



OACAO Annual Conference

AGING WELL

COLLABORATE • INNOVATE • ADVOCATE

October 28 & 29, 2024 • Mississauga

Pre-Conference October 27, 2024

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

Est. 1973

50⁺
years of service

Welcome to the 2024 OACAO Aging Well Conference!

Welcome! We are excited to have you join us at the 2024 OACAO Aging Well Conference. All of our Senior Active Living Centre members, staff and volunteers provide invaluable services to seniors on a daily basis, the conference committee has worked hard to curate a conference program that brings you new information, opportunities to learn and a chance to network with your peers.

We hope that you not only take advantage of the learning opportunities but dive into our social opportunities including our Sunday evening reception (with lots of appetizers + cash bar!), the GooseChase game to engage with other delegates & trade show exhibitors, then bring out your creative side for our costume dinner. Dress up in your favorite Halloween costume for a chance to win great prizes! (if costumes aren't your forte, choose some festive colours to wear!) Our annual silent auction will run the duration of Monday evening with some great prizes included. If you were with us last year we had a great time after dinner dancing to the Fiddlestix band. It was so much fun we invited them back again this year!

No conference would be complete without a big thank you to the committee volunteers who take on the work of planning conference above and beyond their regular roles! We could not do it without all your help!

Conference Committee 2024

CONFERENCE CHAIR

Sue Hesjedahl

PROGRAM COMMITTEE

Sarah Feeney-Martin, Karie Papillon, Julie Pennal, Dena Silverberg, Kelly Meeussen, Kara Miller, Pierre Benoit, Wendy Caceres-Speakman, Léo Lavergne, Robin Bryce Mech and Sue Hesjedahl

SOCIAL COMMITTEE

Lisa Tobio, Donna St Martin, Dena Silverberg, Anna Do

TRADE SHOW

Lina Zita

REGISTRATION/DELEGATE BAGS

OACAO Admin Team

MARKETING/PROMOTION

Lina Zita, Erica Rizzi, Victoria Stewart

HOTEL/LOGISTICS

Sue Hesjedahl, Donna St Martin

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Sue Hesjedahl, Leisa Davie

VOLUNTEERS

Wendy Caceres-Speakman

TRAVEL BURSARY

Bill Krever, Wendy Caceres-Speakman, Nora Jones, Donna St Martin, Sue Hesjedahl

Diamond Title Sponsor



We are grateful for the ongoing support of Arbor Memorial as our Diamond Title Sponsor. Again this year, Arbor Memorial is providing our delegate bags which each registrant will receive filled with amazing information, swag and goodies to take home!



Arbor
Memorial

Schedule of Events

Sunday, October 27

- 1:00 - 5:30 PM** | **Pre-Conference Powerups** - Social Prescribing & French Language Sessions
- 5:30 - 6:30 PM** | **Break**
- 6:30 - 8:30 PM** | **Networking Reception** - *join us to get to know other conference delegates, meet the OACAO board and enjoy a selection of appetizers and cash bar!*

Monday, October 28

- 7:00 AM - 5:00 PM** | **Registration and Information**
- 7:15 - 8:15 AM** | **Breakfast**
- 8:00 AM** | **Conference Kick-Off & Indigenous Welcome**
- 8:30 AM** | **Opening Keynote Speaker - Pete Bombaci, GenWell:** The Power of Building a Culture of Human Connection
- 9:45 - 10:45 AM** | **Breakout Session A**
- 10:45 - 11:30 AM** | **Trade Show**
- 11:45 - 12:45 PM** | **Breakout Session B**
- 12:45 - 2:30 PM** | **Lunch & Tradeshow**
- 2:30 - 2:45 PM** | **Greeting from Minister Raymond Cho / Prize Draws and Sponsor Thank You's**
- 3:00 - 4:00 PM** | **Breakout Session C**
- 4:15 - 5:00 PM** | **Networking Breakout Sessions**
- 5:00 - 6:00 PM** | **Free Time**
- 5:30 PM** | **Pre-Dinner Social with cash bar**
- 6:00 PM** | **Dinner followed by Entertainment & Dancing With the Fiddlestix Band!**

Tuesday, October 29

- 7:00 - 7:30 AM** | **Morning Movement - Yoga Stretch and Group Walk**
- 7:30 - 8:30 AM** | **Breakfast**
- 8:15 - 8:45 AM** | **Dr. Dion Neame - Heath and Wellness Presentation**
- 8:45 - 9:15 AM** | **Mathew Varsava - Minister's Office, MSAA - Interactive Question & Answer Session: Ask About MSAA Programs and Other Ministry Programs**
- 9:15 - 10:00 AM** | **Dr. Paula Rochon - Women's Age Lab, Women's College Hospital:** Rethinking Aging: The Opportunities Ahead
- 10:00 - 10:30 AM** | **Refreshments & Hotel Check-out**
- 10:30 - 12:00 PM** | **Lightning Talks**
- 12:00 - 12:45 PM** | **Lunch**
- 12:45 - 1:45 PM** | **Chris Bint - Tech Coaches - Beyond Fear: Embracing AI (Artificial Intelligence) in a World Reshaped by Technology**
- 1:45 - 2:00 PM** | **Break & Prize Draws**
- 2:00 - 3:00 PM** | **Closing Keynote Speaker - Jennie Queen, Jennie Queen Coaching**
Thriving Everyday: Navigating Work & Life

Pre-Conference Power-ups Programmation Arrive-Tôt

Join us for exciting pre-conference sessions on Sunday October 27!

* Please ensure you select "Pre-Conference Sessions" on your registration form to confirm your participation.

Social Prescribing Pre-Conference



Links2Wellbeing
social prescribing for older adults

1:00 PM TO 3:15 PM

Join Us!

This is an opportunity to learn more about social prescribing and develop new skills to help implement social prescribing at your SALC. This session is open to staff and volunteers from SALCs currently implementing the OACAO Links2Wellbeing Social Prescribing project as well as those who are interested in it.

Learn from leaders in social prescribing and leave feeling energized to know that you are part of a growing movement!

Note: This session is meant for people who have a general knowledge of social prescribing. If you are interested in learning more about Social Prescribing or Links2Wellbeing prior to the conference please register for this introductory webinar on Wednesday October 9, 2024 - 1:00 pm.
Email dena@oacao.org for registration information.

What you can expect:

- Discussion and learning with representatives from the Canadian Institute for Social Prescribing and the Alliance for Healthier Communities.
- Guest speaker: TBA
- Participate in a fun group social prescription activity!
- Afternoon snack will be provided

Ateliers en Français

Participez à la Programmation - arrive-tôt le dimanche 27 octobre!

*Pour vous joindre aux ateliers en français, indiquez "Programmation arrive-tôt" sur le formulaire d'inscription.

DE 15 h 30 À 17 h 30

Soyez des nôtres pour des sessions en français ce dimanche après-midi. Des ateliers vous sont offerts qui aborderont les sujets suivants :

- La maltraitance envers les personnes âgées
- La prescription sociale – Découvrez les outils qui existent en français ?
- Préparer une bonne demande de subvention – Trucs et astuces !

De plus, nous aurons une période de réseautage et d'échanges avec vous, voici quelques sujets:

- Votre ratio de membres, hommes/femmes est-il ce que vous souhaitez ?
- Attirez-vous des jeunes membres pour assurer la relève ?
- Votre meilleure activité de programmation !
- Votre meilleure activité de levée de fonds !

NOUS VOUS ATTENDONS EN FRANÇAIS !

Trade Show

Monday, October 28

10:45 am - 2:30 pm

The OACAO is proud to present the 2024 Trade Show!

You are invited to meet with our Business Partners and Trade Show Exhibitors to learn about products and services relating to the seniors sector. The exhibit will be open from 10:45 am – 2:30 pm on Monday, October 28.

Please come and visit the Trade Show during your morning break and during lunch. There will be plenty of draw prizes to be drawn at 2:20 pm at the conclusion of the Trade Show, but you must be present to win!

Exhibitors

Access Abilities

Age-Friendly

Alzheimer Society of Ontario

Amica Credit Mills

Arbor Memorial

Ays: Online Community For Thriving Older Adults

Belairdirect

Brock Functional Inclusive Training Centre

Canadian Hearing Services

Cedarhurst Dementia Care Home

Chartwell Retirement Residences

Conestoga College - Custom Training Solutions

Evear Hearing

Gerry Connect

GLA Rehab

Greenshield Pharmacy

HearCANADA

HearingLife

Heart To Home Meals

HelpAge Canada

Human Endeavour

Insuranceland

MedicAlert Foundation Canada

Medline Canada

Men's Shed Canada

Mood Walks (CMHA, Ontario Division)

MySeniorCenter

Nurse Next Door

OASSIS Employee Benefits Plans

Older Adults Knowledge Sharing (OAKS)

Ontario Caregiver Organization

Ontario Personal Support Workers Association

Ontario Securities Commission

Patient Ombudsman

Prime Communications (Rogers)

Retirement Homes Regulatory Authority

Senior Discovery Tours

Senior Women Living Together

Solus Support Services

Spectrum Health Care

Trip Oppo

Tuktu Care

Volunteer Success



Conference Sponsors

Diamond Sponsor - Title Sponsor



Platinum Sponsor



Gold Sponsor



Silver Sponsor



Bronze Sponsor



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



Travel Bursary

This year, the OACAO Board of Directors have allocated funds to ease the financial burden for OACAO members travelling from greater distances, to support their interest in participating in the conference. The travel bursary is designed to support eligible delegates to subsidize travel and accommodation expenses, including:

- Mileage (travelling by car)
- Train or plane tickets
- Hotel accommodation
- Additional transportation costs (i.e., taxi, train)

Bursary Amounts Available by Travel Distances

Travel Zone	Bursary Amount
Delegates travelling 2-3 hours from the Conference location in Mississauga	\$100
Delegates travelling 4-5 hours from the Conference location in Mississauga	\$200
Delegates travelling 5+ hours from the Conference location in Mississauga	\$300

To learn more about the travel bursary and download the application form visit the [Conference Registration](#) page. **Deadline for applications has closed.**

Contact info@oacao.org for information.

Kick Off Keynote

Monday 8:30 AM

Pete Bombaci Founder and CEO; GenWell



Join Pete Bombaci, the visionary founder and CEO of GenWell, Canada's Human Connection Movement, for an inspiring and engaging exploration into the power of social connection and social health. This dynamic presentation, titled "**The Power of Building a Culture of Human Connection**," sheds light on the critical role of social connections in enhancing well-being. Pete will guide you through the many ways in which fostering strong connections can combat the disconnected world we live in today and transform everyday interactions into powerful networks of support, collaboration, and community. This session isn't just informative—it's designed to be fun, interactive, and full of surprises, ensuring that audience participation is both encouraged and rewarded. Pete's passionate delivery and important message will inspire you to see the untapped potential of human connections in a new light.

Pete Bombaci is the Founder and CEO of GenWell, Canada's Human Connection Movement. He is a visionary business and social change leader. His engaging leadership style comes from the belief that building a more connected world will lead to happier and healthier society for all. Pete successfully led the Movember Canada Foundation for nearly five years and is also a 20-year veteran of the beverage and hospitality industry. Pete has been able to draw on this broad range of experiences in both the for-profit and not-for-profit fields in his work to build a more Connected Canada and world.

Workshop Descriptions: Breakout Session A

Monday 9:45 AM - 10:45 AM

CHOOSE ONE OF THE FOLLOWING:

M1. DISCover Your Style: An Introduction to the DISC Model

Speaker: Caroline Williams,
Spark Training and Coaching
Associates

The "DISCover Your Style" workshop is a dynamic and interactive session designed to introduce participants to the DISC model—a powerful tool for understanding human behavior. In this one-hour session, participants will explore the four primary behavioural styles identified by DISC (Dominance, Influence, Steadiness, and Conscientiousness), gain insights into their own behavioural preferences, and learn how to adapt their communication and interactions for greater effectiveness

M2. Tech-Empowered Healthy Living for Seniors with Dementia

Speaker: Noor Din and Dr. Lois Kamenitz

Tablets (pre-programmed in 15 languages) are provided to seniors living with dementia in Ontario & Alberta, along with related training and support. The smart tablets receive voice commands, send voice reminders and prompt for important activities of daily living. The tablet interacts with the carers when tasks are not completed for potential intervention. At the OACAO conference, we will share Project Measurement and Evaluation results and preliminary findings of York University's impact research.

M3. Embedding Integrated Health & Wellness Centres in NORCs

Speaker: Kashtin Fitzsimmons, West
Toronto Ontario Health Team

This session will explore how the West Toronto Ontario Health Team partnered with Toronto Community Housing Corporation to transform community spaces into Health & Wellness Centres offering integrated care and social services. Co-designed by a coalition of service providers, tenants and local community members, each Health & Wellness Centre connects older adults to a wide range of services anchored by a social prescribing provider. Other lessons learned for participants include experience building partnerships for expanded capacity, and managing risk, insurance and privacy implications.

M4. Creating Dementia Friendly Communities - We All Have a Part to Play!

Speakers: Kathy Hickman,
Alzheimer Society of Ontario

A Dementia Friendly Community is a place where people living with dementia and their care partners are welcomed, included, and supported. It is a community that pays attention to the social and physical needs of the person living with dementia. Over 300,000 Ontarians are living with dementia today. This number is expected to triple within the next 30 years. Join this interactive session to learn how you can play a part in creating an inclusive centre for people living with dementia and their care partners.

M5. Building your Member Relationship in a "Good Way"

Speakers: Debra Sayewich -
Age Friendly Consulting

Where do we start? Every conversation starts with good listening. Understanding that one word can change the conversation. Join us in this interactive session, collaboration is the key to building innovative partnerships with trust.

Workshop Descriptions: Breakout Session B

Monday 11:45 AM - 12:45 PM

CHOOSE ONE OF THE FOLLOWING:

M6. Who Am I? Leading Successfully with True Authenticity

Speaker: Jenny Labrada, Reficio Wellness Inc.

Who Am I? Leading Successfully with True Authenticity explores authentic leadership, emphasizing self-awareness and value alignment. It delves into the science behind success, focusing on attitude, alignment, and actions that drive individual and team success. The presentation offers strategies for cultivating genuine connections and demonstrates how authentic leadership fosters personal and professional growth, creating a positive, inclusive environment.

M7. Dual Session

2024 Insurance In Review

Speaker: Paul Hainer, Insuranceland Inc. (30 min)

Discussing what is happening in the Auto & Home Insurance industry including rate increases, car thefts, the Ontario Governments new proposal to change accident benefits, cyber safety, water damage coverage, and more!

Cyber-Guard Insurance for Non-profits

Speaker: Tammy D'Andrea and Acacio Arruda, The Cooperators (30 mins)

We will be navigating the in's and out's of Cyber insurance coverage. The liability surrounding the protection of customer and third-party data to coverage from hacking, ransomware and Cybers Phishing. Cooperators will review the coverages they offer and provides examples of real-life cases impacting small businesses.

M8. Ceremonial Garden at the McMichael Gallery

Speakers: Lynn Short, Professor of Horticulture

During this session, you will learn about the design, creation and uses of MinoKamik, the Ceremonial Garden at the McMichael Gallery in Kleinberg.

Some discussion of the four sacred plants for the Anishinaabe will be presented.

M9. Revitalizing and Reactivating Communities: A Collective SALC Collaboration

Speaker: Kayla Menkorst, Eganville & District Seniors

Through funding from the Canada Services Recovery Fund, Renfrew County SALC's worked collaboratively with each other to identify strengths, challenges, barriers and opportunities within their rural areas and examined how they can work together to revitalize their communities.

M10: Building a Diversity, Equity, and Inclusion Toolkit: to serve as a guide for recreation professionals in creating inclusive spaces for Older Adults

Speaker: Hailey Jones, H Jones Leadership & Consulting

Navigating DEI Challenges: Unintentional harm can occur despite our best intentions. We will explore the concept of unintentional harm and provide strategies for recognizing and addressing it when it arises. Additionally, we will discuss the importance of intentional inclusion, highlighting practical examples such as signage, and promotional materials.

Workshop Descriptions: Breakout Session C

Monday 3:00 PM - 4:00 PM

CHOOSE ONE OF THE FOLLOWING:

M11. Fostering Inclusive Language Practices for Older Adult Centres

Speakers: Hailey Jones & Sarah Galloway, H Jones Leadership & Consulting, SG Consulting

This workshop aims to equip staff and volunteers in older adult centres with DEI-inclusive language skills through covering principles of inclusive language, addressing unintentional harm, promoting person-first language, and integrating feedback. We encourage ongoing dialogue and partnerships with older adult communities to ensure language inclusivity reflects diverse experiences. Investing in DEI-inclusive language training fosters environments where all individuals feel valued, respected, and included.

M12. Navigating Grief in the Workplace: Insights from a Holistic Grief Specialist

Speaker: Jennifer McCrae, Soul Transition

This presentation, led by a compassionate Death Doula and Holistic Grief Specialist, will explore the multifaceted nature of grief in the workplace, particularly within the aging community. The session aims to provide professionals with practical tools and compassionate strategies to support colleagues and clients experiencing loss. Key topics will include understanding the grieving process, recognizing signs of grief in the workplace, and implementing holistic approaches to foster a supportive and empathetic environment. Attendees will leave with a deeper awareness of how to navigate grief both personally and professionally, enhancing their ability to provide meaningful support in their roles.

M13. Medical Cannabis 101: What Older Adults Should Know

Speaker: Kim Lam - Lead Patient Care Specialist, Apollo Applied Research and Cannabis Clinics

The endocannabinoid system regulates many processes in our bodies, including mood, sleep, appetite, inflammation, pain response, and more. As medical cannabis has become more popular, especially CBD, it is important for older adults to know how it works and how to speak with their doctors about it. This presentation gives a great overview of everything from how the plant works in our bodies, to dosing and symptom relief, to the medical/prescription process in Canada. Learn more from a clinic that has published their own research paper on medical cannabis for chronic pain and has a wide variety of doctors and other HCPs.

M14. Volunteer Position Descriptions and Postings

Speaker: Heather Johnson, Director; Volunteer Halton

Recruiting is the key to an effective volunteer program because how you recruit your volunteers affects the kind of relationship you are going to have with them. The way you tell your stories, define your needs, and relate what the volunteer experience will be like in your organization create certain expectations in the minds of your candidates. The goals for this workshop are that attendees will leave with tools to plan for volunteer engagement, strategies to develop meaningful volunteer assignments and roles, and see the way to establish clear processes to inform, recruit, and interview potential volunteers.

M15. Senior Tech Ambassadors: Driving Digital Literacy

Speaker: Esther Zheng, University Settlement

The workshop aims to equip program staff with effective strategies for effective tech support program for seniors. The session will cover understanding seniors' needs, customizing programs, training volunteers, promoting digital inclusion and sustainability. Attendees will gain insights into enhancing digital literacy among seniors, increasing capacity to support seniors, and fostering inclusive and connected communities.

Workshop Descriptions: Networking Breakout Sessions

Monday 4:15 PM - 5:00 PM

CHOOSE ONE OF THE FOLLOWING:

M16. Senior Active Living Fairs: Tips & tricks for an organized and successful fair

Speakers: Lina Zita - OACAO,
Melanie Stoddard - City of
Waterloo

Are you looking for some tips to help enhance your next Seniors Active Living Fair? Are you new to fairs and need some great ideas? Fairs bring together service providers and seniors to help reduce social isolation, improve health outcomes and increase awareness of services available to help seniors age independently longer. Join this conversation for an opportunity to learn tips and tricks on how to make your fair successful – increasing attendance, recruiting new vendors, scheduling and timelines, utilizing technology and more!

M17. Motivating & Engaging Volunteers

Speaker: Heather Johnson -
Director, Volunteer Halton

In the realm of volunteer management, the ability to effectively motivate and engage volunteers is crucial for fostering a thriving and committed team. Focusing on three key areas – understanding the value of your volunteers, tapping into their motivations, and fostering effective communication—this session will enhance your ability to motivate and engage volunteers, ensuring they remain enthusiastic and invested in their roles. Come to learn and share with your fellow volunteer managers and coordinators!

M18. Grant Writing - Preparation & Best Practice

Speakers: Ministry for Seniors
and Accessibility
Caitlin Andrews, Regional
Development Advisor – York
Region
Kelly Cosgrove, Regional
Development Advisor – Durham
Region

Join Regional Development Officers Caitlin and Kelly as they discuss tips to support you in writing successful grant applications. Bring your questions related to grant writing best practices, grant preparedness, funder's expectations and not-for-profit governance as well as Ministry for Seniors and Accessibility Grants: Seniors Active Living Centres Program, Seniors Community Grant, Inclusive Community Grant, EnAbling Change Program and Summer Employment Opportunities Program.

Note: questions related to Ministry for Seniors and Accessibility policy, policy updates or policy changes as well as questions related to pending grant results will not be addressed in this session.

M19. Aging Well with Mindful Movement Medicine: An Ancient Practice for Modern Times

Speaker: Steffi Black, Steffi
Black Coaching

Qigong is an ancient practice that is an incredible self-healing tool in conjunction with other medical needs. It is slow, mindful movements, meditation and deeper breathing that can be done sitting, standing or lying down. I share this movement medicine at community centres, workshops for seniors, and online twice a week in a healing communi-qi. It can be a complimentary self-care healing tool.

M20. Open Networking

This session will provide a quiet, accessible space to meet with friends and colleagues to discuss your own topics of interest. You may plan to bring a group together (ex: regional centres) or attend on your own and meet new faces.

*note, this is an open, unfacilitated session

Tuesday Sessions & Speakers

8:15 - 8:45 AM

Health and Wellness Presentation

Speaker: Dr. Dion Neame - North American Senior Medical Expert - Vaccines - Sanofi

8:45 - 9:15 AM

What Do you Want to Know about MSAA Programs, and Opportunities with Other Ontario Government Ministries? *Interactive Question & Answer Period.*

Speaker: Mathew Varsava - Director of Policy & Strategic Partnerships, Minister's Office, Ministry for Seniors and Accessibility (MSAA).

9:15 - 10:00 AM

Rethinking Aging: The Opportunities Ahead

Speaker: Dr. Paula Rochon-Women's Age Lab, Women's College Hospital

Women's Age Lab is the first and only research centre of its kind – focused on supporting the healthy aging of older women. This talk will describe what aging looks like today and highlight the importance of addressing the unique needs of older women. It will provide valuable insights for building a more inclusive and sustainable future for all older adults through reimagining aging in place and promoting social connectedness.

Dr Paula Rochon is the Founding Director of Women's Age Lab at Women's College Hospital, Professor in the Department of Medicine and Institute of Health Policy, Management and Evaluation, and RTOERO Chair in Geriatric Medicine at the University of Toronto. She is Chair of the Canadian Institute of Health Research, Institute of Aging Advisory Board & Deputy Editor of the Journal of the American Geriatric Society. She founded Women's Age Lab, the first and only research centre of its kind, to focus on improving the health and well-being of older women.



10:30 AM - 12:00 PM

LIGHTNING TALKS

These short talks share new ideas and trends, innovative solutions and inspiring approaches for “think outside of the box” results. With 7-minutes each, expect quick high level information and a wide range of ideas to take with you! *note: order of presentation is subject to change

TOPICS:

1. Community Health Centre's Needs Assessment of 2SLGBTQI+ Seniors Programming in the Rexdale Community
 2. Love Blanket by New Immigrant Seniors
 3. Introduction to SACHAYS (South Asian Cultural Health Association for Youth and Seniors)
 4. Space Requirements of Mobility Device Users: Implications for Policy and Aging in the Community
 5. Caregiver Support Through the Practice of Mindfulness
 6. Walking Soccer
-

Tuesday Sessions & Speakers

12:45 PM - 1:45 PM

Beyond Fear: Embracing AI in a World Reshaped by Technology

Speaker: Chris Bint - Tech Coaches

In an era of rapidly evolving technology, artificial intelligence (AI) stands at the forefront of innovation, promising to transform various aspects of our lives. Join us for an enlightening and engaging presentation that will demystify AI and showcase its potential to create more meaningful and efficient ways to support your organization and connect with older adults.

What You Can Expect:

- 1) Empower Your Work: Learn how AI tools and their real-world applications enhance your professional capabilities.
- 2) Practical Demonstrations: See use-case demonstrations of AI that can improve your work and expand your understanding of what's possible.
- 3) Enhance Everyday Life: Discover AI solutions to simplify and enrich your personal life and interactions with technology.

Don't miss this opportunity to participate in a transformative, interactive experience that will inspire you and equip you with the knowledge to embrace AI confidently.



Chris Bint is a leader in digital literacy and adult education who is committed to empowering individuals to embrace technology and stay ahead of the curve. With almost two decades of experience as a technology educator, he believes that resisting technological advancement is futile and stresses the importance of continuous skill upgrading for personal and professional success in the modern world. Chris is on a mission to help adults improve their quality of life by confidently navigating the digital world through self-driven learning.

2:00 PM - 3:00 PM

Thriving Everyday: Navigating Work & Life

Closing Keynote Speaker: Jennie Queen - Jennie Queen Coaching

The art of thriving in every aspect of your life, including the workplace. Explore the interconnectedness of personal and professional well-being, recognizing that each day is an opportunity to craft a fulfilling micro life. Gain insights into defining success on your own terms and designing your days to align with your values and aspirations. Learn how to take ownership of your choices, live intentionally, and lead by example, creating a ripple effect of positivity and fulfillment in both your personal and professional spheres.

Jennie Queen is an author, speaker & executive life and leadership coach with 20+ years' experience in the Aquatics, Fitness & Recreation Industry in mentoring, leading, training and coaching purpose-driven high achievers to live & lead their legacy.



Don't Miss Out on Special Conference Activities!

Sunday Reception

Meet, greet and mingle with other centre staff and volunteers, meet the OACAO board and enjoy lots of tasty appetizers. (cash bar)

Monday Trade Show

10:45 am - 2:30 pm

Our annual Trade Show will feature many Exhibitors including our OACAO Platinum and Gold Business Partners and many other businesses and non-profit organizations. As in the past, there will be giveaways, swag and literature on older adult services, products and resources. There will also be many resources available for Seniors Active Living Centre staff to bring back to their centres. Be sure to be there when the Trade Show prize draw takes place

Monday Gala Dinner

Join us for an unforgettable evening at our Monday Gala! Enjoy a buffet-style dinner, then dance the night away with a high-energy performance from the Fiddlestix band!



Monday Silent Auction

Don't miss our exciting annual silent auction with great prizes to be won!

Halloween Costume Contest

Show off your creativity with your best Halloween costume at our Monday Gala Dinner! Win prizes for best costume, most innovative costume, and best group costume!

GooseChase

Join in for a 3-day virtual scavenger hunt using the Goosechase App! Get to know other conference delegates and our OACAO Business Partners and win fun prizes.

* The GooseChase App must be downloaded prior to conference to participate



Registration Information

Hotel Reservations & Accommodations

Hilton Mississauga/Meadowvale
6750 Mississauga Road, Mississauga

Delegates are responsible for booking their own reservations directly:

Call: 1-800-445-8667 with Group Code: OACAO 2024



Hotel Room Block is **SOLD OUT** / contact sue@oacao.org for information

Conference Registration



Register Now with Link below, or Scan QR code!
www.oacao.org/events/aging-well-conference

Early bird pricing extended to October 4, 2024
Last date to register is **October 16, 2024**

Questions:
info@oacao.org or call 1-866-835-7693

Conference Packages & Fees

	MEMBER By Oct. 4	NON-MEMBER By Oct. 4	MEMBER After Oct. 4	NON-MEMBER After Oct. 4
Pre Conference	Pre-Conference sessions will be offered at no additional fee. Register early, seating is limited!			
2-Day Full Conference Mon Oct 28 & Tues Oct 29	\$650	\$700	\$700	\$750
Reduced Rate for Senior Volunteers (Full Conference Only)	\$550	\$600	\$600	\$650
1-Day Conference Monday Oct 28	\$380	\$405	\$405	\$430
1-Day Conference Tuesday Oct 29	\$320	\$345	\$345	\$370
Extra Monday Banquet Dinner & Entertainment	# of extra tickets ____ @ \$100 each			

***Please note the 1-DAY MONDAY Conference Package does NOT include Dinner & Entertainment
You must purchase a ticket if you wish to attend Banquet Dinner with a 1-DAY Package.**

***Deadline to Register is Wednesday, October 16th, 2024**