



# OUTREACH

January 2019

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## Message from the Executive Director

*By Elizabeth Nykorowytch Macnab, CHRL*

As we start 2019, I wish for everyone to take a moment to pause and reflect on new beginnings.

With the New Horizons for Seniors funding our Lives Lived Project, our Seniors Advisory Committee has tapped into the depth of older writers across the provinces. In 2019, our Peer Review Committee faces the challenge of selecting from hundreds of story submissions for inclusion in a 150 page book. This book will be a collection of stories by seniors, sharing their journey of aging.

This year, OSSCO will be releasing 5 new educational learning programs to our members, supporters and the seniors' community. These learning programs will include

'webinars' and 'TED talk' formats. As 2018 was ending, we video-recorded 2 of our 5 educational learning programs for our collection of webinars to be released in the next 3 months. There is a lot of interest in these new programs, which are funded by the Seniors Community Grant. These new programs will be delivered in Thunder Bay, Sault Ste. Marie, Sudbury, Ottawa, Toronto, London, Windsor-Essex and Niagara Region.

The Enhancing Economic Opportunities for Older Unemployed Workers will be expanding to Times Change Women in January 2019, and YMCA Markham in April 2019. On average, about 30% of graduates from the Job Search workshop and Employment Networking Group have found employment after the program and we expect that success rate to be closer to 35% in 2019.

**Ontario Society of Senior Citizens Organizations**

**La Société des Organisations des Citoyens Aînés de l'Ontario**

345 Wilson Avenue, Suite 404 Toronto, ON M3H 5W1

Telephone: 416-785-8570 Toll Free: 1-800-265-0779 Fax: 416-785-7361 Email: [ocsco@ocsco.ca](mailto:ocsco@ocsco.ca)

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We look forward to welcoming interns to support OSSCO's educational activities, including developing a new signature learning event to bring together older workers, employers and support services to help older workers with the transition between jobs.

2019 is the year for OSSCO to focus on educating stakeholders on new opportunities, and maximizing their investments so older people can age with respect, dignity and inclusion. I look forward to another successful year, with our staff growing and expanding our educational learning programs to older people!

## **OSSCO Board Committees for 2018-19**

Board committees meet on a regular basis, and report on their activities to the full board. Volunteers may apply to participate on Standing Committees of the Board such as the Education Committee, Communications and Membership Committee or Ad Hoc Committee such as Advisory Committee on Public Health. Please contact Elizabeth Macnab, Executive Director at [ed@ocsco.ca](mailto:ed@ocsco.ca) or call 1-800-265-0779 to inquire about Board Committee opportunities.

## **Meet Kenneth Schafer: Board Member for OSSCO's Board of Directors**

*By Kenneth Schafer, OSSCO Board Member*



I was born in downtown Toronto in 1950 where I lived until early 1963 when I moved with my family to Bathurst Manor and attended Dufferin Heights Junior High School and William Lyon McKenzie Collegiate Institute graduating in 1969. I attended University of Toronto and University of Detroit to complete my post-graduate education in dentistry and returned to the Toronto area in 1984. I have lived in Toronto and worked in York Region ever since my return.

Throughout my professional career, I was always invested in volunteer activities. I was on the executive of the York Region Dental Society for 15 years and held the positions of Newsletter Chairperson and Chairperson of the Dental Health Month Committee.

I was on the executive of the Ontario Society of Endodontists for 5 years as a line officer, eventually holding all Executive Board positions. Since retiring, I have served on the Executive of the Branson Community Action Group and have been secretary of the York Centre Electoral District Association for 2 years where I have gained some expertise in governance issues, in seniors issues and in organizing and mounting public awareness campaigns.

I became impressed with OSSCO when I attended Ontario's Premier Seniors Conference & Information Fair in November 2018 and asked to become more involved with the organization as a private senior citizen. My first year at this post will be taken up with learning the depth and breadth of the organization. After processing this, I will put forth some suggestions as to where my experience can best be utilized to further the objectives of the organization. I want to thank everyone involved in the organization for their confidence in myself and for the invitation to join the Board of Directors and I promise to work very hard to do my best and not to disappoint anyone.

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## Meet Shesan Govindasamy: Board Member for OSSCO's Board of Directors

By Shesan Govindasamy, OSSCO Board Member



As OSSCO's youngest Board of Directors' Member, Shesan Govindasamy brings an exciting perspective having previously worked for the organization in the summer of 2016 and 2017. Shesan's contribution helped boost membership commitments with OSSCO and advance workshop information to the members. With a foundational understanding of how the organization operates on the day to day level, Shesan hopes to pitch methods to improve the membership drive and public outreach. As a new board member with no previous experience at the management level, he hopes his youthful perspective will play a role in addressing issues with the aging population in the upcoming year.

## Age Friendly Communities: Windsor Experience 2009-2018

By Larry Duffield, OSSCO Board Member, Windsor SAC, CARP, AFC Advocate!

In 2009, Windsor was one of seven communities to host an Ontario Government sponsored Age Friendly Community Forum. In 2018, Windsor was the second recipient of an Ontario Community Category 2 Recognition Award.

Over that period, Windsor like dozens and hundreds of communities across Ontario and Canada became engaged in the World Health Organization (WHO) global network of age friendly communities. Why? Because seniors are living longer and constitute a growing demographic; over 65 > under 14 and by 2031 will be almost 25% of the population.

The WHO Age Friendly Communities model promotes policy makers to look through a seniors lens in planning and budgeting across eight domains (transportation, housing, outdoor spaces, social participation, employment and civic participation,

communications, health care and education.

Windsor Seniors Advisory Committee (SAC) via its created Age Friendly Network (a group of more than 30 social agencies) measured monthly, city and community progress in achieving its action plan 2014 to 2017. Our June 2017 Windsor Report to the WHO (and signed by the Mayor) acknowledged meeting 65 of 66 action plan recommendations!

Windsor SAC will continue to promote city administration to monitor its age friendly community status through continuous improvement planning. Windsor will move forward by creating an accessible, inclusive environment and helping its seniors stay engaged in the community.

Remember by following an AFC model, we can help moderate health care costs by promoting a healthier, and more independent seniors population - a win win model for all our community residents!

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## Improving Seniors' Brain Health, One Habit At A Time

By Centre for Aging + Brain Health Innovation



One of the first of its kind in the world, Nova Scotia-based educational initiative Fountain of Health (FoH) translates the current science on healthy aging into practical tools seniors can use to improve health outcomes and prevent or delay dementia and other cognitive illness.

With support from the Centre for Aging + Brain Health Innovation (CABHI), led by Baycrest, the program is shifting mindsets about what seniors' healthcare could look like.

FoH is part of a growing recognition that healthcare should encompass not only the treatment of symptoms, but also the promotion of ways people can incorporate healthy habits into their life. It centres around five key actions patients can focus on to optimize their long-term brain health and wellness:

positive thinking, social activity, physical activity, brain challenge and mental health.

FoH offers a free Wellness App, available at

**fountainofhealth.ca**, where users can set small, doable health goals and accomplish them with the app's help and encouragement.

"FoH was a big eye-opener for me, to know what I can do to improve my life and health," one user said. "It gives you a strategy, which is key. Left to my own, I'm not as disciplined."

The program received funding from CABHI most recently for a Researcher-Clinician Partnership Program (RCP2) project that will spread FoH to healthcare providers across the country, led by the Canadian Coalition for Seniors' Mental Health.

The anticipated outcome is that as the program is more widely adopted, more older adults across Canada will have the opportunity to benefit.

Learn more at **[cabhi.com](http://cabhi.com)**.



**CENTRE FOR AGING  
+ BRAIN HEALTH  
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Powered by Baycrest

## Times Change Women's Employment Services

By Katie Didyk, Communications Coordinator, Times Change

OSSCO is thrilled to be expanding our partnerships in the Enhancing Economic Opportunities Program to now include Times Change Women's Employment Service as well!

We are really looking forward to the Job Search workshops we will be facilitating at Times Change on January 4th and 11th, 2019.

To find out a bit more about Times Change and what they do, please read the excerpt below from the Communications Coordinator at Times Change.

Times Change is a non-profit employment counseling service specializing in the unique employment needs of women in Toronto.

Through job search workshops, and in-depth career exploration programs, Times Change offers women an opportunity to gain insight, strategies and practical solution to re-entering

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re-entering the workforce. A significant portion of their client base is older workers, over the age of 45, struggling with their place in the labour market.

Times Change reached out to OSSCO for help in challenging these issues and providing support to a population that has been largely overlooked in the employment service field.

“We are thrilled to be a partner in providing solutions with OSSCO and look forward to creating real impact in the lives of mature workers.” Katie Didyk, Communications Coordinator, Times Change Women’s Employment Service.



## Lives Lived: Stories North of 50

*By Susan McDougall, Educational Program Assistant: Learning Projects, OSSCO*



Who knew when our dedicated Seniors Peer Review Committee suggested where and how to look for submissions for Lives Lived: Stories North of 50 what would happen.

From simple postings on bulletin boards at seniors and community centers, to countless shares on social media, blogs and websites of other seniors' organizations, news of the anthology spread throughout the province.

We started out hoping for 25-30 stories, but have received more than one hundred poignant submissions including poetry, photographs, recollections of childhood memories, loves lost and lives lived.

Our many senior "story-telling students" shared their personalities and creativity on paper. Countless others revealed their thoughts in words never disclosed before. Our task to select their perspectives for a book will not be easy.

Lives Lived: Stories North of 50 is partially funded by:



## Embracing Age

*By Lori Germain and Leigh Merlo of Discernings Seniors Inc.*



“She was so strong. She never asked a soul for help.” For some reason, we showcase a comment like this as positive and inspiring. We have conflated independence and independent living where outsourcing a few tasks here and there indicates weakness. Being independent and doing everything on your own are not the same thing.

We understand the fierce desire to maintain one’s independence and we understand that society celebrates the notion of “not being any trouble” but being perfectly self-sufficient well into our 90’s is aspirational – it can happen, but it does not happen often. We’re here to say, that’s ok. We have no problem hiring someone to help us with our lawns, or other household

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chores so why is it different when it comes to aging and hiring someone to help us with some of the driving, grocery shopping, meal preparation or anything else.

The time has come to change our thinking about all of this.

Let's give ourselves permission to loudly and proudly ask for the assistance we need or want to truly be independent and self-sufficient.

After all, getting older is not something that happens to us, it is something we do. And if this all seems too much to do on your own, consider hiring a consultant who can walk you through your options.

Let Discerning Seniors Inc. help you find the right lifestyle solutions:

[info@discerningseniorsinc.com](mailto:info@discerningseniorsinc.com)

## OutLoud Speakers School

*By OutLoud Speakers School*

We all struggle sometimes with preparing for a public speaking event - whether it's presentation, a social occasion, or an interview. What should I wear? Who will be there? I have to remember not to drink more than one coffee or I'll get jumpy.

What on earth am I going to say?



In the workshop for the Enhancing Economic Opportunities for Older Unemployed Workers program, we'll look at how everyone prepares for interviews and share experiences and get tips from each other. You'll see how a little rehearsal on essential skills for clear and comfortable communication can go a long way. We'll recognize the pitfalls of being overprepared so what you say sounds like you've said it twenty times before (which you may have). How do we keep our answers fresh?

OutLoud Speakers School specializes in helping our clients celebrate their communication skills and identify habits of thought or delivery that might get in their way. We offer clear, reliable exercises that make our students feel more comfortable in their own skin and confident when speaking about themselves and their ideas, bringing energy and the best of themselves to every encounter.

OutLoud was started by two actors of entirely different generations who wanted to share the simple but crucial skills that they learned at theatre school and perfected as performers and teachers.

Will Greenblatt has been acting since he was a child, trained at the National Theatre School, and spent the last several years teaching ESL in Spain and China. He speaks English, French, Spanish, and Mandarin.

Nicky Guadagni has been an actress for forty-five years in theatre, film, tv and radio. She was trained at RADA in London, England and has taught acting and voice and movement and directed at NTS, George Brown College, and U of T. She has been teaching public speaking for 25 years.

**OutLoud**

**Are you interested in submitting an article for OSSCO's Outreach Newsletter?**

Email Stacy Chung,  
Communications & Programs Specialist at [communications-programs@ocsco.ca](mailto:communications-programs@ocsco.ca)

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