







# OASSIS

BENEFIT PLANS  FOR NOT-FOR-PROFITS

We hope everyone is getting into the Holiday spirit ahead of this winter season! Now is a great time to evaluate your benefits plan to start saving in 2025.



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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Dear OACAO Members, Partners, and Friends,

As we wrap up 2024 and look forward to the promise and opportunities that 2025 will bring, I'd like to take a moment to reflect on the incredible strides we've made together this year. 2024 has been a year of growth, collaboration, and transformative progress for the Older Adult Centres' Association of Ontario (OACAO), and I am deeply grateful for your continued support, passion, and dedication to improving the lives of older adults across Ontario.

**OACAO Celebrates the Government of Ontario's \$17M investment in Seniors Active Living Centres!** We are thrilled to share the announcement of increased funding for the Seniors Active Living Centres (SALC) Program. Recently, **Hon. Raymond Cho, Minister for Seniors and Accessibility, announced a new \$17 million investment** over the next three years to support **100 new Seniors Active Living Centres (SALCs) programs**. This funding increase will also boost core funding for the existing 316 SALCs, bringing each program's base funding **up from \$50,000 to a maximum of \$55,000** starting in 2025. This funding builds on the government's existing **\$15 million annual investment** in the SALC program, which has proven essential in supporting seniors' quality of life through health promotion and community engagement.

The OACAO is proud of our partnership with the **Ministry for Seniors and Accessibility** and look forward to the continued positive impact this investment will have on seniors' health and well-being across Ontario. The OACAO continues to advocate for further support to meet the growing needs of Ontario's aging population. With this funding boost, **SALCs** will be better positioned to expand their reach and continue offering programs that **reduce isolation, promote active living**, and support the **mental and physical health** of Ontario's seniors.

The **2024 – 2025 Seniors Active Living Fairs (SALCs)** program continues to be a highly successful initiative, with **57 fairs** held across Ontario between August to December 2024, and **45 more planned for early 2025**. These fairs have provided valuable health screenings, educational sessions, and community engagement opportunities for seniors. They have been instrumental in raising awareness about local health services, fostering social connections, and reducing isolation among older adults. The fairs have also attracted diverse community groups, ensuring inclusivity, and have strengthened partnerships with local organizations like St. John Ambulance. The positive feedback from both attendees and exhibitors highlights the program's impact on mental well-being, safety, and community bonding.

The **2025 – 2026 Seniors Active Living Fairs** program will **open a Call for Applications on January 8th, 2025**, offering micro-grants to help you bring new and engaging events to your communities. To learn more about this funding opportunity, please visit our website or contact Lina Zita at [coordinator@oacao.org](mailto:coordinator@oacao.org). We thank the Ministry for Seniors and Accessibility (MSAA) for their continued support.

The OACAO has also made good progress on our **Links2Wellbeing Social Prescribing** project with funding support from an Anonymous Donor. The continued growth during Year 1 of Phase 2 of this important project has enabled us to bring on more SALC partners and provide more seniors with access to personalized services that enhance their overall well-being. We are thrilled to see the positive outcomes and look forward to expanding this initiative in the upcoming year. Contact Dena Silverberg at [dena@oacao.org](mailto:dena@oacao.org) to learn more about the available micro-grant funding for L2W SALC partners to reduce barriers to participation for isolated seniors.

...cont'd

The **OACAO 2024 Aging Well Conference** in October was a major success, bringing together the largest number of participants from across Ontario to engage in meaningful conversations about the future of senior care and services. With inspiring keynote speakers, informative sessions, and numerous networking opportunities, the conference reinforced the importance of collaboration and innovation in the sector. We are already looking forward to next year's conference and the continued opportunities to learn and grow together. **Mark your calendars for Nov. 3<sup>rd</sup> and 4<sup>th</sup> for the OACAO 2025 Aging Well Conference, with more details available soon. Preconference activities will take place on Sunday, November 2<sup>nd</sup>.**

The OACAO is currently **conducting a SALC / OACAO Member Profile Survey**, engaging both OACAO Member Centres and Seniors Active Living Centres (SALCs) to participate in the survey. This survey is gathering vital data and information about trends that are important to centres/SALCs. **A full Profile Report will be shared in March 2025** highlighting vital information about the sector including characteristics about membership, programs, services, amenities, funding, facilities, staff, volunteers, and growth and challenges faced by the sector. **A special thank you to the many centres who have already completed the Profile Survey.** We are extending the survey deadline to allow more members and SALCs to participate. Reach out to me at [sue@oacao.org](mailto:sue@oacao.org) if you have any questions.

As we enter this festive season, I want to express my deepest appreciation to each of you. Your passion for serving older adults, your innovative ideas, and your commitment to making a difference are what make OACAO a truly special association.

May this holiday season bring you moments of peace, joy, and reflection. I look forward to what we will accomplish together in the year ahead, as we continue to work toward building a brighter future for older adults in Ontario.

Thank you for all that you do. Here's to a prosperous, successful, and fulfilling 2025!



Sue Hesjedahl  
Executive Director



## **Welcome Carmen Joseph – Our New Executive Assistant / Membership Services Lead**

In October we were thrilled to welcome **Carmen Joseph** to the OACAO team as our new **Executive Assistant / Membership Services Lead (EA/MSL)**. Carmen brings over a decade of experience in office administration, customer service, and project coordination. With a strong background in supporting senior leadership, she has worked in various sectors, including non-profit organizations and government agencies. Carmen's skills in organization, communication, and attention to detail make her an excellent fit for this role.

In her new position, Carmen will provide crucial administrative support to the Executive Director and Board of Directors, assist with membership services, and support OACAO's growing projects and events, including the Aging Well Conference. We are excited to have Carmen's expertise on board and look forward to the contributions she will make in supporting our mission and strengthening our services to older adults across Ontario.

Please join us in welcoming Carmen to our OACAO family!

# Season's Greetings from the OACAO

Season's Greetings! We hope you and your family are enjoying the holidays. We are grateful for your support and dedication to OACAO.

Thank you for your support and dedication to OACAO. We are grateful for you and all that you do.



Visit [www.oacao.org](http://www.oacao.org)

- [Click here to update your contact information.](#)
- **Wild Apricot System** - Provide the email address and password of the contact person in your organization listed on the OACAO Wild Apricot System.
- [Click here to update your contact information.](#)

Thank you for your support and dedication to OACAO. We are grateful for you and all that you do.



## Thanks for your Support!



Your generosity is appreciated. Visit [www.oacao.org](http://www.oacao.org) and click the **Make a Donation** button at the bottom of the page.

## OACAO Applauds the Government of Ontario for Increasing Funding and Expanding Access to Seniors Active Living Centres Programs

**NEWS RELEASE (Dec 6, 2024)** - The Older Adult Centres' Association of Ontario (OACAO) welcomes the Ontario government's announcement of increased operating funds and the expansion of the Seniors Active Living Centres (SALCs) Program.

*"The OACAO is the reason we are able to expand the number of Seniors Active Living Centres and increase funding," said Hon. Raymond Cho, Minister for Seniors and Accessibility.*

*"Thanks to Sue, her leadership and the entire OACAO team, the province is able to grow the number of Seniors Active Living Centres by 100 over the next year and add \$17 million dollars over the next three years to make sure our seniors stay fit, active, healthy, socially connected, close to their homes and in their communities. Thank you OACAO!"*

**Hon. Raymond Cho, Minister for Seniors and Accessibility**

This increase, announced today by Minister Cho was highlighted in the Fall Economic Statement and described as a meaningful investment in the well-being of Ontario's aging population.

Beginning in 2025, base funding for SALCs will rise from approximately \$50,000 to \$55,000 per SALC program, following a recent increase from \$42,700 to \$50,000. These investments ensure continued support for existing programs while providing resources for new initiatives.

*"This announcement demonstrates the government's commitment to seniors in Ontario," said Sue Hesjedahl, Executive Director of OACAO. "We've worked closely with the Ministry for Seniors and Accessibility to emphasize the critical need for increased funding for SALCs in Ontario. This investment will ensure that SALCs continue to enhance seniors' quality of life through social engagement, health promotion, and community connection."*

**Sue Hesjedahl, Executive Director of OACAO**

Over the next three years, the government is committing nearly \$17 million to establish 100 new SALC programs across Ontario. These programs are designed to foster wellness, reduce ageism, and help seniors stay active, independent, and engaged in their communities. This funding builds on the government's annual \$15 million investment in the SALC program.

To further enhance access, regulatory changes to the **Seniors Active Living Centres Act, 2017**, passed in June 2024, now allow a broader range of organizations including Legions, cultural organizations, and Indigenous organizations to apply for SALC program funding. Following a province-wide call for proposals this summer, the government is currently reviewing applications to launch new programs and expand services.

SALCs are instrumental in addressing the unique needs of Ontario's seniors, offering programs that reduce social isolation, promote active living, and support mental and physical health. This funding increase will help SALCs expand their reach, particularly in underserved rural and Indigenous communities where the need for these services is greatest.

*"This funding is a step forward in addressing the growing demands placed on SALCs," added Hesjedahl. "We're excited to see the government's response to the needs of our members, empowering centres to expand their reach and strengthen their role as community hubs for seniors."*

**Sue Hesjedahl, Executive Director of OACAO**

Looking ahead, the OACAO remains committed to working with the Ministry for Seniors and Accessibility to advocate for further operational and program funding to meet the growing needs of Ontario's aging population. With more seniors relying on these centres each year, sustained investment is essential to maintain and expand high-quality programs and services.

**For further information or to get involved:**

Sue Hesjedahl, Executive Director  
Older Adult Centres' Association of Ontario  
Email: [sue@oacao.org](mailto:sue@oacao.org) Website: [www.oacao.org](http://www.oacao.org)  
Tel: 905-584-8125 Toll Free: 1-866-835-7693

**About OACAO:**

Established in 1973, the Older Adult Centres' Association of Ontario (OACAO) represents over 240 member organizations and more than 200,000 seniors across the province. OACAO is dedicated to enhancing the quality of life for older adults through advocacy, support, and the development of quality and relevant resources and services for community-based older adult centres. It is a strong supporter of Seniors Active Living Centres as hubs of connection, health, and activity for seniors across Ontario.

**For details on the funding announcement, visit Ontario Expanding SALCs.**



**Don't let the flu get you down this season. Boost your protection.**

**Get immunized!**

Talk to your doctor, nurse, pharmacist, or local public health unit about getting immunized against the flu.

**Cette saison, ne laissez pas la grippe vous abattre. Renforcez votre protection.**

**Faites-vous vacciner!**

Parlez à votre médecin, votre infirmière ou infirmier, votre pharmacien ou pharmacienne ou votre bureau local de santé publique pour vous faire vacciner contre la grippe.





**OACAO members  
from all Regions are  
welcome to participate!**

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<sup>+</sup>**  
years of service

## **OACAO Central and Golden Horseshoe Regions Meeting**

**Wednesday, January 15, 2025**

**10:30 am - 11:45 am – via Zoom**

Join us for this exciting learning opportunity followed by  
OACAO updates and discussion

### **Webinar: Thriving Every Day**

Master the art of balancing ambition with well-being, so every day feels purposeful, productive, and aligned with what truly matters. This session will dive into the "ABC's of Thriving" framework, equipping participants with practical tools to navigate the integration of life and work.

**Free**



**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.

**Please share with your teams.**

**We welcome all OACAO member centres/clubs - staff members,  
volunteers and board members to join us.**

**PLEASE REGISTER IN ADVANCE!**

Register online: <https://oacao.wildapricot.org/event-5975563>

Questions, contact the OACAO at [L2W@oacao.org](mailto:L2W@oacao.org) or 1-866-835-7693 toll free



Newsletter Submission for Links2Wellbeing Winter 2025 Update – submitted by Dena Silverberg

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Thank you to all our current SALC and referral partners! We are thrilled to share that we have added 10 new Centres this year! We continue to work hard to plan for four more years of development, growth, advocacy, policy work, and the ultimate goal of sustainability for this vitally important project and for the social prescribing movement in Ontario. WE NEED YOU!

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

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

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The next Links2Wellbeing Training is Thursday, January 23rd, from 11 a.m. to 12 noon, or you can have one-on-one training at your convenience! We are also hosting our next L2W Social Prescribing Conversation Café on Monday, January 27th, 2025, at 12 noon!

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**Conference Planning Committee**



- Carmen Joseph* Full Conference
- Dena Silverberg* Program & Full Conference
- Donna St. Martin* Full Conference
- Julie Pennal* Program & Full Conference
- Kara Miller* Program
- Karie Papillon* Program & Full Conference
- Kelly Meeussen* Program
- Leo Lavergne* Program
- Lina Zita* Full Conference
- Lisa Tobio* Full Conference
- Nora Jones* Full Conference
- Pierre Benoit* Program Committee
- Robin Mech* Program Committee
- Sarah Feeney-Martin* Program & Full Conference
- Sue Hesjedahl* Program & Full Conference
- Wendy Caceres-Speakman* Program & Full Conference



**Program Committee Volunteers**



Amanda Trinh, Anna Do, Bill Krever, Hanya Mitchell, Karen Kelly, Kennedy Leblanc-Robbins, Leslie Olsen, Rob Gaby, Sharon Oatway, Victoria Stewart, Erica Rizzi, Leisa Davie

**Conference Volunteers**

**Conference 2024 - It's a Wrap!**

Thank you to all our delegates, sponsors, exhibitors, and volunteers who made this conference a success. We look forward to seeing you at our next event.

We are grateful to our sponsors and exhibitors for their support. We also thank our volunteers for their hard work and dedication. The success of this conference is a testament to the collaborative spirit of our community.

We hope you enjoyed the conference and the information and learning opportunities it provided. We will continue to work together to improve the lives of older adults in our community.

Thank you again for your participation and support. We look forward to future collaborations and events.

We are proud to have been part of this wonderful event and the community it represents.

We will continue to work together to create a better future for all.

Thank you for your support.

We look forward to seeing you again.



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## ***OACAO Seniors Active Living Fairs 2024 – 2025***

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In August and September, 18 fairs were held across Ontario, from Scarborough and Toronto to Bowmanville, Ottawa, and other towns like Stratford and Aurora. These fairs were crafted to serve diverse communities with presentations, health screenings, and interactive sessions tailored to local needs.

### Host Feedback

- **Positive Impact:** Informative sessions covered essential topics like healthy living, fraud prevention, and mental health.
- **Community Awareness:** Fairs successfully raised awareness of local health services, encouraging seniors to engage with community resources.
- **Partnerships:** Collaborations with organizations like St. John Ambulance extended the fairs' reach, offering additional resources for attendees.

A significant success mentioned by hosts was the high turnout of older adults and caregivers, exceeding previous years' attendance in some locations. These fairs helped foster connections among attendees and allowed local health providers to better understand the needs and interests of their communities. While most fairs ran smoothly, some challenges included managing crowd control and ensuring adequate signage. To address these, fairs implemented changes like assigning greeters and improving venue layouts for future events.

### Top 5 Insights from Participants

1. **Training and Awareness:** Participants reported high satisfaction with the educational sessions provided, including information on health, safety, and available community resources, reflecting the fairs' success in raising awareness on critical topics for seniors.
2. **Diverse Community Engagement:** The fairs attracted participants from various demographic groups, such as Indigenous, Francophone, South Asian, and 2SLGBTQIA+ communities, showcasing the program's commitment to inclusivity and reaching diverse populations.
3. **Impact on Well-being:** Attendees noted increased feelings of safety and well-being after attending the fairs, underscoring the fairs' positive influence on mental and physical health.
4. **Reduced Social Isolation:** The events provided valuable social opportunities, helping attendees feel more connected and addressing the common challenge of isolation among seniors.
5. **Community Bonding:** The fairs facilitated strong community connections, allowing participants to interact with local organizations and peers, reinforcing the sense of community and belonging.

### Top 5 Insights from Exhibitors

1. **High Engagement and Feedback:** A substantial number of exhibitors provided feedback, highlighting their active involvement and interest in the fair's impact. This engagement indicates that exhibitors are keen to contribute to improving the event experience.
2. **Positive Perception of Fair Value:** Many exhibitors reported that the fairs were well-organized and valuable for reaching their target audiences. This positive perception reinforces the fairs' effectiveness in supporting exhibitors' goals.
3. **Needs and Interests Met:** Exhibitors generally felt that the fairs met their needs and aligned with their interests, indicating satisfaction with the fair organization and the audience reach.
4. **Social Isolation Impact:** Exhibitors noted that the fairs contributed positively to reducing social isolation among attendees, aligning with one of the program's key objectives of fostering community connections.
5. **Community Partnerships:** The events facilitated partnerships with local businesses and service providers, enhancing exhibitor visibility and promoting ongoing collaboration with community organizations.

39 fairs took place between October and December, and looking ahead, 45 more fairs are being planned for January - March 2025.

Find current fair listings at: <https://www.oacao.org/events/seniors-active-living-fairs/>. For questions, contact Lina Zita at [coordinator@oacao.org](mailto:coordinator@oacao.org) or call 905-584-8125 or toll free 1-866-835-7693.

~Submitted by: Lina Zita

Funding provided by:





2025 - 2026

# SENIORS LIVING FUNDING ACTIVE FAIR PROGRAM

## APPLICATION DEADLINES:

### In-Person Single-Site & Virtual Fairs

#### \* Application Deadline #1:

Mon., March 3, 2025 at 5 pm EDT  
(For June-Sept 2025 Fairs only)

#### \* Application Deadline #2:

Mon., June 2, 2025 at 5 pm EDT  
(For Oct. 2025-March 16, 2026 Fairs only)

### In-Person Multi-Site Fairs

#### \* Application Deadline:

Thurs., May 1, 2025 at 5 pm EDT  
(For Sept 2025 - March 16, 2026 Fairs only)

Questions? Contact :  
[coordinator@oacao.org](mailto:coordinator@oacao.org)  
or 1-866-835-7693

## 3 Types of Funding Available:

### **In-Person Single-Site Fair Funding**

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

### **Virtual Fair Funding**

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

### **In-Person Multi-Site Fair Funding**

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

## To be eligible for funding, your organization must:

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

## Application and Guidelines available at:

[www.oacao.org/events/seniors-active-living-fairs/](http://www.oacao.org/events/seniors-active-living-fairs/)

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

Funding provided by:





2025 - 2026

# FOIRE DE ACTIVE PROGRAMME

# VIE ACTIVE POUR AÎNÉS DE FINANCEMENT

## DATES LIMITES D'INSCRIPTION :

### Foires en personne sur un site unique et foires virtuelles

**\*Date limite d'inscription n°1 :**

Lun., 3 mars 2025 à 17h00 HAE

(Pour les foires de juin à septembre 2025 uniquement)

**\*Date limite d'inscription n°2 :**

Lundi 2 juin 2025 à 17 heures HAE

(pour les foires d'octobre 2025 au 16 mars 2026 uniquement)

### Foires multisites en personne

**\*Date limite de dépôt des candidatures :**

jeudi 1er mai 2025 à 17h00 HAE

(pour les foires de septembre 2025 au 16 mars 2026 uniquement)

**Des questions ? Contactez-nous :**

[coordinator@oacao.org](mailto:coordinator@oacao.org)

ou 1-866-835-7693

### **3 types de financement disponibles :**

**Financement de la foire en personne et sur un seul site**  
(jusqu'à 2 500 \$ pour une organisation individuelle éligible)

#### **Financement de la foire virtuelle**

(jusqu'à 1 000 \$ pour une organisation individuelle éligible)

#### **Financement d'une foire multi-sites en personne**

(dans le cadre d'une administration, jusqu'à 2 000 dollars par organisation éligible, 2 sites au maximum)

### **Pour pouvoir bénéficier d'un financement, votre organisation doit**

1. Être en activité depuis au moins un an au moment de la demande,
2. ET être membre en règle de l'ACAO ou exploitant d'un programme de centres de vie active pour aînés (SALC) financé par le gouvernement de l'Ontario

**Le dossier de candidature et les lignes directrices sont**  
**[www.oacao.org/events/seniors-active-living-fairs/](http://www.oacao.org/events/seniors-active-living-fairs/)**

***Sous réserve de la confirmation du montant du financement reçu par l'ACAO de la part du gouvernement de l'Ontario.***

Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario  
**OACAO**  
The Voice of Older Adult Centres  
Le voix des centres pour aînés

Est. 1973  
**50**  
years of service

Financement fourni par :

**Ontario** 



# COMMUNITY CONNECTIONS

Phone-Friendly Programming  
to Build Social Bridges

## UNLOCK THE POWER OF CONNECTION

Transform your community's well-being with this comprehensive, self-paced course, and implement the proven **Seniors' Centre Without Walls (SCWW)** model— already making a meaningful impact across Canada.

Whether you're launching a new virtual program or enhancing your existing offerings, our **online modules, expert-led lessons, and digital resources** will equip you with everything you need to create impactful social programming for isolated adults.

This course will provide simple, actionable tools that empower you to build **stronger connections, reduce isolation, and make a lasting difference** in the lives of those you serve.

**See how easy it is to bring people together, virtually.**

Launching in early 2025, get on the waitlist to stay in the know:  
[community-connections.thinkific.com/pages/coming\\_soon](https://community-connections.thinkific.com/pages/coming_soon)



# CAPACITY BUILDING



**THURS  
JAN 23**

## MYSENIORCENTER TRAINING

PRESENTER: BILL HENDERSON  
MYSENIORCENTER



**10AM- 11AM  
EST**



**TUES  
JAN 28**

## THE AI POLICY BLUEPRINT: BUILDING BEST PRACTICES FOR YOUR CENTRE'S SUCCESS

PRESENTER: CHRIS BINT, TECH COACHES



**1PM- 2PM  
EST**



**WED  
FEB 19**

## MAKING THE CONNECTION: MARKETING TIPS TO REACH SOCIALLY ISOLATED SENIORS IN YOUR COMMUNITY

PRESENTER: ELISA PRASHAD, SENIOR LIFESTYLES PRO



**1PM- 2PM  
EST**

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)

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

Est. 1973

**OACAO**

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



OACAO 2025 WINTER WEBINARS

FREE

# CAPACITY BUILDING



**TUES  
MARCH 18TH**

**LES ESSENTIELS DE LA GOUVERNANCE DES ORGANISATION À BUT NON LUCRATIF**



**10AM-  
11:30AM  
EDT**

PRÉSENTATEUR: VÉRONIQUE CARBONNEAU GARROW & EVOY



**TUES  
MARCH 18TH**

**NON-PROFIT GOVERNANCE ESSENTIALS**



**1PM-  
2:30PM  
EDT**

PRESENTER: DANIELLE ROCHELEAU LARIDAE

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)



**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, January 7, 2025 from 10:00am - 11:15am EST

Workshop Theme: Types of scams targeting seniors  
How to avoid being a victim?

Tuesday, February 4, 2025 from 10:00am - 11:15am EST

Workshop Theme: How to block Spam/Scam/Malicious Phone Calls and  
Text Messages? How to block malicious websites? Other safety tips

Tuesday, March 11, 2025 10:00am - 11:15am EDT

Workshop Theme: Brain / cognition / coordination exercises with computer  
Apps and Games for seniors

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

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

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

# Seniors Community Grant Program

Connecting older adults to programs that help them stay active and socially connected in their communities

## Quick facts

**1800+**

Seniors Community Grant projects funded since 2018

**282**

community projects funded in 2024-25

## Projects may include:

- educational workshops
- community engagement opportunities
- volunteer opportunities
- social, fitness and group activities
- art therapy workshops

## To connect with a Seniors Community Grant program in your community:

- visit [ontario.ca/SeniorsGrant](https://ontario.ca/SeniorsGrant)
- contact your municipality
- call 2-1-1

## Additional facts

- Ontario has invested up to \$6 million in the Seniors Community Grant Program in 2024-25.
- Seniors Community Grants help local not-for-profit community groups and organizations deliver programs, services and events that help reduce social isolation among seniors and keep them connected to their community.
- Grants range from \$1,000 to up to \$25,000.
- Learn more about how to apply for Seniors Community Grants and other programs through [ontario.ca/GetFunding](https://ontario.ca/GetFunding).

Follow us on social  [@SeniorsON](https://twitter.com/SeniorsON)  [@SeniorsOntario](https://facebook.com/SeniorsOntario)  [@Seniors and Accessibility](https://linkedin.com/company/SeniorsandAccessibility)

Ministry for Seniors and Accessibility  
[ontario.ca/SeniorsGrant](https://ontario.ca/SeniorsGrant)



# Programme de subventions aux projets communautaires pour l'inclusion des aînés

Aiguiller les aînés vers des programmes qui leur permettent de rester actifs et de participer socialement dans leur collectivité

## Faits en bref

**Plus de 1 800**

projets financés grâce au Programme de subventions aux projets communautaires pour l'inclusion des aînés depuis 2018.

**282**

projets communautaires recevront du financement en 2024-2025.

## Les projets peuvent comprendre :

- des ateliers éducatifs
- des occasions de participation communautaire
- des possibilités de bénévolat
- des activités sociales, de groupe ou de conditionnement physique
- des ateliers d'art-thérapie

## Pour accéder au Programme de subventions aux projets communautaires pour l'inclusion des aînés dans votre collectivité :

- consultez la page [ontario.ca/SubventionsPourLesAines](https://ontario.ca/SubventionsPourLesAines)
- communiquez avec votre municipalité
- composez le 2-1-1

## Faits supplémentaires

- L'Ontario a investi jusqu'à 6 millions de dollars dans le Programme de subventions aux projets communautaires pour l'inclusion des aînés en 2024-2025.
- Le Programme de subventions aux projets communautaires pour l'inclusion des aînés aide les groupes et les organismes communautaires et sans but lucratif à offrir des programmes, des services et des activités visant à réduire l'isolement social chez les aînés et à les faire participer dans leur collectivité.
- Le montant des subventions varie de 1 000 \$ à 25 000 \$.
- Apprenez-en plus sur la soumission d'une demande de subvention au Programme de subventions aux projets communautaires pour l'inclusion des aînés et à d'autres programmes en consultant la page [ontario.ca/ObtenirDuFinancement](https://ontario.ca/ObtenirDuFinancement).

Suivez-nous sur [X @AinesON](#) [f @AinesOntario](#) [in @Services aux aînés et Accessibilité](#)

Ministère des Services aux aînés et de l'Accessibilité  
[ontario.ca/SubventionsPourLesAines](https://ontario.ca/SubventionsPourLesAines)

Ontario 

## Canada Summer Jobs 2025 – Call for Applications



**The annual Canada Summer Jobs (CSJ) program** Call for Applications is now open until December 19, 2024, at 11:59 p.m. (Pacific Standard Time).

This year the CSJ Call for Applications will end before the beginning of the holiday season. Don't risk missing the deadline—apply today for Canada Summer Jobs funding!

### Are You Ready?

The CSJ program will once again aim to support 70,000 quality jobs for youth during the 2025 summer season.

Not-for-profit employers can receive a wage subsidy up to 100% of the current provincial or territorial minimum hourly wage. Public and private sector employers are eligible to receive a wage subsidy of up to 50% of the current provincial or territorial minimum hourly wage.

Applicants can seek funding in their application to offer quality jobs for youth during the summer season. This year, jobs can take place from April 21, 2025, to August 30, 2025.

### Are you ready to:

Provide quality work experiences for youth?

Provide opportunities for youth to develop and improve their skills?

Respond to national priorities and local priorities to improve access to the labour market for youth who face unique barriers?

If so, submit your CSJ 2025 funding application now!

### **Prepare to Apply**

Remember to read the Applicant Guide. It contains detailed information about the application process, including how you can demonstrate the quality of your proposed job placement(s) and practical information on how to prepare for your application.

Should you have any questions about CSJ 2025 or the application process after reading the guide, please do not hesitate to [contact Service Canada](#).

## L'appel de demandes annuel pour Emplois d'été Canada (EEC) 2025



L'appel de demandes **annuel pour Emplois d'été Canada (EEC)** a maintenant été lancé et sera ouvert jusqu'au 19 décembre 2024 à 23h59 (Heure du Pacifique).

Cette année l'appel de demandes EEC se terminera avant le début du temps des fêtes. Évitez de manquer la date limite et déposez votre demande de financement dès aujourd'hui au programme Emplois d'été Canada !

### Êtes-vous prêt ?

Le programme EEC aura à nouveau comme objectif de financer 70 000 emplois de qualité pour les jeunes durant la période estivale 2025.

Les organismes à but non lucratif peuvent recevoir une contribution salariale pouvant atteindre 100 % du salaire horaire minimum en vigueur dans la province ou le territoire. Tandis que les employeurs des secteurs public et privé seront admissibles à une contribution salariale pouvant aller jusqu'à 50 % du salaire horaire minimum en vigueur dans la province ou le territoire.

Les demandeurs peuvent solliciter un financement dans leur demande afin d'offrir des emplois de qualité aux jeunes pendant la saison estivale. Cette année, les emplois pourront avoir lieu entre le 21 avril 2025 et le 30 août 2025.

### Êtes-vous prêt à :

Offrir des expériences de travail de qualité aux jeunes ?

Offrir aux jeunes des possibilités de développer et d'améliorer leurs compétences ?

Répondre aux priorités nationales et priorités locales afin d'améliorer l'accès au marché du travail pour les jeunes qui font face à des obstacles particuliers ?

Si oui, déposez votre demande de financement EEC 2025 dès maintenant !

### **Préparer sa demande de financement**

N'oubliez pas de lire le [Guide du demandeur](#). Il contient des informations détaillées sur le processus de demandes, y compris la manière dont vous pouvez démontrer la qualité de votre proposition d'emploi(s) et des informations utiles sur la façon de préparer votre demande de financement.

Si vous avez des questions sur EEC 2025 ou sur le processus de demandes après avoir lu le guide, n'hésitez pas à [contacter Service Canada](#).

# 2025 Summer Employment Opportunities (SEO) Program

## Ministry of Tourism, Culture and Gaming, Ministry of Sport

The Summer Employment Opportunities (SEO) Program provides funding for meaningful summer employment opportunities for students. The positions must focus on activities that support the key sectors of tourism, culture, sport and recreation, and provide students with training, work experience and skills transferable to the general workforce and to future careers.

### Eligibility Requirements:

- **Applicants:** Not-for-profit organizations who have been incorporated for at least one year, municipalities, Indigenous organizations, and First Nations communities. Eligible organizations must be legally incorporated or be band councils established under the Indian Act, Canada.
- **Students:** Must be enrolled in secondary or post-secondary institutions, aged 15 upon commencement of employment, and be a resident of Ontario at the time of employment.

### Program Objectives:

- To provide quality, supervised work experience for students in summer positions that develop skills that are career-related and transferable to the general labour market.
- To make positions available in communities throughout the province, particularly in areas of high unemployment (i.e., Northern Ontario).
- To enable greater access to student summer employment through an accessible and transparent recruitment process.
- To provide transfer payments to eligible organizations within the key sectors to support their capacity to deliver summer service and specific projects that align with the Ministry priorities.

### Insurance Requirements:

- Organizations must have commercial general liability insurance coverage of \$2,000,000 per occurrence on property damage, bodily injury, and personal injury.
- Valid Workplace Safety and Insurance Board (WSIB) coverage or equivalent coverage under their commercial general liability insurance is required.

### Funding Criteria:

- Students hired under the SEO Program must be paid at least the applicable Ontario general minimum wage.
- Maximum funding per position: \$3,741.
- Minimum employment contract: 217.5 hours or 30 days.

### How to Apply for Funding:

- The application can be found on [Transfer Payment Ontario](#) and accessed by logging into your [My Ontario account](#).
- Read the application guidelines at <https://www.ontario.ca/page/available-funding-opportunities-ontario-government>.

### Contact Information:

- Contact your [Regional Development Advisor](#) for program questions or to schedule a consultation.
- **Technical Support** with enrolment and accessing an application please contact [Transfer Payment Ontario \(TPON\) Client Care](#) Monday to Friday 8:30 a.m. to 5:00 p.m. Eastern Standard Time (EST).
  - o Toronto: (416) 325-6691 / Toll Free: 1-855-216-3090
  - o TTY/Teletypewriter (for the hearing impaired): 416-325-3408 / Toll free: 1-800-268-7095
  - o Email: [TPONCC@ontario.ca](mailto:TPONCC@ontario.ca)

#### Application Deadline:

Applications must be submitted online through Transfer Payment Ontario (TPON) by:

**Wednesday, January 8, 2025, at 5:00 p.m. Eastern Standard Time (EST).**



# 2025 Perspectives d'emplois d'été\* (PEME)

## le ministère du Tourisme, de la Culture et des Jeux, le ministère du Sport

Le Perspectives d'emplois d'été (PEME) offre du financement pour des emplois d'été intéressants aux étudiants. Les postes doivent être axés sur des activités qui soutiennent les secteurs clés du tourisme, de la culture, du sport et des loisirs et offrir aux étudiants une formation, une expérience de travail et la possibilité de développer des compétences transférables au marché du travail en général et aux carrières futures.

### Demands admissibles :

- **Les organismes** : les organismes sans but lucratif constitués en société depuis au moins un an, les municipalités, les organismes autochtones et les communautés des Premières Nations. Les organismes admissibles doivent être légalement constitués en société ou constitués en conseil de bande en vertu de la Loi sur les Indiens (Canada).
- **Étudiants** : doit être actuellement inscrit dans un établissement secondaire ou postsecondaire, avoir atteint l'âge de 15 ans au moment du débuter l'emploi et résider en Ontario au moment de l'emploi.

### Objectifs du programme :

- Offrir une expérience de travail supervisée de qualité aux étudiants occupant des postes d'été permettant le développement de compétences professionnelles et transférables au marché conventionnel du travail.
- Offrir des postes dans les collectivités de toute la province, en particulier dans les régions à fort taux de chômage (p. ex. le Nord de l'Ontario).
- Offrir un meilleur accès aux emplois d'été pour les étudiants grâce à un processus de recrutement accessible et transparent.
- Verser des paiements de transfert aux organismes admissibles dans les secteurs clés identifiés pour soutenir leur capacité à offrir des services d'été et des projets spécifiques qui correspondent aux priorités du ministère.

### Exigences en matière d'assurance :

- Les organismes doivent avoir une assurance responsabilité civile générale commerciale de 2 000 000 \$ par événement pour les dommages matériels et corporels.
- Les préjudices corporels et une couverture valide de la Commission de la sécurité professionnelle et de l'assurance contre les accidents du travail (WSIB) ou une couverture équivalente au titre de leur assurance responsabilité civile entreprise.

### Critères de financement :

- Les étudiants embauchés dans le cadre du PEME doivent être rémunérés au moins au salaire minimum général applicable en Ontario.
- Le niveau maximum d'aide financière par demande est de 3 741 \$
- Contrat de travail minimum : 217,5 heures ou 30 jours de 7,25 heures.

### Comment faire une demande de financement :

- La demande se trouve sur [Paiements de transfert Ontario](#) et est accessible compte [Mon Ontario](#).
- Lisez les directives de candidature à l'adresse <https://www.ontario.ca/fr/page/possibilites-de-financement-offertes-par-le-gouvernement-de-lontario>.

### Coordonnées :

- Communiquez avec votre [Conseillers et conseillères en développement régional](#) pour obtenir des précisions sur le programme ou pour planifier une consultation.
- **Pour obtenir de l'aide technique** concernant l'inscription et l'accès à une demande, veuillez communiquer avec le service à la clientèle de Paiements de transfert Ontario (PPO) du lundi au vendredi, de 8 h 30 à 17 h, heure normale de l'Est (HNE).
  - o Toronto : (416) 325-6691 / Sans frais : 1-855-216-3090
  - o ATS/Téléimprimeur (pour les malentendants) : 416-325-3408 / Sans frais : 1-800-268-7095
  - o Courriel : [TPONCC@ontario.ca](mailto:TPONCC@ontario.ca)

### Date limite de dépôt des demandes :

**Les demandes doivent être présentées en ligne par l'intermédiaire de Paiements de transfert Ontario  
au plus tard à 17 h, heure normale de l'Est (HNE) le mercredi 8 janvier 2025**



## Elder Abuse Prevention Ontario

### Elder Abuse Prevention Ontario

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



EAPO, recognized for its leadership in EA prevention, (whether **raising awareness** through public **educational forums**, **training service professionals** across all sectors or **developing tools and resources for seniors'** community groups), is helping everyone better understand the complexity of issues around elder abuse. To learn how YOU can recognize the warning signs and then respond appropriately, please visit: [www.eapon.ca](http://www.eapon.ca). By **Stopping Abuse - Restoring Respect**, EAPO remains committed to creating a safer Ontario for **ALL** older adults, so that this fastest growing demographic, has a strong voice and can enjoy the quality of life, everyone deserves. Older adults have a wealth of knowledge and experiences to share. EAPO is helping build bridges between generations, facilitating conversations, that not only increase community capacity to assist older adults in need, but will lead to safer more respectful communities, because each of us has a role to play in safeguarding those at-risk or experiencing abuse.

**EVERYONE** has a role to play in helping safeguarding older adults from harm and neglect. We engage with all audiences, wishing to learn how to recognize the warning signs of abuse and be able to respond appropriately. We invite, seniors, families & friends, and service professionals to keep visiting our website ([www.eapon.ca](http://www.eapon.ca)) regularly, to view webinars, on a variety of topics, or tap into an abundance of updated tools and resources, for all persons wishing to help prevent elder abuse.

**Please plan to join us this winter, for our upcoming [Cultural Trainings 2025](#):**

➤ **January 14 - 15, 2025 : [Understanding Older Adult Mistreatment: A Cultural Lens on Action and Prevention](#)** | This workshop is designed for people working in senior services.

➤ **January 28 - 29, 2025 : [Enhancing Cultural Compassion in Addressing Older Adult Mistreatment](#)** | This workshop is designed for Elder Abuse Prevention Professionals.

@EAPreventionON

[eapon.ca](http://eapon.ca)

Funded by: Ontario 

# Newsletter Contributions from our Members

## TOWN OF AURORA

Submitted by: Karie Papillon,  
Program Co-Ordinator



## FALL PREVENTION SUMMIT

On Wednesday November 6, 2024, the Town of Aurora hosted our first Fall Prevention Summit. The summit was held in partnership with The Meadows of Aurora, York Region Public Health and Bayview Physiotherapy Clinic. With funding from the New Horizons Program for Seniors we were able to offer a session on the latest research on Fall Prevention including footwear, medications and interactions, exercises for balance and strength and healthy aging. The day included a catered lunch, a stretch, laughter and of course – fall prevention tips!



## Fundraising Fun!

This fall, the Caledon Seniors Centre was bustling with exciting fundraising events to support our programs.

- **Down East Dinner**
- **Craft & Bake Sale**
- **Silent Auction & Much More Sale**
- **November 50/50 Draw**



These events not only provide opportunities for fun and socializing but also helped raise essential funds to maintain and expand the Centre's offerings, so the Centre continues to be a vibrant hub for older adults to connect, learn, and stay active!



# CENTRAL EGLINGTON COMMUNITY CENTRE

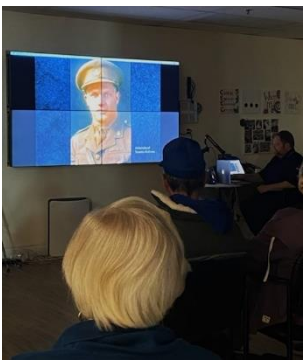
Submitted by Stacey Griffith, Older Adult Program Coordinator



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The Havelock Seniors Club is located in Havelock Ontario, which is about 35 minutes east of Peterborough, On. At the Havelock Seniors Club our goal is to create a supportive community where everyone can learn and engage with one another.

Our fall season was a busy one for our members, we had a variety of programs and activities including an acrylic painting class, a cake decorating class, a Halloween cookie make & take class, a winter themed paint night and the return of chair yoga which is a well loved class! We enjoyed presentations from Hear Right Canada and the Campbellford Memorial Hospital Diabetes Education Program. Our club also participated in the Norwood Fair with an organization display and selling our 50/50 tickets. It was a season full of fun, laughter, new members and new friendships!

This winter our members can enjoy free presentations including a second Diabetes education presentation, frauds and scams and cyber security. We have many weekly activities that our members participate in including bingo, chair yoga, regular euchre, line dancing and bid euchre. We have a few special holiday themed activities planned for them as well including Christmas Bingo, a holiday paint night and a Christmas cookie class. The members are really excited for our bus trip to the Stirling Festival Theatre at the beginning of December. The New Year will be just as busy with the return of our bi-monthly luncheons, a bus trip at the end of January, a special performance in February and a Swing into Spring in March. So many fun and exciting things happening here at the Havelock Seniors Club!

We would like to wish everyone a happy and safe holiday season!



Tuesday night regular euchre fun!



Chair yoga returns!



A cake from the cake decorating class.



Organization display at the Norwood Fair.





## KINGSTON SENIORS

*Submitted by Jacqueline Tavakoli*

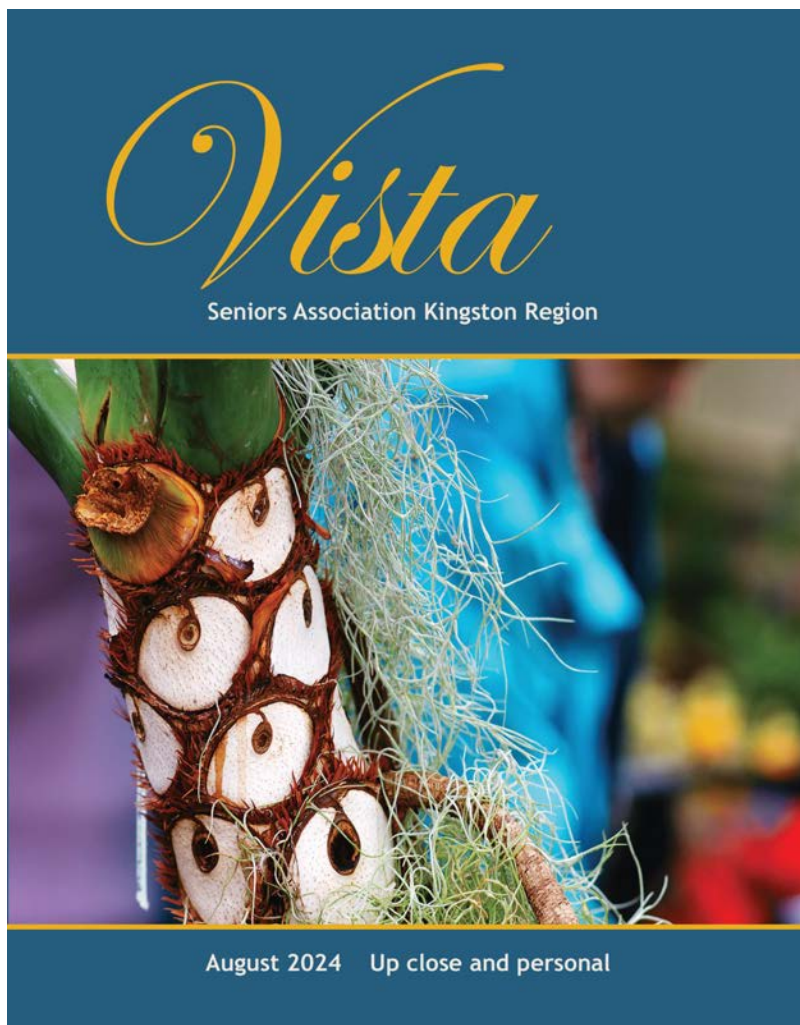
### Vista: The Voice of Kingston's Seniors

In the evolving landscape of Ontario's older adult communities, the Seniors Association Kingston Region's (SAKR) monthly publication, Vista continues to be a beacon of light in the region. It's clear that staying connected and engaged is a priority for seniors: Vista embodies this spirit, serving as a vital link between SAKR and its members, while fostering a sense of community and shared purpose. Vista, aptly named to signify a broad view or perspective, offers readers exactly that – a panoramic look at the rich tapestry of senior life in Kingston. Each month, our publication brings a fresh array of stories, articles, updates, and insights directly to the homes of our members.

Vista offers a diverse range of regular features designed to enrich the lives of our seniors. It covers health and wellness topics, including articles on staying active, nutrition tips, and mental health resources. The newsletter also explores the rich history of the region through the memories and stories of long-time residents. Members stay informed about local activities through an event calendar, while lifelong learning is encouraged with features on educational opportunities and skill-sharing. The organization's Board President provides monthly updates and insights in the President's Corner, while a medical professional contributes articles addressing common health concerns and debunking myths. To help seniors navigate the digital world, the newsletter includes tech tips on using smartphones and accessing online services, ensuring that members remain connected and engaged in their community.

Vista's success lies in its collaborative nature. The publication thrives on the contributions of its readers. Seniors are not just consumers of content but active participants in its creation, empowering seniors to share their voices and experiences. Behind the scenes, a dedicated team of staff and volunteers works tirelessly to bring each issue to life. From content curation to editing, these individuals apply their professional skills and life experiences to produce a high-quality publication month after month.

In a world where staying connected and informed is more important than ever, Vista exemplifies a flourishing community of active older adults in Kingston by providing a platform for expression, information, and community building. Through its pages, whether physical or digital, Vista continues to paint a vivid picture of life in Kingston from the eyes of seniors - one story, one article, one issue at a time.





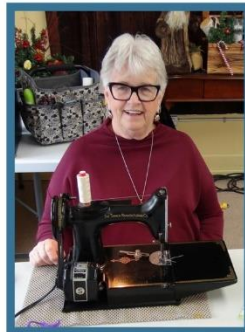
Onaping Falls Golden Age Club member, Pat Winn displays one of her many hand made quilts. A lot of Pat's work is done by hand and what is not done by hand is done on a treadle machine.

# ARTS & CRAFTS NEVER GET OLD!



705-966-0137

Craft Group convenor Wendy Gauvreau (right) working with her 1947 Singer Featherweight sewing machine.



Sheila Haggart (left) is pictured here working on a quilt with her very modern sewing machine.

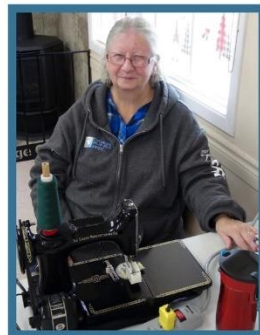


Beverly Rouleau (left) with one of her many Diamond Art bead work pictures. Bev teaches bead art to members.

Linda James (right) working on quilting squares with her heavy duty, state of the art Janome sewing machine.



Bonnie Ducharme (right) sews everything on her vintage 1940 featherweight sewing machine.



Diane Purdue (left) instructs quilting with the group and is very talented at embroidery sewing. Diane personally owns many machines.

The Onaping Falls Golden Age Club offers many forms of arts and crafts. Quilting, sewing, crocheting and knitting and art art classes are available every Thursday from September thru to May

This season our sewing club members have hemmed pants to sewing boat seat covers! It is a busy place and keeps our Seniors active throughout the year!!







## TOWN OF PELHAM

*Submitted by Katie Kilbreath*

The Meridian Community Centre in the Town of Pelham is a designated Seniors Active Living Centre, with many programs, social activities and learning opportunities for residents 55+.

As we embrace the holiday season, the Meridian Community Centre in the Town of Pelham recently hosted a delightful wreath-making workshop for older adults, offering a creative way to kick off the holiday season. Held over three sessions on Sunday, November 24<sup>th</sup>, the event invited members of the 55+ community to craft their own festive wreaths using live foliage and seasonal decorations.

Participants gathered to create beautiful, custom-made wreaths in a welcoming and hands-on environment. The workshop provided an opportunity for older adults to engage in a fun, social activity while expressing their creativity. It also allowed attendees to connect with others in the community, making it a perfect blend of festive cheer and social interaction.

Thanks to grant funding from the New Horizons for Seniors Program, this special event was offered free of charge. This support allowed the Town of Pelham to include wreath-making in its popular 55+ Workshop Series, ensuring that local seniors could enjoy a holiday tradition without any cost barriers. Light refreshments were provided for attendees to enjoy, and the sessions were led by Marian from Rice Road Greenhouses, a local greenhouse and garden center, who supplied all the wreath-making materials.



The wreath-making sessions were a hit, providing both a meaningful and engaging experience for all involved. It was a wonderful way for the Town of Pelham to bring people together while celebrating the spirit of the season. The workshop exemplified the community-focused programs made possible by the New Horizons for Seniors Program and the Town's commitment to enriching the lives of its older residents.





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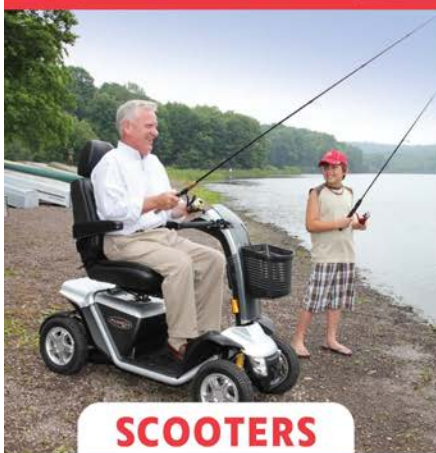
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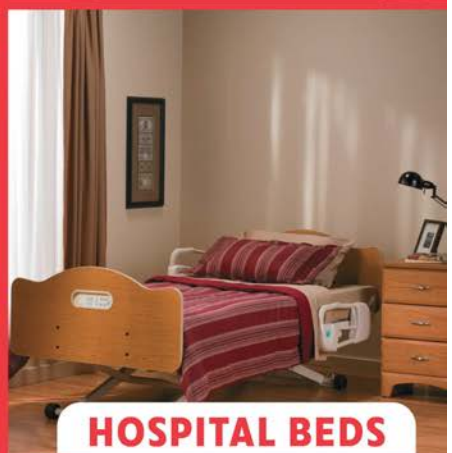
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Beating *the* Winter Blues:

# 3 IDEAS ——— to help Seniors feel vibrant

With fall in full swing, cold and dreary weather can sometimes dampen our spirits—but with a bit of planning, seniors can maintain a sense of well-being no matter the forecast. Here are three tips to help seniors make the most of the season:

## 1. Planning Something to Look Forward To

Even the anticipation of a fun activity can release dopamine in the brain, making the thought of something as pleasurable as experiencing it. Whether it's brunch with friends or a video call with grandchildren, staying connected can help ward off seasonal loneliness.

## 2. Eating Fresh-From-The-Freezer for Good Health

Stocking up on frozen vegetables, fruits, and meats, typically frozen at their peak freshness, will ensure there is always delicious and nutritious food on hand. Batch-cooking meals to freeze in ready-made portions is a popular option.

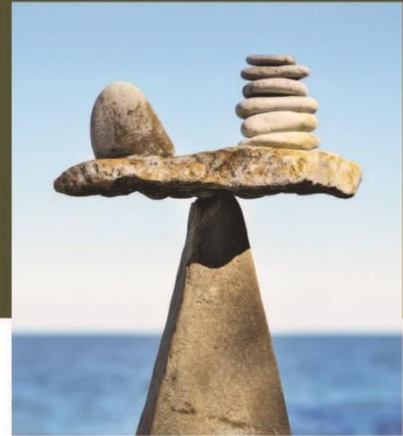
## 3. Leveraging Technology for Social Connection

It may feel daunting, but video calling platforms or social media help maintain connections with loved ones. Many community centres and libraries offer free classes teaching seniors to become more comfortable with technology.

Discover more ideas at [amica.ca](https://amica.ca)

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SENIOR LIFESTYLES

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<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.

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55+



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- Library of on-demand pre-recorded classes
- Class offerings change often to add more variety in your home exercise routine

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# THIS WINTER, PRIORITIZE YOUR HEARING HEALTH WITH HEARCANADA.



## 5 TIPS FOR HAPPY EARS THIS WINTER

### 1. Keep Your Ears Warm

Cold weather can lead to ear discomfort. Protect your ears by wearing:

- Warm hats that cover your ears.
- Earmuffs or headbands designed for winter weather.

### 2. Stay Healthy

Winter often brings an increase to colds and flu. To reduce the risk of getting sick:

- Stay hydrated and eat a nutrient rich diet.
- Wash your hands frequently to avoid catching colds.

### 3. Limit Exposure to Loud Noises

Holiday gatherings and winter activities, like snowmobiling or attending concerts, can expose your ears to high noise levels. Our suggestions:

- Wear earplugs during loud activities.
- Follow the 60/60 rule for personal devices: listen at no more than 60% volume for no more than 60 minutes at a time.

### 4. Avoid Excess Moisture in Your Ears

Winter activities, like walks in the snow and ice fishing, can lead to water or sweat entering your ears. Make sure to:

- Dry your ears thoroughly after activities while avoiding going into the ear canal with anything that could cause damage, like a Q-Tip.
- Wear a hat or earmuffs that cover your ears.

### 5. Schedule a Hearing Checkup

The end of the year is a great time to assess your hearing health. Regular checkups can help detect issues early and can support in finding solutions. If you've been experiencing hearing challenges or notice ringing in your ears, consult a Hearing Care Professional.



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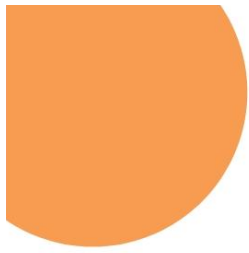
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## PHARMACISTS CAN WRITE A PRESCRIPTION FOR MINOR AILMENTS

### 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.*

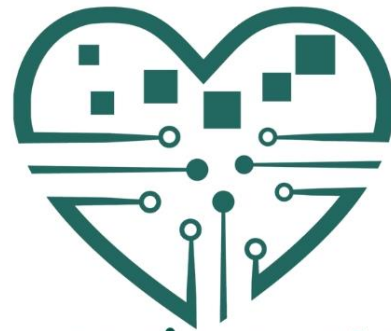
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<b>North West</b>	Staff	V , ^   æ Ó   \ Á	<a href="mailto:hesjedahl@oacao.org">hesjedahl@oacao.org</a>
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Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario

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





# OACAO Business Partners

## Platinum Business Partners



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