

**Senior Advisory Committee Meeting
Agenda**

Thursday, June 28, 2018, 6:00 pm
Tecumseh Town Hall
www.tecumseh.ca

Pages

1. **Call to Order**
2. **Roll Call**
3. **Disclosure of Pecuniary Interest**
4. **Delegations**
5. **Communications**
 - a. Seniors Active Living Centres, email dated June 8, 2018
Re: Elder Abuse Ontario Educational Workshops 2 - 6
 - b. Older Adult Centres' Association, email dated June 13, 2018
Re: OACAO Membership and Funding Opportunity 7 - 14
6. **Reports**
7. **Unfinished Business**
 - a. Senior Fitness Around Town Program
 - b. Seniors Community Grant
 - c. Nutrition Education Workshop
8. **New Business**
9. **Next Meeting**
10. **Adjournment**

From: SALC Support (MSA)

Sent: June-08-18 1:26 PM

Subject: Educational Opportunity for SALC program participants/Activité d'apprentissage pour les participantes et participants aux programmes des centres de vie active pour personnes âgées

La version française suit la version anglaise/French version follows the English in this e-mail

Dear Seniors Active Living Centre (SALC) Executive Directors,

With June 15, World Elder Abuse Awareness Day, fast approaching, the Ministry of Seniors Affairs (MSA) would like to highlight an important opportunity to connect with one of our key partners, **Elder Abuse Ontario** (EAO), to help support the mandate of the SALC programs in keeping seniors active, healthy, engaged and learning.

As you may know, EAO (<http://www.elderabuseontario.com/>) is a not-for-profit registered charitable organization funded by MSA that offers a variety of educational sessions tailored to seniors, their families, friends and care providers.

Delivered by knowledgeable regional consultants, EAO's educational programs help engage seniors on the sensitive topic of elder abuse by breaking isolation and providing safe environments to learn about the different forms of abuse and what to look for to prevent or respond to it. Trainings/workshops can be customized to meet the needs of particular groups.

In particular, we wish to draw your attention to the *It's Not Right* program which EAO is helping roll out across the province. This "bystander" focused initiative can help make Ontario safer for older adults by teaching everyone the right words to use to support vulnerable seniors and the right referral paths for them to get help.

For information about EAO's educational workshops, please see the attached flyer.

Promoting awareness around elder abuse, and strategies for prevention, are critical to senior's health and well-being.

We strongly encourage you to take advantage of EAO's educational offerings and to plan an INR workshop or another event at your SALC location in June or later in the year.

If you are interested in scheduling a session for your senior members, please contact Maeve Paterson.

We look forward to hearing from you.

Sincerely,

Kathleen Henschel
Director, Strategic Policy and Stakeholder Relations

Chère direction générale d'un centre de vie active pour personnes âgées,

Le 15 juin, qui marque la Journée mondiale de la sensibilisation à la maltraitance des personnes âgées, approche à grands pas. Le ministère des Affaires des personnes âgées (MAPA) souhaite profiter de l'occasion pour vous signaler la tenue d'une rencontre importante avec l'un de ses principaux partenaires, **Maltraitance des personnes âgées Ontario** (EAO) dans le but de contribuer à la réalisation du mandat des programmes de centres de vie active pour personnes âgées, à savoir favoriser une vie active et saine, une participation sociale et l'apprentissage chez les personnes âgées.

EAO (<http://www.elderabuseontario.com/french/>) est un organisme de bienfaisance enregistré et sans but lucratif, financé par le MAPA, qui propose des séances de formation adaptées aux personnes âgées, aux membres de leur famille, à leurs amis et aux fournisseurs de soins.

Les programmes d'EAO, dont la prestation est confiée à des consultantes et consultants chevronnés de chaque région, encouragent les personnes âgées à se prononcer sur la question délicate des mauvais traitements infligés aux aînés en brisant leur isolement et en mettant à leur disposition un milieu sûr où elles peuvent se renseigner sur les différentes formes de mauvais traitements, sur les façons de prévenir ces derniers ou d'intervenir. EAO peut en outre personnaliser les ateliers et séances de formation afin de répondre aux besoins de groupes particuliers.

Nous souhaitons notamment attirer votre attention sur le programme *Ce n'est pas correct!* (It's Not Right!) qu'EAO aide à mettre en œuvre aux quatre coins de la province. Ce programme qui s'adresse aux témoins de maltraitance est déterminant pour faire de l'Ontario un endroit plus sûr pour les personnes âgées. Il vise l'apprentissage des paroles qu'il convient d'utiliser pour soutenir les personnes âgées vulnérables et des ressources appropriées vers lesquelles les aiguiller afin d'obtenir de l'aide.

Veuillez lire la brochure ci-jointe pour d'autres renseignements sur les ateliers de formation offerts par EAO.

La sensibilisation aux mauvais traitements à l'égard des personnes âgées et aux stratégies de prévention est essentielle pour assurer la santé et le bien-être des aînés.

Nous vous incitons donc à profiter des séances de formation offertes par EAO et de prévoir, en juin ou plus tard au cours de l'année, un atelier sur le programme Ce n'est pas correct! ou sur tout autre programme à votre centre de vie active pour personnes âgées. Sachez que toutes les séances de formation peuvent être présentées en français ou en anglais.

Si vous souhaitez organiser une séance pour les personnes âgées qui fréquentent votre centre, veuillez communiquer avec Maeve Paterson à l'adresse maeve.paterson@ontario.ca.

Nous attendons avec impatience de vous parler.

Veuillez recevoir nos sincères salutations.

Kathleen Henschel
Directrice, Politiques stratégiques et relations avec les intervenants

Laura Moy
Director Corporate Services & Clerk

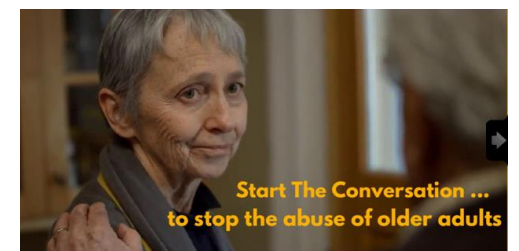
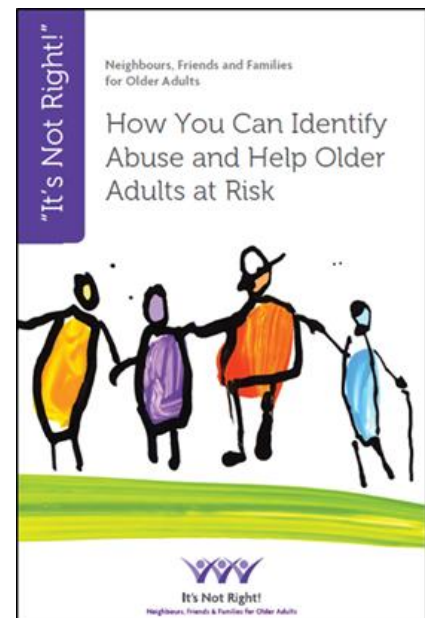


EAO Senior Educational Sessions – 2018/19

Popular Programs & Topics for Senior Groups:

1. Learning What to Say and What to Do in the Face of Possible Abuse with the 'It's Not Right' (INR) Program:

- INR is a provincial elder abuse initiative developed to change **social norms**, by teaching bystanders what to do. Bystanders are those neighbours, friends and family members who are most likely to see warning signs in someone they know, but are unsure of how to respond.
- The INR training helps bystanders overcome their fear of getting involved by showing them what to say to an older adult they suspect is experiencing abuse and how to be supportive without the fear of overcommitting themselves.
- INR presentations are based on a series of **short videos** illustrating potential scenarios of senior exploitation and control by adult children and domestic violence among senior couples
- Audiences are then shown videos of:
 - *inappropriate* responses (usually well-intentioned but in the end harmful expressions of anger and indignation which prevent meaningful communication with the senior, risk alienating them further and even escalating the situation) and
 - *appropriate* responses (one that invites the senior to share their feelings, that offers support without overextending the bystanders' involvement)
- Overall, participants learn to:
 - Understand the relationship between ageism and abuse of older adults; and
 - Interrupt the social isolation that goes with abusive relationships by:
 - Recognizing warning signs
 - Responding with a conversation that can open the door to supports
 - Referring to services and supports that are available in the community
- For more information go to: <http://itsnotright.ca/>



2. 'Tea & Talk' – A Toolkit to Help Seniors Start the Conversation about Health, Safety and Well-Being:

- *Tea & Talk* is a series of modules created by EAO to engage older adults in interactive discussions covering a variety of issues and topics intended to build healthy relationships, promote dignity and restore respect in the lives of older adults.
- Workshop modules include:
 - Dating as an Older Adult
 - Protecting Your Finances
 - Increasing Self-Esteem
 - Communication in Healthy Relationships
 - Age and Discrimination
 - Caregiving
 - Elder Abuse
 - Sexual Harm in Older Adults
- For more information go to: <http://www.elderabuseontario.com/what-is-elder-abuse/help-for-seniors/educational-materials-for-seniors/>

3. Other topics of interest can be covered including:

- Financial Abuse: Safeguarding Money & Assets, Powers of Attorney
- Protecting Seniors' Rights
- Senior Bullying
- For more information go to: <http://www.elderabuseontario.com/training-education/training/training-sessions/>

EAO looks forward to working with Senior Active Living Centres across Ontario to provide valuable and relevant information as requested.

Contact maeve.paterson@ontario.ca if you are interested in hosting an EAO training session for your SALC.

From: "Lina Zita"
To: "Lina Zita"
Cc: "Sue Hesjedahl"
Subject: OACAO Membership and Funding Opportunity

The OACAO is "The Voice of Older Adult Centres" in Ontario.

Good Afternoon,

The OACAO is hard at work supporting our members and representing SALCs across the province.

Please accept the attached letter as an invitation to become a member of the Older Adult Centres' Association of Ontario (OACAO) and to benefit by the many services, programs and funding opportunities that we offer.

We are very pleased to offer an introductory Full Member Centre membership rate of \$250. Other membership categories are also available. Our Membership Year runs from April 1st to March 31st. The OACAO is your voice representing the regional and provincial interests of older adult/seniors' centres and SALCs across the province. OACAO membership application form is available at: www.oacao.wildapricot.org/join-us

The Call for Applications is now available for proposed Seniors Information and Active Living Fairs to be held between September 2018 - March 2019. The Fairs Application Submission deadline is June 22, 2018. As a SALC you could qualify for funding of \$2,000, or as a new active OACAO member, you could qualify for a First Time grant of \$2,500.

The Fair Application and Handbook can be found at:

www.oacao.org/events/seniors-information-fairs.

If you have any questions, please contact Lina Zita, Development and Marketing Coordinator or myself, Sue Hesjedahl, Executive Director.

I have also attached some information about the OACAO and the advocacy work that we do on your behalf.

Our strength is our membership. Please consider joining us so we can continue to be a strong voice for our sector with the new Government of Ontario.

Lina Zita, BHA
Development and Marketing Coordinator

Older Adult Centres' Association of Ontario
P.O. Box 65
Caledon East, ON
L7C 3L8

phone local: 905-584-8125

toll free: 1-866-835-7693

fax: 905-584-8126

www.oacao.org

To: Senior Active Living Centres (SALCs)

From: Lina Zita, Development and Marketing Coordinator and Sue Hesjedahl, Executive Director

Date: June 13, 2018

Re: Older Adult Centres Association of Ontario (OACAO) Membership Benefits

The Voice of Older Adult Centres

The OACAO is hard at work supporting our members and representing SALCs across the province

Please accept this letter as an invitation to become a member of the Older Adult Centres' Association of Ontario (OACAO) and to benefit by the many services, programs and funding opportunities that we offer.

The Mission of the OACAO is to be a recognized leader in the development of quality services, resources and supports for our network of community based older adult centres.

The OACAO Board of Directors remains committed to ensuring that our services are affordable for all Older Adult Seniors Centres and SALCs in Ontario. **We are very pleased to offer an introductory Full Member Centre membership rate of \$250. Other membership categories are also available.** Our Membership Year runs from April 1st to March 31st. The OACAO is **your voice** representing the regional and provincial interests of older adult/seniors' centres and SALCs across the province.

As a member of the OACAO, here are some of the benefits you would receive:

- OACAO has **44 years of experience** advocating and speaking to all levels of government on behalf of seniors' centres. We ensure that elected officials and public servants know your views and recognize the role and contributions you make to the health care system.
- OACAO has **conducted many research projects** including Member Profile Surveys, Building Bridges to Tomorrow, EPC Impact Survey and Building Evaluation Capacity for Older Adult Centres. Full project reports can be found at: <http://www.oacao.org/resources/>
- OACAO **provides regional and provincial training**, professional development, and valuable networking opportunities through our annual Aging Well Conference and our on-going Regional Workshops.
- OACAO **provides access to OASSIS a Not-for-Profit Employee Benefit Plan** for community-based not-for-profit organizations. For more information please visit: www.oassisplan.com.
- OACAO **members-only List Serve** – allows instant access to 475 individuals who work in the field of older adults to share issues and concerns, send out questions and receive responses, receive pertinent information regarding funding opportunities, SALC information, Centre operation and resources, etc.
- **One-year free membership** for Cyber-Seniors online portal technology training program for 2018/19 members.
- Gain access to special **corporate deals and discounts from the OACAO Business Partners.**
- OACAO has been the **number one advocate for Seniors Active Living Centres** (formerly Elderly Persons Centres) for many years. It is because of this advocacy work that 40 New SALCS received funding in 2018/19 and that the full Special Grant was received to existing SALCs in 2017-2018. The OACAO **continues to advocate** for an increase to the Maintenance and Operating Grant with the Government of Ontario.

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

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www.oacao.org

The past twelve months have been extremely busy with many exciting things happening for the OACAO. The following is a listing of some of the accomplishments that have directly benefited OACAO members:

- The OACAO **membership increased to 165+** members creating a stronger voice for SALCs across the province and representing 200,000+ seniors.
- The OACAO now has **27 Business Partners** that provide support services, discounts and fundraising opportunities to our member organizations and the members of the Centres.
- The OACAO **Newsletter is produced 4 times per year** and features articles from members and business partners. Past newsletters can be viewed at <http://www.oacao.org/about/newsletters/>
- New membership benefits for 2018 – 2019: free job postings on our new **Job Board website**; we will follow and support members who have Twitter and Facebook accounts; we are developing a communication about all of the **member benefits** that can be accessed through the OACAO business partners. (Summer 2018)

Current Projects/Upcoming Events:

- The OACAO, with **funding support from the Government of Ontario / Ministry of Seniors Affairs**, is funding **70 Seniors Information and Active Living Fairs** across the province. This includes a 4 Fair Northern Tour. Over 14,000 seniors attended OACAO Fairs last year. **The Call for Applications is now available for proposed Fairs to be held between September 2018 – March 2019.**
Fairs Application Submission deadline is June 22, 2018.
The Fair Application and Handbook can be found at: www.oacao.org/events/seniors-information-fairs.
- **Mark your calendars for October 29 & 30** for the **2018 OACAO Conference AGING WELL: Turning Vision into Action** at the Hilton Mississauga / Meadowvale. Two days that will be filled with a tradeshow, workshops, keynote speakers and many networking opportunities. OACAO members receive a 10% discount off the conference. A full conference brochure and registrations details will be available soon.
- OACAO **Regional Workshops and Webinar** will occur across the province. In 2018 – 2019 a free regional workshop roadshow will cover **Engaging Men in Older Adult Centres** funded by New Horizons for Seniors Program.

As always, we continue to work together, protecting Provincial funding and promoting increased awareness and respect of the essential services and programs that are provided by Older Adult Centres and SALCs. A strong focused Association will enable us to deliver a united and clear message to all stakeholders on your behalf.

OACAO membership categories are attached and the application form is available at www.oacao.wildapricot.org/join-us . If you have any questions, please contact Lina Zita, Development and Marketing Coordinator at coordinator@oacao.org or Sue Hesjedahl, Executive Director at sue@oacao.org or 905-584-8125 or 1-866-835-7693.

Yours Truly,



Lina Zita
Development and Marketing Coordinator
coordinator@oacao.org



Sue Hesjedahl
Executive Director
sue@oacao.org

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Mission Statement

The OACAO is a recognized leader in the development of quality services, resources and supports for our network of community based older adult centres.

Membership Categories and Fees
Effective April 1, 2018 through March 31, 2019

- Introductory Rate – Full Member Centres - \$250**

First time members joining OACAO or membership has lapsed 5+ years.

- Full Member Centre**

An older adult centre or senior active living centre in Ontario that acts as a community facility providing a diversity of activities and services to the local older adult population. Fees are determined by annual gross operating expenditures.

Full Member Level	Yearly Expenditures	Annual Fees
Level 1	\$1 - \$50,000	\$300
Level 2	\$50,001 - \$150,000	\$350
Level 3	\$150,001 - \$350,000	\$450
Level 4	\$350,001 - \$500,000	\$550
Level 5	\$500,001 or more	\$650

- Multiple Centres - Annual fee: \$825**

An older adult centre or senior centre that acts as a community facility providing a diversity of activities and services to the local older adult population. Maximum of 3 centres under the same administration included.

- Associate Agency/Service Provider Agency - Annual fee: \$250**

A non-profit/charity agency, including service provider agencies, other than older adult centres, involved in work with older adults OR a municipal recreation department that does not have a dedicated older adult centre and provides recreation programs to older adults.

- Seniors Club/Seniors Council - Annual fee: \$130**

A senior citizens club, any seniors' council operated by volunteers with **no full-time staff support**.

- Individual Supporter - Annual fee: \$50**

Any student, volunteer, senior, friend interested in the work of the OACAO. *Non-voting*.

A Membership Application Form is available at www.oacao.wildapricot.org/join-us
 or contact Lina Zita at coordinator@oacao.org
 local: 905-584-8125 toll free: 1-866-835-7693

About the OACAO

Who We Are

The Older Adult Centres' Association of Ontario (OACAO) is a not-for-profit charitable organization. The OACAO represents 165+ not-for-profit and municipal centres and organizations, 500+ staff and about 200,000 older adults. The OACAO is funded through membership fees, business partnerships, education and training ventures, management of special projects and various revenue generating initiatives and fundraisers.

Mission Statement

The OACAO is a recognized leader in the development of quality services, resources and supports for our network of community based older adult centres.

The Voice of Older Adult Centres

As the voice of older adult centres in Ontario, the OACAO serves its members in eight different regions of the province with older adult volunteer and staff representation from each region on the Board of Directors. The members come together to unify their efforts towards the development of comprehensive programs and services for the staff and volunteers responsible for the operation of older adult centres.

On-Going Projects

- Professional Development and Educational Programs including: Annual Aging Well Conference & Regional Workshops
- Membership Profile Surveys identifying characteristics, issues and trends in the sector
- Active and supportive Business Partners who provide valuable services and products for seniors/older adults
- Members-only List Serve – email network provides up to date information link to over 475 leaders in the sector
- Annual Provincial Conference with keynote speakers, workshops, resources, networking, Trade Show (Oct 29/30, 2018)
- Networking through regional development– Regional Workshops 2018 – 2019 - Engaging Men in Older Adult Centres
- Provides leadership and access to OASSIS Employee Benefit Plans for Not-For-Profits offering comprehensive and affordable employee benefits to our members and non-profit agencies. Request a quote online: www.oassisplan.com
- Advocacy with various levels of government
- Publications and resource material – Member Profile Reports
- Ongoing advocacy and support of Seniors Active Living Centres (SALCs) (formerly Elderly Persons Centres - EPCs)
- Community link between SALCs and the Ministry of Seniors Affairs
- Partnership with the Ministry of Seniors Affairs to fund OACAO members and SALCs to develop and operate Seniors Information and Active Living Fairs throughout the province including a Northern Tour of Fairs in Northern Ontario
- The OACAO worked closely with the government of Ontario, to assist with their first ever grant program, the Seniors Community Grant Program which is solely dedicated to seniors in Ontario.
- EPC Impact Survey using the logic model to demonstrate the value and benefit of older adult centres (2013)
- Newsletter published 4 times per year
- Building Evaluation Capacity PGP Project funded by MCI – Evaluation Assessment, Training Tools and Resources
- Interactive Website which includes a free Job Board for OACAO members and many useful resources (redesigned in 2017) www.oacao.org

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Goals

- To be a trusted, credible, well respected, efficient and effective organization.
- To be a self- sustaining/stable funded organization.
- To be a recognized leader in resources/supports for community based older adult centres.
- To be an effective advocate to all levels of government on the issues of older adult centres.
- To support centres in meeting Government reporting requirements and to set standards to assure that OACAO members deliver quality experiences to older adults in our community.

Membership Categories

Full Member Centre – An older adult centre or senior centre that acts as a community facility providing a diversity of activities and services to the local older adult population. Fees are determined by annual gross operating expenditures.

Associate Agency – An agency, including service provider agencies, other than older adult centres, involved in work with older adults OR a municipal recreation department that does not have a dedicated older adult centre and provides recreation programs to older adults.

Seniors Club, Seniors Council – A senior citizens club, any seniors' council with no full-time staff support.

Individual – A student, volunteer, senior, friend - interested in the work of the OACAO.

Business Partnerships

Platinum (New), Gold, Silver and Conference Partnerships are available.

For further information or current fees, please contact the OACAO office at 905-584-8125 or sue@oacao.org or visit the OACAO main website at www.oacao.org

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July 21, 2017

Government of Ontario investing \$8 million over three years to support 40 new Elderly Persons Centres.

Ontario is expanding their network of Elderly Persons Centres in Ontario.

Hon. Dipika Damerla, Minister of Seniors Affairs, formally announced yesterday the Government of Ontario's investment of \$8 million, over 3 years, that was included in the 2017 Budget for the addition of 40 new Elderly Persons Centres. Minister Damerla noted that a call for proposals will be issued in the early fall 2017 to move forward on this expansion. There are currently 263 Elderly Persons Centres across Ontario, including the Rockway Centre in Kitchener, where the event took place. See [news release](#) for more information.



Sue Hesjedahl, Executive Director of OACAO, participated in the event and said “As a strong advocate for the Elderly Persons Centres program, the OACAO worked closely with the Ministry of Seniors Affairs and Minister Damerla’s office, to advocate for increased funding and the expansion of the EPC program. The OACAO membership represents over half of the current 263 EPCS. We also have many members who are not currently funded through the EPC program, who are very pleased with this news, as the funding has not been open for new applicants since 2010.”



Sue commended Minister Damerla, her team, and the Government of Ontario, as they move forward on their “Action Plan for Seniors” to expand Ontario’s network of Elderly Persons Centres. EPCS provide seniors with opportunities to stay healthy, active and engaged in their local communities. She noted the progress that has been made on the new “Seniors Active Living Centres Act 2017” which received Royal Assent on May 30th. This modernized legislation will replace the EPC Act and will be more flexible and responsive to the needs of seniors in local communities. The OACAO advocated to have this legislation retain the requirement that approved centres be not-for-profit. An amendment was made to the legislation.



Minister Damerla, Sue Morgan, OACAO Grand River Regional Senior Rep, Bill Krever, OACAO Treasurer and Sue Hesjedahl, OACAO Executive Director.

Several OACAO members were present for the event including Bill Krever, OACAO Treasurer and Sue Morgan, Grand River Regional Senior Rep.

As more information is made available regarding the upcoming call for proposals from new centres, it will be shared with the OACAO membership.

For more information contact Sue Hesjedahl at sue@oacao.org or 905-584-8125.