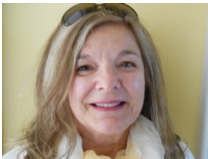




Vol. 4 No. 1 – Fall Newsletter – September 2016

Leadership and Education for an Age-Friendly Toronto

CO-PRESIDENTS' REPORT



Mary Hellin

What a wonderful endless summer of hot, sunny days! And whether these delightful days were spent in the city, lakeside at the cottage or abroad, we hope you, our members and friends of TCA, had the opportunity to finish that book you began months ago, to share happy moments with friends and family, to explore and enjoy new adventures. We are feeling energized and excited to tackle a very full fall agenda.



Malcolm Stewart

A Fond Farewell to Beverley McClelland

Family and friends gathered at the Trull Funeral Home on June 28 to celebrate Beverley's life. Beverley died peacefully on June 2, 2016 in Ottawa, Ontario.

Beverley was a co-founder of the Toronto Council on Aging and was a Director and Officer on the Board from 2005 to 2015. As Co-Chairs of the Friendly to Seniors Education committee, Beverley and I spent countless hours over the years writing, revising and presenting our Friendly to Seniors programs in the community. She would often describe her era as one where children were to be seen and not heard. I could never imagine that, even as a child, Beverley was not heard.

She was passionate about educating and mentoring older adults in the community; her goal was to empower older adults to speak up and speak out about issues of concern to them.

She also encouraged giving back to the community through volunteering. Beverley participated fully in the community and her volunteer work brought her much joy. In 2012, Beverley was presented with the Ontario Volunteer Service Award.

Those of us who volunteered with Beverley will miss her leadership and wise counsel. Our heartfelt condolences go out to her family and friends. *See page 5 for information about the Beverley McClelland Memorial Fund.*

CO-PRESIDENTS CONT'D ON PG.3

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KEEP THESE DATES:

- OCT. 1**
U.N. International Day for Older Persons & National Seniors' Day
- DEC. 7**
TCA Annual General Meeting (*see pg. 2*)
- JUNE 11, 2017**
Toronto Challenge (*see pg. 2*)
- UPCOMING EVENTS: SEE PAGE 5**

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting (AGM) for paid-up members of the Toronto Council on Aging will be held on Wednesday, December 7, 2016, from 10:00 a.m. to 12:00 noon, at Yorkminster Park Baptist Church, 1585 Yonge St., north of St. Clair.

The Agenda will include:

- Acceptance of the Minutes of the AGM held on December 9, 2015;
- Co-Presidents' Report;
- Awards;
- Treasurer's Report;
- Appointment of Auditors;
- Presentation of Slate of Directors and Voting;
- Other Business;
- Appreciation/Adjournment.

Your presence at the meeting is important to the Toronto Council on Aging and to your fellow members. We look forward to seeing you there.

CALL FOR NOMINATIONS FOR NEW DIRECTORS

The Nominating Committee of the Board of Directors is charged with presenting the slate for 2016-2019 at the AGM. The Committee is inviting nominations from TCA members in good standing, of individuals to be considered for inclusion in the slate.

Nominees must agree to their nomination, be members of TCA in good standing at the time of nomination and must maintain their membership throughout the term of office. All the positions are for a period of one, two or three years and are subject to re-election.

Nominations must be received by November 1, 2016. For the Nominations Form, and further information, please contact the TCA office (416-630-7000).

CHARLOTTE MAHER AWARD

Members in good standing are invited to submit a nomination for the Charlotte Maher Award for Community Service.

TCA renamed its Award for Community Service in 2013, in recognition of Charlotte's work as a school trustee, and a leader who worked diligently for many years for the rights of seniors.

The 2013 awardee was Councillor Josh Matlow, in 2014 Erin Harris and in 2015 Edna Beange and Beverley McClelland were the recipients of the award.

Please submit your nomination for the Charlotte Maher Award to the TCA office no later than November 1st, outlining the reasons you feel your nominee is worthy of this award.

How to Contact TCA

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Toronto ON M4S 1A1

Phone: 416-630-7000

e-mail: tca@pathcom.com

website: www.torontocouncilonaging.com

THE TORONTO CHALLENGE

Save the date! June 11, 2017

The Challenge brings together participants from all ages and abilities to raise funds for non-profit organizations that are improving the quality of life for seniors in our community. Team TCA needs participants, donors, volunteers.

CO-PRESIDENTS' MESSAGE, cont. from page 1

Office Manager

As we reported in our June Newsletter, we said goodbye to Barbara Shearer, who had been our Executive Assistant since 2011. Barbara is now enjoying her new adventure in Kinsale, Ireland.

We are delighted to welcome Jerre Edwards, a long time member and friend of the TCA, as our new Office Manager. Jerre has taken on this challenge with enthusiasm and a wonderful sense of humour as we deal with the complexities of day-to-day office procedures. Thank you, Jerre, for taking this on!

Board Recruitment

The Nominating Committee, chaired by Lilian Wells, had a busy August interviewing applicants for Board positions left vacant by recent resignations. We have met some very talented and enthusiastic individuals and we are expecting to present the names of successful applicants to the Board at our meeting in October. Other members of the committee are Mary Hellin, Joanne Jasper and Malcolm Stewart.

Strategic Plans

The long-term viability of any charitable organization depends on its ability to raise alternative sources of funding as well as government grants. Donations and sponsorships support our education and leadership programs, website maintenance and upgrades and operating expenses. The TCA Board is keenly aware of this challenge. At the Board meeting in August, we agreed that one of the key items on our fall agenda must be to prepare a vigorous fund development plan that includes an individual and corporate membership drive, community and corporate sponsorship campaign and an increased participation in the 2017 Toronto Challenge. We were very pleased with what we accomplished in our first Toronto Challenge last June and we plan to build on this for next year by actively promoting the event now and into the spring.

Another item on our fall agenda is to develop a strategy for promoting our education and leadership programs that we deliver in the community. Our Friendly to Seniors Committee, which is the educational arm of the TCA, has, in the past, provided some funding through our Employee Workshops and Safety and Accessibility Assessments. Our next meeting of the Friendly to Seniors Committee will focus on ways to revitalize the FTS committee as well as our education programs.

And in other news...

The first phase of our three-year Age-Friendly Toronto project, funded by the Ontario Trillium Foundation, is nearing completion. The Neighbourhood Cabinet for the Midtown Toronto area has been developing action plans for the community. We appreciate the countless hours that our Project Director, Adina Lebo, has spent leading this project to a successful conclusion. We are all looking forward to the final report, which is being written by Lilian Wells, Chair of the Age-Friendly Toronto project and Board member Rebekah Churchyard. This report will be available to the public.

We are looking forward to continuing this project in other Toronto neighbourhoods..●

FORWARD HO: MIDTOWN ACTION PLAN IS ROLLING OUT.....

Our TCA Midtown Action Plan “brain storming” sessions have been successfully completed and we are now moving forward on the implementation of nine different campaigns, covering many of the World Health Organization’s categories for Age Friendly compliance such as Housing, Accessibility, Community and Home Care, Communications,

The Midtown Neighbourhood Cabinet that created the Action Plan is part of new infrastructure created by the TCA as part of its Age Friendly Project to transform Toronto “one neighbourhood at a time”. The cabinet is a coalition of neighbourhood seniors and seniors groups, organizations and businesses as well as inter-generational local champions. One third of the representatives are local older adults.



DELIVERING A BUSINESS DECAL

The Action Plan designated campaigns as short-term, medium-term and long-term. Many will need to be worked in partnership with Ward Councillor Josh Matlow as they have implications for City Hall departments and other campaigns the Cabinet members can work on independently.

The Campaigns:

▶ **A Chair at Your Door!**
TCA volunteers are asking businesses to put a few

chairs out in front of their stores so people who need a “place to rest” on hot summer days can have a place to sit.

▶ **Ramp It Up!** We are asking stores that have a lip or step at their front door if they would like to be considered for the Ramp It Up project, where a colourful ramp will be built for them by monies received by grants, or if they want to pay for it on their own.

▶ **Age Friendly Business Assessments**
We have assessed 90 businesses in the Midtown area and will be giving out age friendly decals that they can display prominently on their door, windows or by their cash register to signal their accomplishment to other customers.

▶ **Silver Alert:** With Neighbourhood Cabinet partners including Police Division #53, Alzheimer Society, Anne Johnson Health

The Midtown Cabinet

includes: The Toronto Council on Aging, Anne Johnson Health Station, SPRINT Senior Care, Councillor Josh Matlow, Central Eglinton Community Centre, North Toronto Memorial Centre, Northern District Library, Deer Park Library, Mt. Pleasant Library, CARP Toronto, POINT Inc., Toronto Police Services- Division #53, Alzheimer Society, The Seven Churches on the Hill (including: Yorkminster Park Baptist, Holy Rosary, Timothy Eaton Memorial, Christ Church Deer Park, Grace Church on the Hill, Calvin Presbyterian and Deer Park United, and St. John’s Lutheran Latvian); SAINTS, Central Community Care Access Centre (CCAC), Federation of Metro Tenants Associations and Brentwood Towers Tenant Association, and local champions Patricia Hemming, and Judy Berger.

Three cheers for the Neighbourhood Cabinet and all those TCA Board members who have **4** been involved in the process!

EXTERNAL RELATIONS

Lilian Wells, Immediate Past President



A Seniors Summit was held Saturday June 19 in the Council Chamber of Toronto City Hall. It was co-sponsored by the City and Ontario's Senior Secretariat.

Councillor and Toronto's Senior Advocate, Josh Matlow was chair. Approximately 200 people were in attendance.

Planning was led by Andrea Austen, Staff Lead for the Seniors Strategy and Adina Lebow represented TCA on the committee. Speakers included MPP Laura Albanese, Dr. Samir Sinha, co-chair of the Accountability Table for Toronto's Senior Strategy, Frances Chapkin, Chair of the Toronto Seniors Forum, Lilian Wells, Toronto Council on Aging. Lezlie Lee Kam, Senior Pride Network, Dominic Campione, Canadian Ethnocultural Council and, following this theme, Dr. Joseph Wong, Dr. Yvonne Bogorya-Buczkowski, and Fritz Luther Pino. Scarborough's Taibu group engaged us in Laughing Yoga and Michelle DuBarry, the Oldest Performing Drag Queen provided engaging entertainment.

BEVERLEY McCLELLAND MEMORIAL FUND

The Toronto Council on Aging has established a memorial fund in Beverley's name to recognize her outstanding work in the field of education and mentorship of older adults. Donations to this fund will support the Friendly to Seniors educational programs.

Contributions may be made out to the TCA, indicating the funds are to be directed to The Beverley McClelland Memorial Fund at the Toronto Council on Aging, 140 Merton St. Toronto M4S 1A1.

UPCOMING EVENTS

Oct. 18-19

"Prepare, Adapt, Thrive"

Ontario Community Support Association
Markham Hilton Suites, Markham
www.ocsa.on.ca

Oct. 20-22

"Fostering Innovation in Research on Aging"

Canadian Association on Gerontology
Montreal, Quebec
www.cagacg.ca

Oct. 28

"Reforming Long Term Care Homes in the Public Interest"

Ontario Health Coalition
Bond Place Hotel, Toronto

Oct. 29,30

Health Action Assembly & Conference
www.ontariohealthcoalition.ca

Nov. 24-25

"Rethinking Ageing"

National Institute on Ageing
BMO Education Centre,
Ryerson University
stephanie.woodward@ryerson.ca

IT'S NOT TOO LATE TO JOIN!

The Toronto Council on Aging:

- Builds age-friendly neighbourhoods;
 - Holds senior friendly workshops for businesses and organizations;
 - Presents educational seminars, forums and town hall meetings;
 - Conducts assessments of businesses, organizations and facilities for safety and accessibility.
- Join us!**

Wheel-Trans Service Transformation

For over 30 years, Wheel-Trans has provided door-to-door accessible transit service for persons with disabilities using accessible buses, contracted accessible taxi minivans and sedan taxis.

Recently, the TTC has made substantial investments to improve the accessibility of its vehicles and infrastructure. Building on this, Wheel-Trans will expand its services to operate as part of a TTC “Family of Services”, increasing the availability and reliability of services to all of our customers.

As part of the Family of Services, and depending on an individual’s ability,

Wheel-Trans could be used for all or part of the customer’s trip. For example, Wheel-Trans might pick a customer up at home and take them to an accessible subway station, where the customer would board the subway and ride to the accessible station closes to their destination. Wheel-Trans could be



waiting at the destination subway station to take the customer to their appointment.

Wheel-Trans will be conducting a Family of Services pilot with volunteers who are able to use both specialized and conventional transit services. There will be more information to come on this later this year.

Changes to our service will be made slowly and all of our customers will be supported through

this transformation. We’re committed to keeping the community informed every step of the way. It’s an exciting time for Wheel-Trans and we look forward to working with all of you to create a better, more spontaneous customer journey.

For more information, visit: ttc.ca/wt-strategy ●

AGE FRIENDLY, continued from page 4

Care, Sprint and Medic Alert, GPS Smart Trak we are in preliminary stages of creating “a system” for locating seniors who may wander or get lost and help get them home safely.

- ▶ **Neighbourhood (Senior) Watch:** As volunteers go door to door for the Silver Alert Campaign, they will also sign up people for the Neighbourhood Watch program.
- ▶ **Vertical Community Project:** The idea is to create a fundraising campaign in the area to raise money to turn high-rise rental buildings in to Age Friendly environments with programming in the party rooms which would include: visits by doctors, dentists, hairdressers, podiatrists, lunch and dinner functions, yoga classes, exercises classes, seminars etc.

THE LANGUAGE OF 'OLD', continued from the back page

There, in that warm, colourful place where I intend to spend my dotage (an excellent word that embraces the period of old age), I am a *mayor* – a major person. Indeed! *Mayor* means grown-up. Older people are *los mayors*. The most grown-up a person can get. I'm counting on it.

In Mexico I am also *tercera edad* – a person of the **Third Age**. In that culture, sextagenarians are not defined in terms of those who are younger, as if youth is the gold standard. They are not elder or older or senior. They occupy their own distinct stage of life, as full of contradictions and joys and challenges as the **First Age**, which stretches from infancy to youth, and the **Second Age**, the reproductive years. The notion of hiving a life into ages is hardly new. Hindus believe a life has four stages. Childhood, the time when a person acquires knowledge, is followed by the age of civic duty, when we reproduce and contribute to the world, which leads to the age of retreat to contemplate matters of the spirit, until, in the end, we renounce worldly goods to live on the charity of others. Shakespeare added a few more – the mewling and puking infant, the sighing lover, the cursing soldier – until we meet our end in “mere oblivion, sans teeth, sans eyes, sans taste, sans everything.”

I'm not there yet. I may feel ninety, but I refuse to be a **Senior**, a word that shares the same root as senile; a word originally tacked onto a personal name to indicate “father” when both father and son shared the same name; a word that since the 16th century has meant higher in rank.

No. I eschew the elitism, the sexism, and the ageism embedded in Senior. Instead, call me **Major**. And welcome me, happily, to my **Third Age**. ●

AGE FRIENDLY, continued from page 6

- ▶ **Housing Registry**: We are working with Neighbourhood Cabinet Partners and Ryerson University's Digi-Zone to create an on-line place where people in Midtown can look to find shared accommodation and housing as well as other Neighbourhood health and wellness services.
- ▶ **Midtown Communication Strategy and Campaign**: Our goal is to create an overarching communication campaign through local community media to get the word out about services and programs in the Midtown area.

In addition to Midtown Toronto, the TCA Age-Friendly Project is also working in Scarborough's Malvern, Morningside and Rouge neighbourhoods and in the Downtown Toronto Kensington China Town. In the next newsletter we will bring you up to date on these other 2 communities.

If any of these campaigns are of interest to you and you want to join the volunteer team please contact Jerre Edwards at the TCA office 416-630-7000 or email tca@pathcom.com.

The Language of 'Old'

Reprinted with permission from
"Spotlight on Seniors" – Vol. 4, July 2015

by Marilyn Simonds

My mother told me she felt eighteen. She was sixty-seven at the time.

"I know it's crazy", she said, "but honestly, so long as I don't look in a mirror, I feel the same as I did when I first went to nursing school."

Myself, I feel ninety. I have since I was in my twenties. A glimpse of myself in a store window was inevitably a shock: who was that young woman?

I was happy when my hair turned white in my mid-thirties: I felt closer to myself. My husband, when he proposed, thought he was marrying an older woman. Occasionally, young men offered to help me with my groceries; more often clerks ignored me, or spoke very loud. At the time, I found it funny that my silvery hood made me suddenly immaterial, invisible, relegated to the margins with the other ghosts. After all, at 38, I was still officially, confidently "young".

Now that I am a so-called Senior, I chafe, not at the way I look – my skin and bones and joints have long since caught up with my hair – but at the language around this stage of life.

Senior, for instance, is not a clear descriptor in itself. It is simply a comparative. Properly used, it refers to a person who is a specified number of years older than someone else.

My husband is one year my senior; I am twenty years senior to my oldest son. When "senior" isn't being used to compare the ages of two people, it can mean "a high and authoritative position". An odd choice of word, indeed, for citizens over 65 who, in North American culture at least, more often than not wield little authority.

In Brazil, where I spent my middle childhood, I would now be a *mais idosa*, which sounds like "idiot corn", but actually translates as older person. Older, or the more dignified Elder is an improvement over Senior. **Elder** is also a comparative, but at least it only refers to age.

The Dutch are more pragmatic. In Amsterdam, I am a **65-plusser**. Definitely true.

In Denmark, a **pensionist**. Also true, although I wonder what words were applied before legislated retirement and government pensions created a barrier that could carry such definitive labels.

In France, they call me *personne âgée*. I like this, in the same way that I like aged cheese and aged wines. Fully ripened. Better than the young stuff: more full-bodied, rich with nuance. *Agée* implies a process, an improving process that matures through specified trials, the way Roquefort, that crumbly, tangy sheep's milk cheese veined with green mold, is aged in the Mount Combalou caves of Roquefort-sur-Soulzon.

But it is the Mexicans that speak the most eloquent language of old age.

**LANGUAGE OF 'OLD'
CONT'D ON PG. 7**