

# Newsletter

Date June 2023

## Presidents Message

I can't believe that summer is just around the corner! I am excited to be writing my first report as the President for the Toronto Council on Aging. Since I joined the Board of Directors in 2020, we've navigated a Global Pandemic through innovative virtual programs and events. As Public Health restrictions ease and we begin to return to "normal" activities, I am excited for the return of in-person events to accompany our already exceptional virtual programs.

The highlight this Spring was the return of the Toronto Challenge a 1 Km walk, 5 Km walk or 5Km run which serves as a fund raising event for non-profit organizations that improve the quality of life for seniors in Toronto. We were excited to have a small but mighty team participate in the 30th year of the event on June 11th. If you would like to make a donation in support of those who participated in the event you can do so through Canada Helps

<https://www.canadahelps.org/en/charities/toronto-council-on-aging/> or via the [TCA Website](https://www.torontocouncilonaging.com).

I am delighted to share the success of our Community Circle program, supported through a two-year grant through the Ontario Trillium Foundation. In year one of the grant, 586 Seniors registered and participated in 50 sessions. I would like to thank Davina the Program Coordinator for her outstanding work in organizing the program and wish her all the best as she moves on from her role. I am excited to welcome Aditi who will be taking over the role of Program Coordinator for year two of the grant. Please continue to visit the TCA website to learn about up-coming opportunities to get involved in this and other programs and events.



Cathleen Edwards  
President



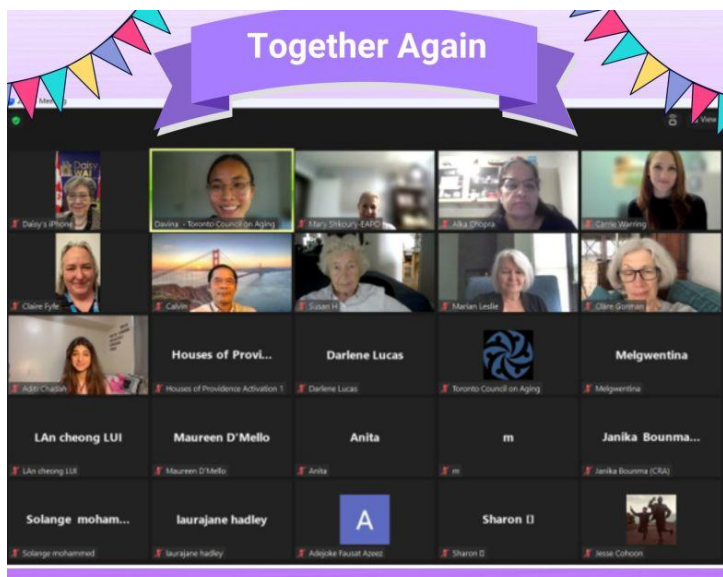
# \$74,400 OTF Grant Reduces Social Isolation for Diverse Older Adults



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario



**MEDIA RELEASE** June 23, 2023



**Toronto, ON** – On June 15<sup>th</sup>, Daisy Wai, MPP and Parliamentary Assistant to the

Minister for Seniors and Accessibility met virtually with representatives from the Toronto Council on Aging’s (TCA) Community Circle to hear how a two-year, \$74,400 *Resilient Communities Fund* from the Ontario Trillium Foundation (OTF) in 2022 is making an impact on its work. “Without this grant, we would not have been able to reach out to marginalized communities,” said Davina Hang, Outreach Coordinator and Program Facilitator for TCA’s Community Circle Program. “It was challenging over the course of the pandemic to engage with TCA members, who tend to be over 65 and socially isolated. We are so grateful for the positive impact this grant has given for the Community Circle program – it created a space for a sense of belongingness that is safe, healthy, and fun for our communities. We believe that by providing a virtual/-in-person platform for engagement, we can continue reducing the impact of social isolation and promote overall well-being within our communities,” added Hang.

The two-year grant funded the Community Circle program which has been seeking to engage Toronto’s diverse older adult communities and reduce social isolation during COVID-19. The highly successful Community Circle program, which was launched last year is now entering its second year. This program continues to collaborate with local communities and host virtual webinars, in areas such as arts and culture, recreation, health and fitness and social services. Through the Community Circle program, participants have had opportunity to connect with others, explore new interests, and access vital resources that

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contribute to their overall social-well being and health. The program's webinars and events were designed to cater to the diverse interests and needs of Toronto's older adult population, ensuring inclusivity and accessibility for all participants.

"We would like to thank the Ontario Trillium Foundation for their support of our Community Circle program," said Cathleen Edwards, TCA President of the Board. "This year the program provided 586 Seniors in Toronto with 50 sessions where they continued to learn and build social connections."

The Toronto Council on Aging is a non-profit, charitable organization addressing the issues and concerns of older adults in Toronto. Guided by our inter-generational Board of Directors, our work is led by the grassroots wisdom of older adults. The TCA is committed to educating widely, representing, and serving diverse populations, providing leadership, and aiding in the development of an age-inclusive city through collaborative networks.

For more information about the Community Circle Program, other TCA programs and how to get involved, please visit

[torontocouncilonaging.com](http://torontocouncilonaging.com) or contact Toronto Council on Aging at [admin@torontocouncilonaging.com](mailto:admin@torontocouncilonaging.com).

The Ontario Trillium Foundation (OTF), an agency of the Government of Ontario, and one of Canada's leading granting foundations celebrates 40 years of grant-making in Ontario and making a lasting impact in communities. Last year, OTF invested over \$110M into 1,022 community projects and partnerships, which included funding for the Government of Ontario's

Community Building Fund. Visit [otf.ca](http://otf.ca) to learn more.

### **Organization Contact for Media Inquiries:**

Cathleen Edwards

Toronto Council on Aging

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## **The Grocery Rebate will be issued July 5, 2023**



On July 5, 2023, the Grocery Rebate payment will deliver \$2.5 billion in financial support to approximately 11 million eligible Canadians and families. In Budget 2023, the Government of Canada introduced the Rebate as a targeted inflation relief measure to help make life more affordable for Canadians who need it most.

The Grocery Rebate will be issued with the next regularly scheduled GST/HST credit payment in July. This additional payment will provide eligible low- to modest-income Canadians and families up to:

- \$467 for couples with 2 children
- \$234 for singles without children
- \$225 for seniors

There is no application process required to receive the Grocery Rebate. Eligible recipients will automatically get the one-time payment if they have filed their 2021 income tax and benefit return and were eligible and entitled to receive the quarterly GST/HST credit in January 2023.

[Join/donate to Toronto Council on Aging](http://torontocouncilonaging.com)

Individuals are encouraged to sign up for [direct deposit](#) to get their payments on time and avoid delays.

For more information about the GST/HST credit payments, including who is eligible and what amount you may be entitled to, go to [canada.ca/gst-hst-credit](https://canada.ca/gst-hst-credit).

## Register for EAPO's Webinar!



The graphic features logos for Elder Abuse Prevention Ontario, The Ontario Caregiver Organization, OSC, and Get Smarter About Money. It includes the text: 'FREE WEBINAR Financial Wellness for Caregivers and Older Adults Tuesday, June 27th 1:00 PM - 2:00 PM'. Below this, it lists speakers: Chris Allum, Senior Advisor, Investor Engagement and Stakeholder Partnerships Ontario Securities Commission, Investor Office; and Katie Muirhead, Regional Lead, West, The Ontario Caregiver Organization. There is also an 'ASL Provided' icon and the Ontario logo.

EAPO in partnership with [Ontario Caregiver Organization \(OCO\)](#) and [the Ontario Securities Commission \(OSC\)](#), are excited to provide important information on Financial Wellness for caregivers, older adults and agencies supporting older adults.

This session will highlight how to deal with financial stress and money management issues, including helping caregivers and older adults identify their own spending priorities and necessities and how to budget, based on their finances and the increased cost of services/care. OCO and OSC have so much to offer caregivers, older adults and agencies supporting older adults. This session will provide you the opportunity to increase your awareness of the help available, particularly if there is financial stress or financial misuses of money.

Reserve your spot now: [here](#)

## Old is gold: Can aging spark a surprise economic boom?

*Health, tech and saved wealth could turn an aging workforce from an economic challenge into an advantage, say experts.*



[Nataliia Shulga/Al Jazeera]By [Somesh Jha](#)  
Published On 6 Jun 2023 6 Jun 2023

The population in the world's biggest economies – from the United States and Europe to Japan and China – is ageing. Globally, in the next 30 years, the number of people aged 65 and above is expected to double from 761 million in 2021 to 1.6 billion in 2050.

[https://www.aljazeera-com.cdn.ampproject.org/v/s/www.aljazeera.com/amp/features/2023/6/6/old-but-gold-can-ageing-propel-a-surprise-economic-boom?amp\\_js\\_v=0.1#webview=1&cap=swipe](https://www.aljazeera-com.cdn.ampproject.org/v/s/www.aljazeera.com/amp/features/2023/6/6/old-but-gold-can-ageing-propel-a-surprise-economic-boom?amp_js_v=0.1#webview=1&cap=swipe)

# TCA Looking for Board treasure

The Toronto Council on Aging is led by the grassroots wisdom of older adults. We are committed to educating widely, representing and serving diverse populations, providing leadership, and aiding in the development of an age-inclusive city by building collaborative networks.

## Time Commitment

Up to 20 hours per month (board meetings, meetings with Administrative Coordinator, and committee meetings)

## Term of Office

3 years with the possibility of renewal for a second term. The Treasurer is also a member of the Board of Directors.

## [Roles and Responsibilities](#)

# Where There's a Will There's a Way: Canadian Perspectives on Estate Planning



May 17, 2023

By: Natalie Iciaszczyk, Dr. Samir Sinha

## About:

The vast majority of Canadians believe it's important to prepare a will or appoint a power of attorney to manage their affairs if they die or become incapacitated, but less than half of them have actually done so — and many of them don't even know where to start. A new report by the National Institute on Ageing (NIA) in collaboration with RBC Royal Trust finds that only 48 per cent of Canadians have a will; that number drops to 34 per cent for those aged 35-54. The report, titled ***Where There's a Will, There's a Way: Exploring Canadian Perspectives on Estate Planning***, looks at how well Canadians understand the importance of estate planning, whether they have taken steps to create an estate plan, and what's stopping them from doing so if they haven't already. It is based on a survey of 2,001 Canadians conducted by Ipsos in April 2022.

[DOWNLOAD REPORT](#)