this is the event for you. Register today and be part of a transformative experience designed to help you learn, grow, and connect!

**Register NOW! Early bird, discounted registration is open to September 27**  
*Final date to register is October 16*

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

Book your hotel: <https://book.passkey.com/go/OACAO2024> or  
call 905-821-1981 with Group Code: OACAO

**Title Sponsor**



**Need help?** Reach out to the OACAO at [admin@oacao.org](mailto:admin@oacao.org)  
or call 1-866-835-7693



# Conference Sponsors

**Diamond Sponsor - Title Sponsor**



**Arbor**  
Memorial

**Platinum Sponsor**

**A M I C A**  
CREDIT MILLS

**Gold Sponsor**



**Silver Sponsor**

**OASSIS**  
BENEFIT PLANS  FOR NOT-FOR-PROFITS

**Bronze Sponsor**

**belairdirect.**  
car and home insurance

The OACAO is also grateful for the support received from the Ministry for Seniors and Accessibility



*Submitted by Dena Silverberg*

**Happy Fall! Every September I get excited about the start of a new school year and all the new programs and opportunities offered through our amazing Centres! Thank you to all of our current SALC and referral partners! We are thrilled to share we have been funded for 4 more years through our anonymous donor!** We continue to work hard to plan for 4 more years of development, growth, advocacy, policy work, and the ultimate goal of sustainability for this vitally important project, and for the social prescribing movement in Ontario.

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

The outcomes of L2W demonstrated the impact of social prescribing on clients, SALCs and healthcare providers. With 1,500+ referrals, participating older adults come from a variety of circumstances, 58% reported living alone, 39% had a physical disability, 12% were living with a cognitive impairment, 12% were settled immigrants, and 8% were caregivers. Older adults were referred primarily because of social isolation (54%), loneliness (43%) and mild depression (25%).

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

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

**NEW!** Three different levels of participation based on your Centre/SALC capacity.

- 1) **Hub Centres** (accepting referrals for multiple centres in their area),
- 2) **Group A - Core Centres** (accepting referrals for their own Centres)
- 3) **Group B - Satellite Centres** (accepting referrals that flow from a Hub Centre)

Micro-grant funding support available for Hub Centres and Core Centres including funds to subsidize clients. (reduces socio-economic barriers)

Opportunity to engage volunteers as Peer Mentors and Volunteer Link Ambassadors (VLAs)

Creates new referral pathways to strengthen your centre membership and reach isolated community members

Tools and Resources Packages available in hard copy and digital through a Google Drive

Outreach tools including postcards for care providers with a QR code link to our Social Prescribing VIDEO!

**The next Links2Wellbeing Training -Thursday, October 10th from 11 am to 12 noon or 1-1 training at your convenience! We are also hosting our next L2W Social Prescribing Café on Monday, November 25th, 2024 at 12 noon.**

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



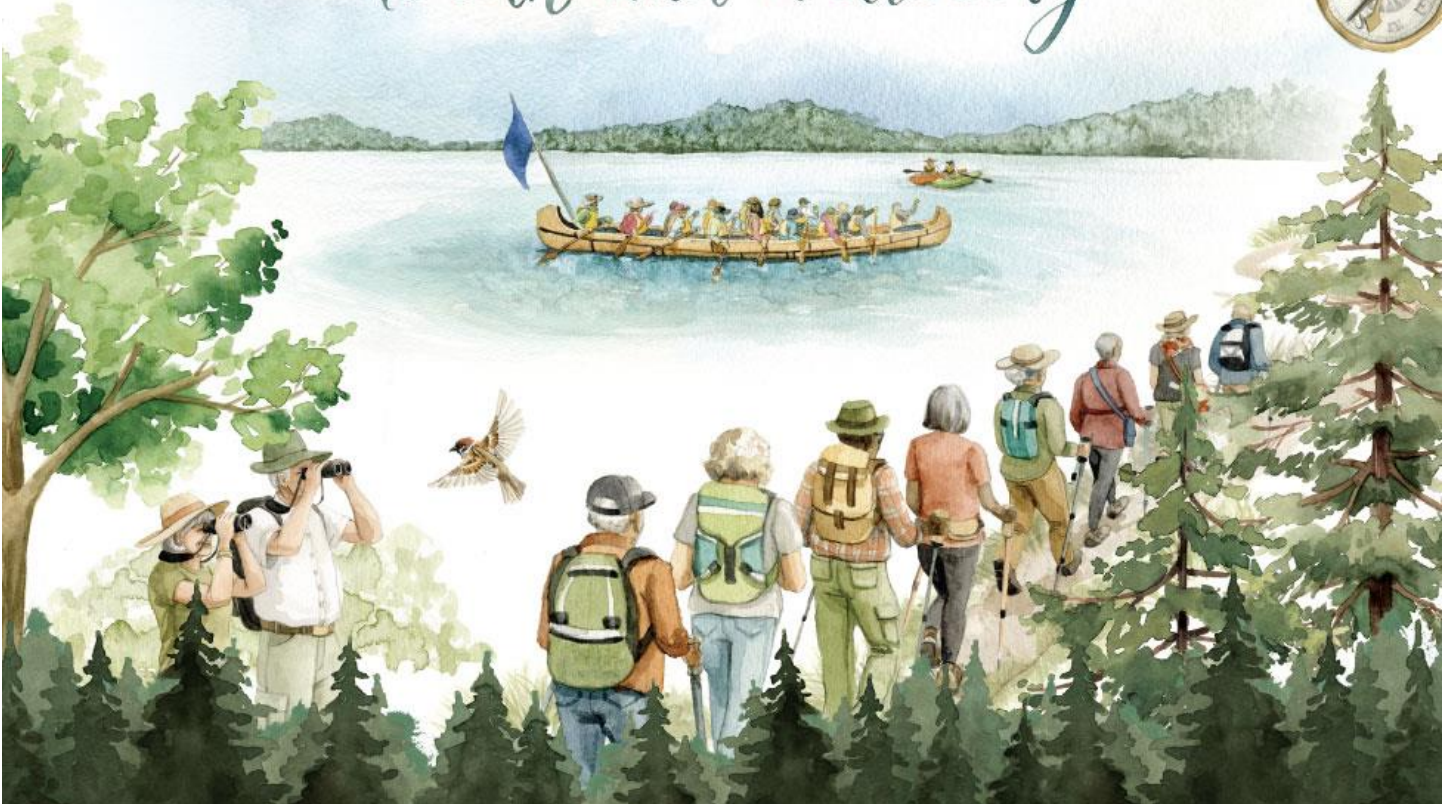


OACAO & Levante Living  
SHOWCASE



NATURE-BASED PROGRAMS  
TO ENHANCE THE QUALITY OF LIFE OF OLDER ADULTS

*Nature is our  
greatest source of  
health and wellbeing*



THANK YOU TO ALL PARTICIPATING CENTRES





Older Adult Centres' Association of Ontario presents

# Flu Awareness and Prevention Webinar

Join presenters:

**James Morrison** Director, Pharmacy Excellence  
Wholehealth Pharmacy Partners  
and **Monica Balkaran** Registered Nurse;  
Rexdale Community Health Centre

Learn about staying well during flu season, causes and symptoms of respiratory illness and how vaccination supports your health.



**FRIDAY OCTOBER 18, 2024**

**10:30 - 11:30 am EDT**

Register at:

<https://oacao.wildapricot.org/event-5887502>

Free for Seniors Active Living Centres and  
OACAO Members staff, volunteers,  
older adults and caregivers

Supported by an educational grant by:

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**REXDALE**  
COMMUNITY HEALTH CENTRE



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



# Help reduce the spread of respiratory infectious diseases



In Canada, respiratory infectious diseases usually increase in the fall and winter and many can circulate at the same time. This includes illnesses such as:

- > the flu (influenza)
- > COVID-19
- > respiratory syncytial virus (RSV)

## Reducing the spread

Respiratory infectious diseases can spread in different ways, including from person to person and through contact with contaminated surfaces or objects. Use these effective actions to help reduce your risk of getting and spreading illnesses.



Stay up to date with your vaccinations, including your flu and COVID-19 vaccines.



Wash your hands regularly with soap and water or, if unavailable, use a hand sanitizer containing at least 60% alcohol.

- > Avoid touching your eyes, nose and mouth with unclean hands.



Stay home when you're sick.



Cover your coughs and sneezes with a tissue or your elbow.



Wear a well-fitting respirator or mask when appropriate.

- > For example, in crowded settings or when you're sick and must enter a public setting.



Clean and disinfect high-touch surfaces and objects often.



Improve indoor ventilation when possible by opening a window or door.



Pay attention to public health alerts and advice in your community.

For more information:  
[canada.ca/respiratory-diseases](https://canada.ca/respiratory-diseases)

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Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

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## OACAO Seniors Active Living Fairs 2024 – 2025

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We would like to acknowledge and thank the Government of Ontario, Ministry for Seniors and Accessibility, for the funding provided to the Older Adult Centres' Association of Ontario for the implementation of the 2024 – 2025 Seniors Active Living Fair project.

### Congratulations to the 2024-2025 recipients:

1. Access Alliance Multicultural Health & Community Services
2. Active Lifestyle Centre
3. Activity Haven Senior Centre
4. Algonquins of Pikwàkanagàn
5. Applegrove Community Complex
6. Askennonnia Senior Centre
7. Aurora Seniors Centre
8. Beaver Valley Outreach
9. Bernard Betel Centre
10. Better Living Health and Community Services (multi-sites)
11. Bowmanville Older Adult Association
12. Carefirst Seniors and Community Services Association
13. Central Eglinton Community Centre
14. Centre Charles-Émile-Claude
15. Centre Pauline Charron
16. Centres D'Accueil Heritage
17. City of Belleville
18. City of Burlington
19. City of Cambridge
20. City of Guelph - Evergreen Seniors Community Centre
21. City of Pickering
22. City of St. Catharines
23. Community Care Concepts of Woolwich, Wellesley & Wilmot (multi-sites)
24. Community Centre 55
25. Community Support Centre of Essex County
26. Corporation of the City of Sault Ste Marie
27. Corporation of the City of Temiskaming Shores
28. Corporation of the Township of Whitewater Region
29. Dryden Go-Getters
30. Eganville & District Seniors Centre
31. Elder Help Peel
32. First Portuguese Canadian Cultural Centre of Toronto
33. Golden Age Activity Centre
34. Grand Finale Centre
35. Guelph Wellington Seniors Association
36. Horton Street 50+ Centre
37. Ingersoll Services for Seniors
38. Kanata Seniors Council
39. Kingsville Community Centre
40. LA Centre for Active Seniors (multi-sites)
41. Life After Fifty
42. MacKay Centre for Seniors
43. Malvern Family Resource Centre
44. Municipality of Clarington - 55+ Active Adults
45. Municipality of Magnetawan
46. Municipality of Port Hope
47. Nigerian Canadians for Cultural, Educational and Economic Progress (multi-sites)
48. North York Seniors Centre
49. Orangeville & District Seniors Centre
50. Parkdale Golden Age Foundation
51. Pembroke 50+ Active Living Centre
52. PEP - Seniors Therapeutic Centre
53. Pioneer Club Atikokan
54. Rainy River Activity Depot
55. Rendez-vous des aînés francophones d'Ottawa
56. Rexdale Community Health Centre
57. Ryde Community Co-operative Inc.
58. Scarborough Center for Healthy Communities
59. Senior Persons Living Connected
60. Seniors Unlimited/ Batawa Development Corporation
61. South Gate Centre
62. Stouffville 55+ Club
63. Stratford Lakeside Active Adults Association
64. Sunshine Centres for Seniors (multi-sites)
65. Tecumseh Senior Active Living Centre
66. The Corporation of the City of Waterloo
67. The Corporation of the Town of Pelham
68. The Corporation of the Township of Woolwich
69. The Glebe Centre
70. The Good Companions Seniors' Centre
71. The Municipality of Greenstone
72. The Neighbourhood Group Community Services
73. The Neighbourhood Organization
74. The Prince Edward County Community Care for Seniors Association
75. The Second Mile Club of Toronto (multi-sites)
76. The Village at Canadore College
77. Thorold Centre 50+
78. Thunder Bay 55 Plus Centre
79. Tillsonburg Senior Centre
80. Town of Ajax
81. Town of Arnprior
82. Town of Grimsby
83. Town of Wasaga Beach - Seniors Active Living Centre
84. Town of Whitby 55+ Recreation
85. Township of Schreiber
86. Unionville Community Centre for Seniors
87. University Settlement
88. Upper Ottawa Valley Seniors Friendship Club
89. Victoria Park Seniors Centre
90. Wallaceburg Adult Activity Centre
91. West Scarborough Neighbourhood Community Centre
92. YMCA of Hamilton Burlington Brantford (multi-sites)
93. York-Fairbank Centre for Seniors
94. YWCA Hamilton (multi-sites)

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

Funding provided by:







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*9 am - 5 pm (Monday - Friday)*

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

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

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

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

**Please plan to join us at some upcoming provincial webinars:**

-  **September 18, 2024 : [Reimagine Aging - A Program to Counter Internalized Ageism](#)**
-  **September 25, 2024 : [Disclosure and Reporting of Abuse Against Older Adults](#)**
-  **October 3, 2024 : [Advancing the Human Rights of Older Persons : UN Convention Status Update](#)**

Funded by:

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## Newsletter Contributions from our Members



### BETTER LIVING

*Submitted by Esperanza Gravesande*

Better Living is dedicated to offering programs and services that keep our seniors active, connected, and engaged. To make the most of a summer afternoon, we hosted a Strawberry Social at 5 Deauville Lane.

This event was more than just an opportunity to indulge in delicious treats—it was a true celebration of community. The gathering brought together a diverse group of seniors, members, and local residents for an afternoon filled with lively conversation, laughter, and shared experiences.

Guests enjoyed an array of sandwiches, desserts, fruit kabobs, and refreshing beverages, all featuring the star ingredient: strawberries. The event saw an even larger turnout than we anticipated, underscoring the value of such gatherings in nurturing a sense of community and belonging.

“The strawberry social that happened in July at Deauville Lane was a well attended, fun event.” Teresa C.

“Everybody enjoyed themselves- it was good” Anita K.





# CENTRAL EGLINTON COMMUNITY CENTRE

Submitted by Amanda Young



At the Central Eglinton Community Centre's Older Adult Program, the importance of gathering, maintaining fellowship through outings, and engaging in arts and crafts cannot be overstated. These activities provide seniors with vital opportunities to connect with one another, fostering a sense of community and reducing feelings of isolation. Social interactions and creative pursuits are crucial for mental and emotional well-being, offering a sense of purpose and joy. Our free outings to both the AGO and Niagara-on-the-Lake provided an opportunity for older adults to travel outside of the city with little barriers and within a group. By participating in arts and crafts,



seniors not only express their creativity but also develop new skills, enhance cognitive function, and experience the satisfaction of creating something beautiful. The supportive environment of the program helps build lasting friendships and promotes a vibrant, active lifestyle, enriching the lives of participants and contributing to their

overall happiness.

Clay Impressions Craft – Jai, a Centre volunteer, led the class to create clay dishes and wall hangings using natural pressed flowers and leaves. This is our seniors showing off their hard work with air-dry clay. This activity was a fantastic way for them to exercise their creativity and self-expression



Our much-anticipated annual trip to Niagara-on-the-Lake. A free outing to attend, we took over 80 older adults where they thoroughly enjoyed a sunny day on the town, a scrumptious meal at The Irish Harp Pub and each other's company. New connections and friendships were made.



We visited the AGO – pictured here is Zohreh, a new member of our 50+ Program. About 25 of our Centre's members joined this free outing, alongside our Older Adult Coordinator, Stacey.



## CITY OF CAMBRIDGE

Submitted by Kim Cusimano, Age-Friendly Coordinator



City of Cambridge to launch an Age-Friendly Community Services Guide on International Day of the Older Person

In November 2022, the City of Cambridge became a member of the World Health Organization (WHO) Global Network for Age-friendly Cities and Communities. As a member, Cambridge is part of a growing global movement of communities, cities and other sub-national levels of government that are striving to better meet the needs of older residents and commits to sharing and promoting the values and principles central to the WHO Age-friendly domains including Communication and Information, Social Participation, Civic Participation and Employment, Community and Health Care and more.

The WHO Global Network for Age-friendly Cities and Communities was established in 2010 to connect cities, communities and organizations worldwide with the common vision of making their community a great place to grow old in. As a response to global population ageing and rapid urbanization, it focuses on action at the local level that fosters the full participation of older people in community life and promotes healthy and active ageing.

Through the City of Cambridge's 2023 Older Adult Survey, an overwhelming % of respondents indicated their preference for print resources and the 'Communication and Information' ranked in the top 3 Age-Friendly domains the City should focus on.

With thanks to funding from the New Horizons for Seniors (NHS) Grant, October 1 - International Day of the Older Person, will launch the City of Cambridge Age-Friendly Community Services Guide that will be available both in print and digital.

The Age-Friendly Community Services Guide project aims to meet the expressed interest and needs of older adults in Cambridge as identified and hosts information through the lens of all Age-Friendly domains. In addition to input and feedback from older adults, volunteers (adults age 50+) will have the opportunity to be trained in information and referral, participate in an 'Ask Me' initiative; an invitation for older adults to ask questions, learn and be connected and be welcomed to join in outreach efforts of the print and digital guide in a direct effort to reach individuals in an inclusive manner.

International Day of the Older Person (IDOP) in Cambridge not only will include this guide launch event but will host the successful Active Living Fair, an annual event in partnership with OACAO and funded through the Province of Ontario.

Communication and Information is one of the World Health Organization's Age-Friendly domains and access to information is a key component that contributes to healthy aging; the City of Cambridge is thrilled to welcome older adults, care partners and volunteers to learn, connect and take action towards healthy aging.





## DIXON HALL

Submitted by Carmen Benoit



It's wonderful to have such a colourful space when we run outdoor programs and the clients take such pride in caring for the space. Our bird feeder is visited by some sweet little birds and helps to create a very comfortable environment.



The seniors from our 192 Carlton Site worked hard in the spring to clean up our back yard garden and plant a variety of flowers and herbs. We meet on a weekly basis in the summer to water and weed the space.

We have used many of the herbs including basil, parsley, thyme and chives in our cooking programs but mostly clients have been taking the herbs home to use in their own cooking.

This year we added 4 lavender plants and hope they survive the winter as one of our seniors hopes to teach us how to make lavender oil in the future.





## CELEBRATING FALL AT THE ECHO CENTRE: ENGAGING PROGRAMS FOR ALL

*Submitted by Brandy Couette*



As we embrace the fall season, the Echo Centre is excited for the return of inclusive programming designed to engage and inspire our members. This fall, we are expanding our Creative Memories Program, a monthly art program specifically tailored for individuals living with Dementia, an Acquired Brain injury, or those who have experienced a stroke and their caregivers (or as a respite program for caregivers). This program is offered on a consistent basis, once a month, and is a safe and supportive environment where participants can explore various art forms, carefully crafted experience that caters to the specific needs of its participants. Each session introduces a new art form, providing a fresh and engaging way for seniors to express themselves. From the intricate designs of pin and thread art to the vibrant and soothing practice of dot painting, and the cultural significance of creating medicine bag necklaces, every activity is chosen with care to ensure accessibility and enjoyment for all. The program also includes fused glass art, a medium that allows participants to create stunning, colourful pieces that they can proudly display or gift to loved ones. Each session is led by skilled instructors who provide step-by-step guidance, ensuring that everyone can enjoy the therapeutic

benefits of artistic expression. In addition to exploring different art techniques, the Creative Memories Program also emphasizes the importance of social connection and community building. Participants are encouraged to share their stories, memories, and experiences while they create, fostering a sense of community. At the end of the program (June), there will be a craft show and open house for them to showcase their artwork for the community as a whole. Creative Memories is more than just a program, it's a celebration of the enduring human spirit and the power of creativity to heal and connect. This program is funded through the 100+ Women's Foundation so that it can be free of charge for participants.

We look forward to a season filled with creativity, connection, and joy here at the Echo Centre.

# MAPLERIDGE RECREATION CENTRE

Submitted by Heather McGinn



Mapleridge Recreation Centre is located in Peterborough Ontario that is an inclusive community enabling adults 50+ to share, connect and learn by participating in social, recreational, wellness and educational activities. This is through dedicated volunteers, strategic partnerships and innovative approaches.

We are excited to introduce some new programs at our Open House on September 12. Mapleridge is very fortunate to have top notch certified instructors who have a wealth of knowledge not only in their perspective field, but also expertise in a variety of health and wellness topics. Throughout the fall season our members can join workshops ranging from topics that included: Mindful Meditation, Pranayama Breath Work, Trager/Mentastics, Vegus Nerve, and Nutrition. Age Friendly Peterborough will be offering a "Be Prepared Workshop" for Mapleridge members and the community. Participants will receive a workbook and resources in order plan for the future. We are grateful to have a representative from Curve Lake to speak on Residential Schools in honour for National Truth and Reconciliation Day.

This fall members can choose from a variety of art programs, including Watercolour, Learn to Draw and Acrylic Paint Pouring workshop. We are offering a wide range of fitness programs for all levels including a variety of yogas, chair exercises, strength and stretch classes, Tai Chi, Qigong and Mentastics.

At Mapleridge we believe that you are never too old to try something once and look forward to our members joining our new Ballet Barre and Beginner Hoops program. Ballet Barre is a great way to improve posture, balance and stretch muscles, and hooping is an excellent cardio workout that improves muscle tone, coordination and balance.

If dancing is your passion, we offer Line Dancing and Beginner Latin Dancing. Members can take their dance skills to our monthly Saturday Nights dance that we offer and open to guests and the community.

It is a great way to meet new people and make friends.

Not only did our members stay busy this summer participating in our registered programs, but they continued to participate in a variety of card games, shuffleboard, table tennis, billiards, and pickleball. We were fortunate to receive a New Horizon Grant this year and 18 members and two community members participated in 12 sessions over a six week period in July and August "Senior In Motion Program." Mapleridge partnered with Trent Health in Motion to allow older adults to participate in a free low impact exercise and health program that included hydrotherapy sessions, chair yoga, and healthy living workshop.

Our vision is "Engaging you in a welcoming and vibrant community that empowers members to live active, healthy and fulfilling lives." Check out our website: [Mapleridgerecreationcentre.com](http://Mapleridgerecreationcentre.com)



Greetings to our fellow members of OACAO!

Being able to greet you that way is new for us. MSO is grateful that OACAO has welcomed us into its membership as an Associate Agency! We look forward to supporting the work of OACAO member agencies as we continue to spread a network of Men's Sheds throughout the province.

And continue to spread the network we shall! In the past year, with OACAO assistance, we have added a dozen new Men's Sheds across the province. We are especially pleased that most of these have been in central and southwestern Ontario. Now, Men's Sheds, which started in this province in the Ottawa Valley, is becoming provincial in scope. It is now time to turn our attention to the North of the Province.

Currently MSO is negotiating with Men's Sheds Canada for funding to enable us to reach out to another dozen communities in the coming 24/25 program year.

We therefore welcome contact from any OACAO member agency, especially north of North Bay, that is curious about how a Men's Shed can benefit your community and/or how your agency can partner with MSO to get a Men's Shed established in your community.

Men's Sheds Ontario is exploring how to create virtual Men's Sheds to serve the men in our more isolated communities. A virtual Shed can serve not only men in isolated communities, but also men who find themselves shut in due to their or their spouse's health or mobility issues.

Check out our updated website [www.mensshedsontario.ca](http://www.mensshedsontario.ca) for more information and/or contact us at [mensshedsontario@gmail.com](mailto:mensshedsontario@gmail.com). Help us to give the men of this province "Somewhere to go; Something to do; Someone to talk to".





**You are never too old to exercise!**

**Member Sue Purdy Working out. Giving the old bike a run**



**Our Chair Exercise Group**

Joan McKee, Isabelle Vankoughnett, Bev Rouleau, Doreen Johnson, Ann Roy, Shelia Chavarie, Carol Van De Maele, Jennie Mainville, Sue Purdy, Claudia Riutta and Cindy Munroe.

**Member Robert McDonald Robert works out daily at our Club making use of all of our equipment.**



**Ann Roy  
Director of Ladies Fitness**

**Nevaida Howe, an over 90 member works out daily with the pec deck.**



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ofgac@hotmail.com

**Our membership is \$20 per year. Our 50+ Club offers many activities.**

**We have over 300 members ranging in age from 50 to 105.**



## The Impact of Engaging Summer Activities on Senior Health and Well-being

This summer, our seniors have been actively engaged in a variety of enriching activities designed to boost their health and spirits. One of the highlights of their routine is learning Tai Chi with a fan, a graceful and meditative practice that not only strengthens their bodies but also helps them maintain mental well-being.



On June 20th, the group embarked on a spiritual journey to the Wutai Mountain Buddhist Temple in Petersburg. They were mesmerized by the intricate temple sculptures and various stone statues, which offered a serene and reflective experience. The visit was topped off with a delicious vegetarian meal, leaving everyone with a sense of joy and contentment.



A month later, on July 15th, our seniors enjoyed a relaxing day at Ward's Island. Surrounded by nature, they relished an outdoor lunch under the bright sunshine, with a gentle breeze from the beach enhancing the experience. The combination of good food, good weather, and great company made for an exciting and memorable outing.

On August 15th, the group's adventures continued with a trip to a farm for a peach-picking excursion. The fresh air and the sweetness of the ripe peaches created a perfect day. Everyone enjoyed the simple pleasure of being in nature, savoring the fruits of their labor, and sharing laughter.



These summer activities have provided our seniors with opportunities to stay active, connect with each other, and create lasting memories.







### **Rexdale Seniors Perform Bollywood Dance at Festival**

Seniors at Rexdale Community Health Centre were invited to participate in the annual Bollywood Monster Mashup Festival on Saturday afternoon, July 27<sup>th</sup> at Celebration Square in Mississauga. RCHC Seniors performed a choreographed dance taught by the instructor Tripti Ninan.

Our community partner, MonstARTity, fills cultural and economic gaps in underserved diverse communities across the GTA by providing South-East Asian cultural programs to seniors and youth. Last fall our seniors at Rexdale Community Health Centre were the grateful recipients of six dance classes, learning the “Garba” style of Gujarati dancing. This summer, MonstARTity, generously provided 4 additional hours of dance rehearsals with the instructor, transportation to and from the festival as well as beautiful materials to wear for the performance! The group of 12 seniors and one RCHC staff member had a great time and memories were made!





# SOUTH GATE CENTRE FOR ACTIVE ADULTS

Submitted by Sarah Lindsay

After years of planning and fundraising, South Gate Centre’s building expansion project has begun.

In June, the mayor of Woodstock, our Executive Director, Chris Cunningham, the chair of the building expansion committee, South Gate’s chair of the board, along with the architect and construction company broke ground on a 12,000+ square foot expansion.

The new construction will allow for a large lounge, new reception area, a second kitchen and the addition of a large banquet hall, seating 350 people for rentals, such as weddings, conferences and tradeshow. This banquet space will be able to be sectioned off into three rooms allowing for various programming to occur as well.

We have been able to continue programming in half of our current building. The City of Woodstock has given us space at two sports facilities so that we may continue our programs. We will also be renting space from a local community centre and a church. This presents us with a wonderful opportunity to be more visible and connected in our community.

Our members are excited about the new space and are very understanding about programs moving to other buildings. Our dedicated volunteers are embracing our new venues wholeheartedly. We look forward to the construction being completed in the early fall of 2025.







Members of the Seaway Senior Citizens Club in Cornwall have had a busy summer tending to our garden and are now looking forward to reaping the final harvest of their efforts.

Spear headed by Karen Douglass Cooper the senior friendly accessible on-site garden was created thanks to a grant from the Ontario Trillium Foundation Resilient Communities Fund and engaged volunteers from within the club as well as younger members of the community - the 325 Cornwall Kiwanis Royal Canada Air Cadet Squadron who cleared out the back parking lot area to establish the garden space that was fenced by Fence Depot, Daniel Leger's students from École secondaire catholique La Citadelle who built the accessible garden boxes and Nigel Carlisle's students from Cornwall Collegiate and Vocational School (CCVS) who created garden design options for the club to consider. Donations of edible plants were also received from soon to be graduate of St. Lawrence College Cameron Grant.

The garden has already provided lettuce, spinach, cucumbers, tomatoes, zucchini and more to the in-house weekly takeout lunches as well as being distributed to club members.

The club will host a fundraising BBQ, arts & craft sale and garden tour on Saturday September 14th.





Waterloo Memorial Recreation Complex - Community Pavilion Fall program highlights

*Submitted by: Sarah Kelly, Programmer,  
Community Leisure Programs*

Fall 2024 brings new and updated programs for 55+ participants with the City of Waterloo at the Waterloo Memorial Recreation Complex - Community Pavilion. The Community Pavilion is the newest addition to the Waterloo Memorial Recreation Complex, located at 101 Father David Bauer Drive, Waterloo, ON.

We strive to offer something for everyone!



Fall programming highlights include:

- **Social recreational activities** - Social drop-in, Game On!, Duplicate Bridge, Recreational Bridge, Euchre/Solo, Crokinole, Sewing - Buttonholes and Zippers, Sewing - Mending workshop, Beginner Zipper Pouch workshop and Costa Tote Bag workshop
- **Physical activities** - Line Dancing, Weight Training, Yoga, Bollywood, Tabata, Kathak, Pickleball (drop-in, league & clinics), walking track and running tracks
- **Educational activities** - Age Friendly Tech- Beginner (Free!), Empowered Learners (Free!) and Friday Flicks
- **Community projects** - Remembrance Reflection: A commemorative community project (Free!) knitting/crochet workshops



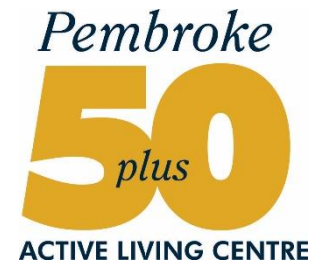
More program information can be found at [www.waterloo.ca/activewaterloo](http://www.waterloo.ca/activewaterloo) or by emailing the Community Leisure Programming team at [leisureprogramming@waterloo.ca](mailto:leisureprogramming@waterloo.ca).



## PEMBROKE 50+ ACTIVE LIVING CENTRE

*Submitted by Arlene Ling*

As the leaves begin to turn, the Pembroke 50+ Active Living Centre is preparing for a vibrant fall season filled with exciting new programs.



We're thrilled to introduce "Fun Fridays," where each Friday will be dedicated to a unique theme, transforming the day into one of exploration, learning, and enjoyment. This series includes seminars, training sessions, and a variety of engaging activities. A highlight of Fun Fridays is the "Men in the Kitchen" program, where local chefs will demonstrate cooking techniques tailored specifically for men. This program will blend learning with camaraderie, turning the kitchen into a space of creativity and connection.

In addition, we're proud to launch the "eSeniors" program, funded by the Seniors Community Grant Program from the Ministry of Seniors and Accessibility. This program will empower seniors to navigate today's technological landscape with confidence. Our updated computer lab will host sessions that introduce older adults to the digital world, with a focus on seniors teaching seniors and fostering intergenerational collaboration.

We're also planning a special event to recognize National Seniors Day on October 1st. The day will begin with a Walk 'n Talk, followed by a warm and hearty soup lunch—a perfect opportunity to connect with fellow members, celebrate the vibrancy of our senior community, and enjoy the crisp autumn air.

For those with a creative flair, we're offering painting sessions in acrylic, oil, and watercolors, giving members the chance to explore their artistic side. We're also introducing a new "Photowalk 'n Talk" program, where participants can combine their love of walking with photography. Guided by an accomplished photographer, this program will teach techniques and encourage a fresh perspective on the landscapes around us.

This fall promises to be a season of learning, creativity, and community at the Pembroke 50+ Active Living Centre.



## KANATA SENIORS CENTRE

*Submitted by John Kern*



The Kanata Seniors Council Inc. is a member of the OACAO. The Council is a not-for profit organization that advocates on behalf of older adults in the West District of Ottawa. You must be 50+ to join the Council. There is no membership fee to join

The Council has a Computer Lab offering private lessons and a Café, that offers home cooked meals at a reasonable price. The Council also has several other activities and programs such as: offering trips to area attractions, as well as to performances at local theatres and excursions to ethnic styled restaurants in our area. We also arrange various types of seminars on a few topics, including health issues and other topics of interest to our membership.

For more information on the Council and our activities and programs, we invite you to visit our website at: [www.kanataseniors.ca](http://www.kanataseniors.ca) or our Email address which is: [council@kanataseniors.ca](mailto:council@kanataseniors.ca)

The Council also has a monthly newsletter, and which can be accessed through the Council website address.

We also have a Facebook Page that can be accessed at: <http://www.facebook.com/groups/873390863665488>

You can also reach the Council's office at: 613-254-7164

## EMO SENIOR CENTRE

*Submitted by Knox Emo*

The seniors group, The Old Birds new release "I'm Still Me" is a unique creation coming out of the Emo and surrounding area.

Other than the tune, created by MJ Interactive, the video content is 100% SENIOR original. Not only the concept and lyrics, but the vocals and visuals are also all done by seniors.

The song is a light-hearted yet honest perspective on the senior aging experience. The project was made possible by the Government of Ontario's Senior Community Grant, along with support from Emo Knox United Church and Thread Shed.

However, after the song lyrics were written, the production was entirely developed, directed, recorded and engineered by Maverick Dylan Judson of MJ Interactive, a local audio-video specialist who also excels in music creation.

The purpose of the project was to provide opportunities for older adults to engage in safe and stimulating social interactions that help alleviate isolation, build community, and promote access to programs and services that improve senior well-being and increase healthy activities. Ultimately, this project intends to use the music-video product to promote the new Senior Centre now opening at the Emo Knox United Church. A newly minted non-profit corporation is now taking over senior center operations at the church, with many plans in the works while membership registrations are being accepted. Knox United Church steering committee has been working diligently over the past 3 years to improve and update their facility to better accommodate community needs. The kitchen will be expanded this fall to complete the essential facility features.

Project coordinator, Cindy Judson is proud of every senior participant for their dedicated enthusiasm, creativity, and insight for the project's success. Congratulations on a wonderful legacy album that is sure to inspire an equally enlightening senior center! What a way to celebrate Senior's Month.

Lyrics are provided for those who wish to sing along. Please enjoy watching on your device!

<https://www.facebook.com/mjinteractive/videos/838016097755792>

### **I'M STILL ME, by The Old Birds**

#### VERSE 1

*I'm not goin' anywhere  
With all these wrinkles and Halloween hair  
Just give me a moment to be at my best  
One more shot and I'm not scared  
To fall if love is in the air  
I still need a little tenderness  
Coming of age is a privilege, Enjoy the golden ride  
Maybe being older gives me an edge  
'Cause I-ee-I-ee-I-ee-I*

#### CHORUS

*I still wanna go dancin' and have a good time  
I'm not what I once was but I'll cut the rug and  
have a glass of wine  
Though my memory's fading and my hearings fried  
I'll sing along as I feel the beat or at least I'll try  
Shooby-doo-wop, But I'm still me  
Shooby-doo-wop, Shooby-dooby-doo-wop  
Shooby-doo-wop, I'm still me  
Shooby-doo-wop, Shooby-dooby-doo-wop*

*Shooby-doo-wop, I'm still me*

#### VERSE 2

*Bravely facing tomorrow  
With love, laughs and songs I know  
Live in the moment and don't look back  
I'm aware that I drive slow  
I'm a "tough act to follow"  
We gotta quit living so fast  
Coming of age is a privilege  
Enjoy the golden ride  
Maybe being older gives me an edge  
'Cause I-ee-I-ee-I-ee-I*

#### CHORUS

*I still wanna go dancin' and have a good time  
I'm not what I once was but I'll cut the rug and  
have a glass of wine  
Though my memory's fading and my hearings fried  
I'll still sing along as I feel the beat or at least I'll try  
Shooby-doo-wop, Shooby-dooby-doo-wop  
Shooby-doo-wop, I'm still me  
Shooby-doo-wop, Shooby-dooby-doo-wop  
Shooby-doo-wop, I'm still me*

#### BRIDGE

*You're all getting older too  
Its happening to you  
Wait and see  
I close my eyes to keep those times in my dreams  
Please don't forget - about me  
I gave my best - astounding  
Life's full of lessons, Learn from every test  
That-you-ever-get  
And-you'll-make-it-yet  
I'll make you that bet  
I-ee-I-ee-I-ee-I*

#### CHORUS

*I still wanna go dancin' and have a good time  
I'm not what I once was but I'll cut the rug and  
have a glass of wine  
Though my memory's fading and my hearings fried  
I'll still sing along as I feel the beat or at least I'll try  
Shooby-doo-wop, Shooby-dooby-doo-wop  
Shooby-doo-wop, I'm still me  
I'm Still Me - Yes I'm still me*



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# EXPERIENCE AMICA SENIOR LIFESTYLES.

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# 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<sup>†</sup> with these new special Ontario member discounts:

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**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](http://ArborAlliance.ca)



\*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.

<sup>†</sup>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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We get it. Your work as a healthcare professional keeps you busy, and you need great coverage that can keep up with your schedule. Luckily, we've got your back at belairdirect (formerly Johnson Insurance).

We've teamed up with OACAO to offer you special deals on insurance that's tailored just for you. We help simplify insurance for you, to make your life easier. You'll also enjoy enhanced home coverage at no additional cost with our Affinity Plus endorsement, and the option for great car insurance add-ons. Plus, a suite of helpful digital tools that make managing your insurance a breeze!

Sincerely,

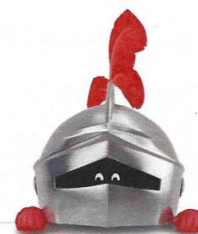
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### Get your quote today with OACAO code OACAO

Scan the QR code or visit [belairdirect.com/healthcare](https://belairdirect.com/healthcare) to get your quote online or call 1 833 887.9782

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car and home insurance



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55+



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SeniorFit Online is a virtual group exercise program for adults 55+. Participants of all fitness levels can join a variety of class types to improve their balance, strength, coordination, and cardiovascular health. Instructors guide participants through appropriate exercises, modifying movements as needed, to maintain inclusivity and enjoyment!

### Member benefits include:

- Unlimited access to live virtual classes on Zoom every month
- Library of on-demand pre-recorded classes
- Class offerings change often to add more variety in your home exercise routine

Contact [mregnerus@brocku.ca](mailto:mregnerus@brocku.ca) for more information.



[www.facebook.com/healthyniagara/](https://www.facebook.com/healthyniagara/)



[brocku.ca/bfit/online-programs/](https://brocku.ca/bfit/online-programs/)



# Sharing Dance Older Adults *Online Creative Movement Classes*

Our creative movement classes empower older adults and can be accessed from anywhere in Canada—personal spaces, retirement residences, long-term care facilities, libraries and community centres. Older adults can experience 20-45 minute, engaging online classes that support physical and emotional wellness. “In Your Seat” and “On Your Feet” classes are offered, accessible to people with a range of physical and/or cognitive challenges. These on-demand classes are led by professional dance teachers from Canada’s National Ballet School (NBS) and require no prior dance experience.



## DANCE IS... Exercise



of seated/standing older adults reported **range of motion improved or greatly improved**<sup>1</sup>

## DANCE IS... Creative

Regular dancing helps develop skills and confidence, while enriching day-to-day life through creative expression!

## DANCE IS... Fun



of seated older adults reported **mood improved or greatly improved**<sup>2</sup>

## DANCE IS... For Everyone!

<sup>1</sup>Sodums, D., Kim, S., Gallucci, C. E., Natadiriya, M., Bar, R. J., Gardner, S., & Tafler, M. (Submitted September 2022). Impact of Sharing Dance Older Adults on Physical and Psychosocial Outcomes.  
<sup>2</sup>Sodums, D., Kim, S., Gallucci, C. E., Natadiriya, M., Bar, R. J., Gardner, S., & Tafler, M. (Submitted September 2022). Impact of Sharing Dance Older Adults on Physical and Psychosocial Outcomes.

**Start dancing today!**  
[Click here](#) to learn more.

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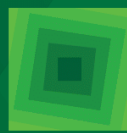


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**CANADIAN  
HEARING  
SERVICES**

## **Navigating Hearing Loss with Hearing Care Counselling**

Canadian Hearing Services offers free counselling services and supports to people aged 55+ with hearing loss to improve communication with family, friends, and service providers. In 2023-2024, our Hearing Care counsellors provided counselling support to 19,292 individuals with hearing loss and delivered 270 Sound Advice on Hearing Health classes.

Hearing Care counsellors help people with hearing loss understand their condition, offer communication strategies on how to deal with complex social situations, and help them maintain their independence by using technology to stay safe at home.

In addition to Hearing Care Counselling services, we offer Sound Advice on Hearing Health classes where individuals aged 55+ with hearing loss have the opportunity to increase their knowledge about their condition, improve communication, and interact with peers in a group setting.

To learn more about our Hearing Care Counselling services and set up an appointment with a Hearing Care counsellor, visit our [website](#) or email [hearingcarecounselling@chs.ca](mailto:hearingcarecounselling@chs.ca).



**Harvey  
Handy**

[Read full  
story here](#)

*“The support I received from Canadian Hearing Services and the tools I now have at my disposal have had a significant impact on my ability to stay connected with my family and my community. My quality of life has improved, and I feel empowered and liberated.”*



**Mary  
Lehman**

[Read full  
story here](#)

*“I’m grateful for my counsellor. By recommending books, offering information and advice, showing she cares –she has made all the difference. She has given me the confidence to advocate for myself, to believe I matter.”*

**Don’t let hearing loss be a barrier.**  
Let us help you continue to live your best life.

**BOOK A FREE HEARING TEST ONLINE** 



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# SETTING A NEW STANDARD IN HEARING CARE.



## Our Story

### Hearing care for a new age.

For more than 35 years, we've been changing lives by helping people take charge of their hearing health. Today, we're moving forward with a renewed sense of purpose: *to unlock human potential by making wonderful sound part of everyone's life.*

### Break the silence.

We're taking a stand and addressing the stigma around hearing loss. By removing barriers to better hearing, we're giving people fast and easy access to advanced hearing technology and outstanding care so they're free to make the most of life.

### Simple, Smart Hearing Care.

With 100+ centres, our network continues to grow across Canada, supported by our hearing care professionals. Together, we're creating new industry standards and inspiring a positive future for hearing care.

## What makes us unique?



### Hear Better Today.

Your solution. Without the wait.

Our Same Day Fit service means you can leave with hearing aids in one visit, in most cases.



### Maximize the Benefits.

Your insurance. Our guidance.

We can help you pay less out of pocket. We also direct bill most third-party payors.



### Price Match Guarantee.

The best products. The best price.

Ask about our Price Match Guarantee so you can buy with confidence.

## TAKE CONTROL OF YOUR HEARING HEALTH.

**1 in 6 adults have hearing loss, making it the third most common physical condition they face.**

However, only 1 in 5 adults with hearing difficulty seeks medical support for hearing problems.<sup>1</sup>

**It's time for a change.**



Book a **FREE** hearing assessment\* and experience the HearCANADA difference.

**1-866-432-7226**

[HearCANADA.com](http://HearCANADA.com)

**We're passionate about helping people reconnect to the lives they want to live. Hearing loss usually happens over time, and you can spend years ignoring it by finding ways to cope. Not anymore.**

If you ignore it, it can be hard to get back the full range of sounds, so we're making it smarter and easier for you to take control. Today.

### Why does hearing loss happen?

Common reasons include genetics, medication, and exposure to noisy environments. It is also part of the aging process.

### How can we help?

Our team offers professional hearing care supported by advanced hearing aid technology that can be tailored to your needs. There's every reason for you to live life and to feel connected to your true self.

[HearCANADA.com](http://HearCANADA.com)

\* Applicable third-party guidelines apply.

<sup>1</sup> Mahboubi H, Lin HW, Bhattacharyya N. Prevalence, characteristics, and treatment patterns of hearing difficulty in the United States. JAMA Otolaryngology-Head & Neck Surgery. 2018 Jan 1;144(1):65-70.



## Thinking about hearing aids? *Let us help you find the right ones!*

Getting used to new hearing aids is a unique and personal experience that requires patience and a positive mindset. By working closely with a trusted hearing care professional like those at HearingLife, you'll have a guide from start to finish, ensuring your hearing aids are adjusted to suit your needs and lifestyle.

There is no one-size-fits-all when it comes to hearing solutions and the process of purchasing new hearing aids takes time. Here are some tips to help you as you navigate this period:

- Be patient with yourself. The more consistently you use your hearing aid, the quicker you'll adjust to the amplified sounds.
- Practice using your hearing aid in different environments to familiarize yourself with how amplified sounds may vary. Whether it's a busy street or a quiet room, each setting offers a unique auditory experience.
- Seek support from family and friends, whose encouragement can make a significant difference. It's also important to reach out to your hearing professional if you have any questions or concerns at any point.

**Ready to explore the latest in hearing aid technology? Take advantage of a FREE 30-day hearing aid trial today!**

**Book your appointment today!\***



**HearingLife.ca/OACAO-Try**  
**1-888-757-1573**

Mention code: **ENS-TBYB-OACAO**

 **HearingLife**

\*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. If you request a copy of the Audiological Report an administrative fee will apply (fees do not apply in Saskatchewan). Child hearing tests are conducted at select locations for a fee, please contact us for more information. This promotion is valid for select hearing aid models and cannot be combined with more than 1 promotion or discount unless stated otherwise. Offer not applicable for industrial hearing tests. Offer not valid in Quebec. Offer expires 12/31/2024.





# Delicious Made Easy

Shouldn't life get easier as we age?

We at **Heart to Home Meals** think so! That's why we provide over 200 frozen chef-curated meals, soups, and desserts to choose from, specifically designed for the nutritional needs of seniors!

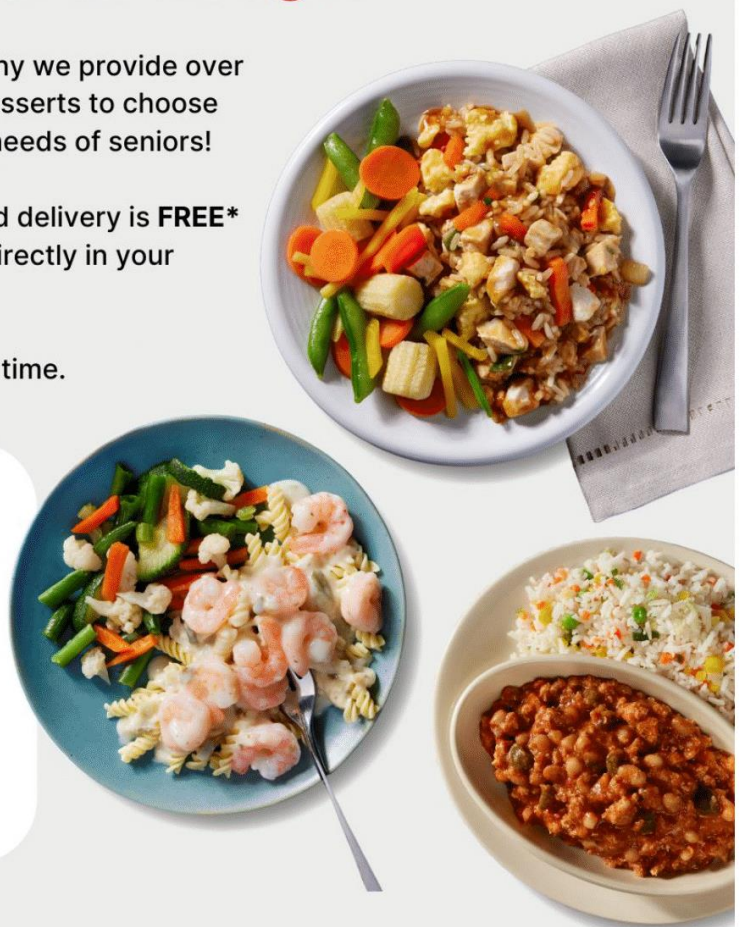
There are no contracts or minimum orders, and delivery is **FREE\*** right to your door. We'll even put your meals directly in your freezer if you would like.

Dine your way. Any occasion, any flavour, any time.

Explore some of our **NEW** meals from **Our Fall/Winter 2024/2025 Menu!**

**Warm up your appetite** this season with a spoonful of comfort and the taste of home.

- Chicken Fried Rice
- Creamy Lemon Garlic Shrimp Pasta
- Homestyle Turkey Chili



Visit [hearttohomemeals.ca](http://hearttohomemeals.ca) or call 1-888-777-2219 to request your **FREE** menu.

\*Some conditions may apply.

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La voix des centres pour aînés

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- Expert advice when you need it ●
- Top rated customer service team ●





## Experience Exceptional Living at Parkland

For 25 years, Parkland residents have enjoyed the very best of retirement living complete with premium amenities and service. With properties across Nova Scotia, New Brunswick, and Ontario, you can expect vibrant communities and lots of choice. From our restaurant-style dining with seasonally-inspired menu options to variety of daily activities hosted by the Harmony Wellness team, you can be as busy as you'd like or enjoy the peace of your own apartment.

**Open House | Friday, October 4th & Saturday, October 5th | 11:00 am - 4:00 pm**

Walk through the doors of any of our four Parkland locations in Ontario on Friday, October 4th or Saturday, October 5th, or book a personalized tour today!

**RSVP at [experienceparkland.com/open-house](https://experienceparkland.com/open-house)**

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1-877-742-663





# Benefits of Living in a Licensed Retirement Home

## DID YOU KNOW



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

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

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

## ADDITIONAL SUPPORT

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

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



1-855-ASK-RHRA



info@rhra.ca

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

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

**RHRA.CA**



# How We Helped Alice Downsize into a Retirement Community

Alice B., in her 70s and with limited mobility, lived a solitary life in her downtown-Toronto condo. She worried about her health and struggled to look after herself.

**Alice decided to downsize ... but realized she couldn't do it alone.**

Alice sought help from a team she could trust. **She chose Transitions Realty.**

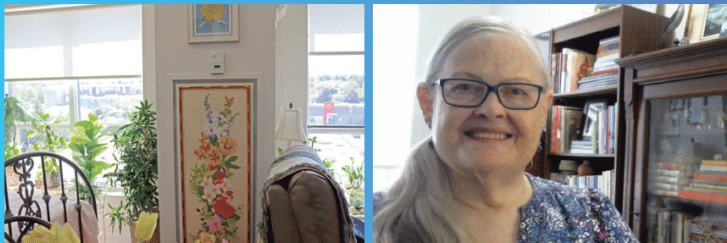


## Full-Service Downsizing Package for Older Adults

Alice received a step-by-step **Customized Transition Plan** including a full package of downsizing services:

- **Decluttering and Moving:** We collaborated with Dynamic Downsizeurs to declutter, pack, move, and unpack her belongings. They also set up her new apartment according to her wishes.
- **Preparing and Selling Her Condo:** We coordinated painting and cleaning, did virtual staging, and negotiated the best deal. We sold her condo in nine days for over the asking price.
- **Investing Home Equity:** We introduced her to Langill & McHenry Investment Advisors (Raymond James) for financial assistance.
- **Finding the Right Retirement Community:** We educated her on options, encouraged her to do trial stays, provided transportation, and advised her on how to make the best choice.

## Alice's New Life at the Richmond Hill Retirement Residence



- Spacious, brightly lit apartment
- Supportive community with medical care
- Delicious food & daily activities
- Outings with new friends

*"This is a lot better for me." — Alice B.*

**Transitions Realty.** We make home downsizing stress-free and easy.



**KEISHA TELFER**  
Broker of Record / Lifestyle55+ Affiliate  
Seniors REALTOR®

647.948.7415

downsizingexperts.ca

keisha@transitionsre.ca

Not intended to solicit those already under contract with another REALTOR®. | Transitions Realty Inc.

## PHARMACISTS CAN WRITE A PRESCRIPTION FOR MINOR AILMENTS

### SO YOU CAN RECEIVE CONVENIENT CARE AT HOME

Securing a prescription medicine for a minor ailment once required a visit to your family physician, walk-in clinic, or a local hospital, which almost always meant a long waiting time.

No longer is this a problem as pharmacists across Canada gain authority to prescribe medications for minor ailments. This expanded scope of pharmacist prescribing leverages their expertise and knowledge to improve patient care.

While over-the-counter medicines and self-care therapies can help in the management of minor ailments, some need prescription medications. Thanks to new health regulations, Canadians can now get these prescriptions directly from their pharmacist.

### WHAT DOES THIS MEAN FOR CANADIAN SENIORS?

The next time you experience a minor ailment, such as pink eye, pharmacists at GreenShield Pharmacy, or at some local pharmacies, can assess your condition and may provide a prescription if needed—all in about 15 minutes.

Like visiting your family doctor or a walk-in clinic, there are no costs associated with the primary care services provided by a pharmacist.

But with many Canadians lacking convenient and timely access to a family doctor, this change means convenient care is now at your fingertips.

### WHAT ARE MINOR AILMENTS?

By definition, a minor ailment is a condition that requires minimal treatment and/or self-care strategies. You may already know what condition you have and are seeking confirmation and relief. Additional criteria to identify a minor ailment include:

- Usually short lasting
- Doesn't require lab testing
- Short-term or minimal follow-up required

### SOME COMMON MINOR AILMENTS

- Urinary tract infection
- Pink eye
- Rashes
- Seasonal allergies
- Acid reflux
- Sprains and strains
- Insect and tick bites

*Minor ailment assessments with a pharmacist may not always result in a prescription.*

*Health surveys show 10%-30% of physician consultations are for minor ailments.*

*Pharmacists can relieve some of the burden on the healthcare system by managing these conditions.*

GreenShield.ca/Pharmacy  
Find us on GreenShield+  
1-855-844-2242



**GreenShield™**  
Pharmacy

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# MODERNIZE YOUR SALC DATABASE

*my*seniorcenter™

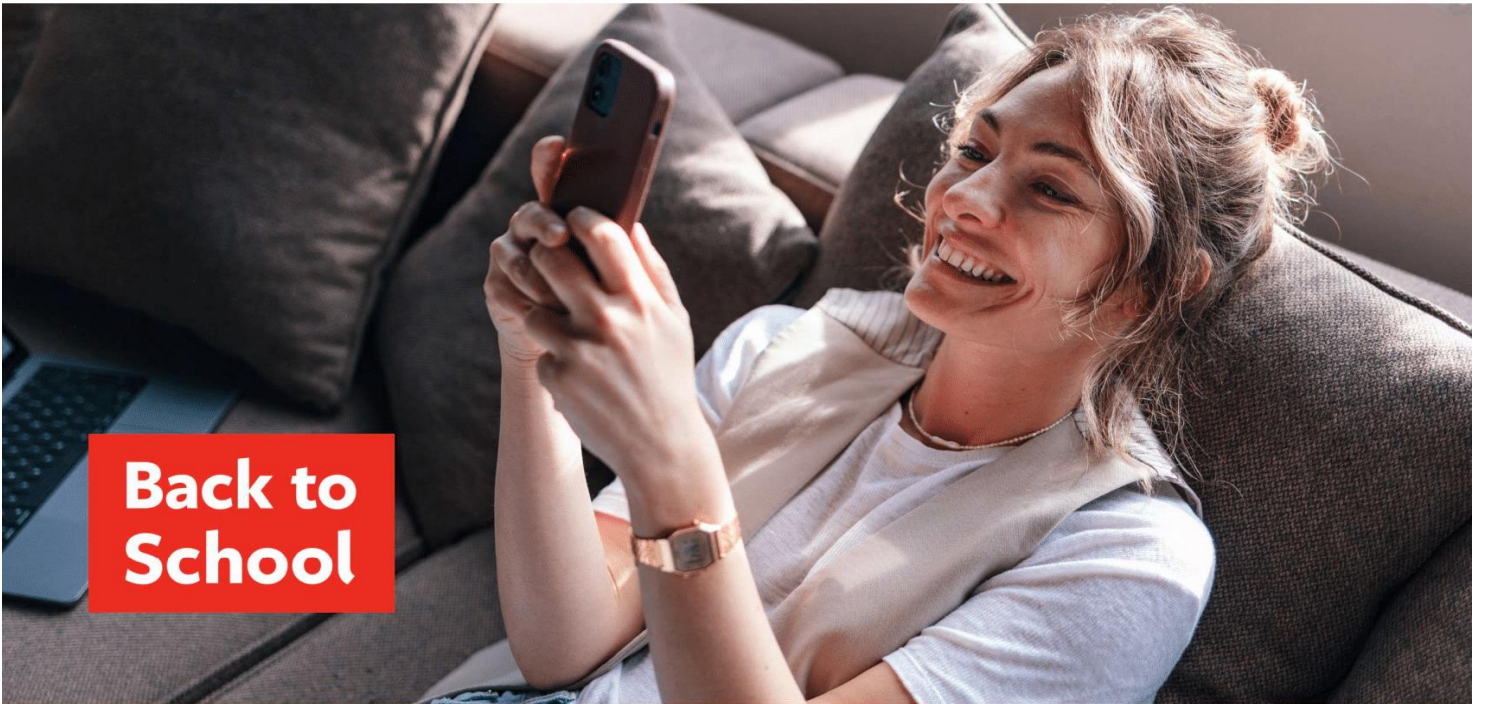


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**Shared hopes ....**

**Shared dreams ....**

**Shared living ....**



**For Senior (55+) Women looking for  
affordable rental housing**

## **You Can...**

- **Find other senior women to live with**
- **Get to know one another**
- **Create a homemate agreement**
- **Find a rental to live in together**

**Would you like to cut your housing costs, have friends right there to chat, laugh and play with, plus avoid a nursing home for as long as possible?**

**Visit us to learn more: <https://swlt.ca>**

# OACAO Board of Directors

## EXECUTIVE

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<b>Past President</b>	Suzanne Teixeira	<a href="mailto:suzanne@ywalc.ca">suzanne@ywalc.ca</a>
<b>President Elect</b>	Karie Papillon	<a href="mailto:kpapillon@aurora.ca">kpapillon@aurora.ca</a>
<b>Vice President</b>	Leslie Olsen	<a href="mailto:laolsen10@gmail.com">laolsen10@gmail.com</a>
<b>Treasurer</b>	Bill Krever	<a href="mailto:w.krever@victoriavillage.ca">w.krever@victoriavillage.ca</a>
<b>Secretary</b>	Sharon Oatway	<a href="mailto:soatway@gloucester50pluscentre.ca">soatway@gloucester50pluscentre.ca</a>
<b>Executive Director</b>	Sue Hesjedahl ( <i>ex-officio</i> )	<a href="mailto:sue@oacao.org">sue@oacao.org</a>

## REGIONAL REPRESENTATIVES

<b>Central</b>	<i>Staff</i>	Nora Jones	<a href="mailto:nora.jones@townofws.ca">nora.jones@townofws.ca</a>
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	<i>Senior</i>	Ted Lambert	<a href="mailto:erllre13@hotmail.com">erllre13@hotmail.com</a>
<b>Grand River</b>	<i>Staff</i>	Vacant	
	<i>Senior</i>	Vacant	
<b>Metro</b>	<i>Staff</i>	Lisa Tobio	<a href="mailto:yorkfairbank@on.aibn.com">yorkfairbank@on.aibn.com</a>
	<i>Senior</i>	Leslie Olsen	<a href="mailto:laolsen10@gmail.com">laolsen10@gmail.com</a>
<b>North West</b>	<i>Staff</i>	Twyla Biluk	<a href="mailto:twyla.biluk@thunderbay.ca">twyla.biluk@thunderbay.ca</a>
	<i>Senior</i>	Vacant	
<b>North Central</b>	<i>Staff</i>	John Richer	<a href="mailto:john.richer@greatersudbury.ca">john.richer@greatersudbury.ca</a>
	<i>Senior</i>	Lyne Way-White	<a href="mailto:lybell55@yahoo.com">lybell55@yahoo.com</a>
<b>South West</b>	<i>Staff</i>	Jennifer Jones	<a href="mailto:jjones@bgclondon.ca">jjones@bgclondon.ca</a>
	<i>Senior</i>	Martha MackIntosh	<a href="mailto:mackintoshmartha@gmail.com">mackintoshmartha@gmail.com</a>

## COMMITTEE CHAIRS

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<b>OASSIS Liaison</b>	Bill Krever	<a href="mailto:w.krever@victoriavillage.ca">w.krever@victoriavillage.ca</a>
<b>Conference</b>	Sue Hesjedahl	<a href="mailto:sue@oacao.org">sue@oacao.org</a>
<b>Finance</b>	Bill Krever	<a href="mailto:w.krever@victoriavillage.ca">w.krever@victoriavillage.ca</a>
<b>Nominations</b>	Suzanne Teixeira	<a href="mailto:suzanne@ywalc.ca">suzanne@ywalc.ca</a>
<b>Strategic Planning Co-Chairs</b>	Leslie Olsen & Sue Hesjedahl	<a href="mailto:laolsen10@gmail.com">laolsen10@gmail.com</a> , <a href="mailto:sue@oacao.org">sue@oacao.org</a>

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](mailto:sue@oacao.org) [www.oacao.org](http://www.oacao.org) P.O. Box 65, Caledon East, ON L7C 3L8

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

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La voix des centres pour aînés





# OACAO Business Partners 2024-2025

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Access Abilities [www.accessabilities.ca](http://www.accessabilities.ca) 905-825-5335 (Oakville), 416-237-9654 (Toronto)

Amica Senior Lifestyles [www.amica.ca](http://www.amica.ca) 1-888-264-2299

Arbor Memorial Inc. [www.arbormemorial.ca](http://www.arbormemorial.ca) 1-877-301-8066

Belairdirect [www.belairdirect.com/healthcare](http://www.belairdirect.com/healthcare) 1-833-887-4626

Brock University [www.brocku.ca/bfit/online-programs/](http://www.brocku.ca/bfit/online-programs/) 905-688-5550 ext 5589

Canada's National Ballet School [www.nbs-enb.ca](http://www.nbs-enb.ca) 1-800-387-0785

Canadian Hearing Services [www.chs.ca](http://www.chs.ca) 1-866-518-0000

Chartwell Retirement Residences [www.chartwell.com](http://www.chartwell.com) 1-855-461-0685

Greenshield Pharmacy [www.greenshield.ca/pharmacy](http://www.greenshield.ca/pharmacy) 1-855-844-2242

HearCANADA [www.hearCANADA.com](http://www.hearCANADA.com) 1-866-432-7226

HearingLife [www.hearinglife.ca](http://www.hearinglife.ca) 1-888-514-9515

Heart to Home Meals [www.HeartToHomeMeals.ca](http://www.HeartToHomeMeals.ca) 1-888-777-2219

Insuranceland [www.insuranceland.ca/oacao](http://www.insuranceland.ca/oacao) 1-800-243-9379 ext. 2337

MySeniorCenter [www.myseniorcenter.com](http://www.myseniorcenter.com) 1-866-739-9745

OASSIS Benefit Plans for Not-For-Profits [www.oassisplan.com](http://www.oassisplan.com) 1-888-233-5580

Parkland Lifestyle Residences [www.experienceparkland.com](http://www.experienceparkland.com) 1-877-742-6639

Rogers Communications [www.primewireless.ca/OACAO](http://www.primewireless.ca/OACAO) 519-771-7489

Retirement Homes Regulatory Authority [www.rhra.ca](http://www.rhra.ca) 1-855-275-7472

Senior Women Living Together [www.swlt.ca](http://www.swlt.ca)

Transitions Realty [www.downsizingexperts.ca](http://www.downsizingexperts.ca) 647-948-7415

## Thank you to all our 2024-2025 Business Partners

## Please also find the following inserts from our Business Partners

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**belairdirect:** It pays to be a member

**RHRA:** Benefits of Living in a Licensed Retirement Home



### NEWSLETTER DEADLINES

*Please note the following deadline for submissions:*

2024-2025 Winter Newsletter – December 2, 2024

2025 Spring Newsletter – March 3, 2025

2025 Summer Newsletter – June 2, 2025

*Please send your submissions to [admin@oacao.org](mailto:admin@oacao.org)*

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