Co-Presidents’ Report

We would like to express our deepest gratitude to our Board of Directors, committee chairs and volunteers who give so much time and effort to ensure that our Age-Friendly Toronto project and our education and leadership programs have a positive impact on the lives of older adults in our communities.

On a sad note, we lost a friend and long-time member of the Toronto Council on Aging, Beverley McClelland. Those of us who volunteered with Beverley will miss her leadership, friendship and wise counsel. Our heartfelt condolences go out to her family and friends. As a tribute to Beverley, the Toronto Council on Aging has established The Beverley McClelland Memorial Fund. All donations to this fund will support our Friendly to Seniors educational programs.

As noted in our June Newsletter, we bade a fond farewell to Barbara Shearer, our Executive Assistant since 2011. Barbara is now enjoying her new adventure in Kinsale, Ireland and we wish her well. We are delighted to welcome Jerre Edwards, a long time member and friend of the TCA, as our new Office Manager.

The long-term viability of any charitable organization depends on its ability to raise independent sources of funding in addition to applying for government and foundation grants. Donations and sponsorships are needed to support our education and leadership programs, office and operating expenses and website maintenance. The TCA Board is keenly aware of this challenge. One of our major goals for 2017 is to initiate a vigorous fund development plan that includes an individual and corporate membership drive, community and corporate sponsorship campaigns and increased participation in the Toronto Challenge. We were encouraged by the results of our inaugural Toronto Challenge in June 2016, and we CONT’D ON PG.4
The Keynote Speaker was Akua Carmichael, LLB, who spoke on “Legacy Planning”.

**Toronto Council on Aging Presidents’ Award**

The Presidents’ Award is given to recognize outstanding contributions to the work of the Toronto Council on Aging.

The Award was given (in absentia) to Barbara Shearer, TCA’s former Executive Assistant.

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**Angel Award for Assistance to TCA**

The Angel Award is given in recognition of outstanding assistance to TCA.

The Award was given to Stacey Landau, Executive Director of SPRINT, in appreciation for providing TCA with office space, use of meeting rooms, “a warm welcome, and ongoing staff support and advice.”

(For a copy of the complete Annual Meeting package, please contact the TCA office: see pg. 4 for contact information.)

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**PRESIDENT: MALCOLM STEWART**

Malcolm was Executive Director of social planning councils in Sarnia - Lambton and Niagara Region, and of the Ontario Association of Social Workers, from 1978 to 1991. In the 1990’s he taught courses in Canadian social policy, research methods and social gerontology, retiring in 2009. He has served on the boards of several non-profit organizations.

**CO-VICE-PRESIDENT: JOANNE JASPER**

Joanne currently coordinates and teaches faith based nursing; her career, of over 40 years, has been focused on community based health care. Her mission is to support older adults to live life according to their personal best desires, receiving respect within their community, recognition and love from family and friends.

**CO-VICE-PRESIDENT: SHANAZ MEGHJI**

Shanaz graduated in Business Administration with major in accounting and finance. She chairs the Home Advisory Committee at Bendale Acres and sits on the Inter-Home Advisory Committee of the Toronto Long Term Care Homes. She served on the Aga Khan Social and Welfare Board and the Aga Khan Health Board.

**TREASURER: BERNARD BRULÉ**

Bernie has been Treasurer of TCA since December 2011. He is a retired federal public servant in the technical/scientific field and was senior advisor to the Minister of Environment and participated in the resolution of issues affecting populations on either side of the Canada-USA border.

**SECRETARY: DEBBY VIGODA**

Former Executive Director of the Ontario Gerontology Association, Debby has taught staff and students in universities, community colleges, agencies and senior centres in working effectively with older adults and provided learning opportunities for older people. She works on several community boards and committees.
MEET THE TCA BOARD

IMMEDIATE PAST PRESIDENT: MARY HELLIN
Mary is a retired high school guidance counsellor who was involved in developing and leading workshops on harassment, bullying and family abuse issues. She earned a certificate in Alternative Dispute Resolution (ADR). Mary has served in a variety of roles for the TCA over the past 10 years.

PAST PRESIDENT: LILIAN WELLS
Lilian is TCA Past President and Chair of TCA’s Age-Friendly Toronto Committee. She is President of the Ontario Association of Councils on Aging and represents OACA on Ontario’s Senior Secretariat’s Liaison Committee. She is professor emerita of the University of Toronto’s Faculty of Social Work specializing in gerontology and health practice.

CONTINUING BOARD MEMBERS:
REBEKAH CHURCHYARD
Rebekah researches technology for older adults and dementia at Ontario Shores hospital and consults for Waterfront Neighborhood Centre in a program for socially isolated older adults. When she is not working on planning Green Care Farms for dementia, she bicycles around Toronto, enjoys Allan Gardens and likes round, red objects.

LORI GERSHON
Lori has served as Communications officer of CAPCO Health Group and currently is the Managing Director. She is a desktop publisher, and, for over 30 years, a volunteer Jewish chaplain serving seniors at a nursing home. She is a committed walker, with numerous medals for competing in races.

MEET THE TCA NEW BOARD MEMBERS:
SAMANTHA BIGLIERI
Samantha is doing a PhD in Planning at the University of Waterloo (UW), focusing on inclusive city-building. She is a CIHR Program in Aging trainee and organizer for UW’s Symposium on Aging Research. Samantha has land-use planning and policy experience, and teaches a first-year urban planning class at Ryerson.

ANNE DOLLENDORF
With a degree in Business Administration and over 20 years of working in marketing communications consulting clients from the
plan to build on this for June 2017 by actively promoting the event now and into the spring.

Another important goal is to promote and expand the employee training programs and safety and accessibility assessments for businesses as well as the education and leadership programs for seniors that we deliver in the community through our Friendly to Seniors Committee – the educational arm of the TCA.

Our three-year Age-Friendly Toronto Ontario Trillium Foundation grant came to its end in November 2016. However, TCA will continue to work at the neighbourhood level to complement the City of Toronto’s city-wide efforts to achieve the goals set out by the World Health Organization, namely improved outdoor spaces and building design; accessible transportation; affordable housing; social participation; respect and inclusion; civic participation and employment; community support and health services.

We would like to thank three out-going Board members, Judy Berger, Susan Bryson and Patricia Blythe, whose advice and support was much appreciated and we are thrilled to welcome six new Directors to the TCA Board who are broadly representative of the Toronto community and who bring a wealth of knowledge and skill to the governance of the Council.

ENTER THE CONTEST!
What does this Newsletter mean to you? What kind of messages do you want to read? Sometimes a title helps to describe the contents. And so we are asking you to put a name to this Newsletter!

The contest ends March 15th, and the prize will be a one-year’s membership in TCA. Send your suggestions to the TCA office. (You can send more than one!) See pg. 4 for contact information

MEET THE TCA NEW BOARD MEMBERS:

ANNE DOLLENDORF, cont. from pg. 3
Corporate, NGO and Not-for-Profit sector
Anne has extensive experience in planning and implementing marketing communication strategies using all modern digital and social media as well as traditional communication tools.

ALEXANDER MCALPINE
Sandy had over thirty five years experience in the coffee industry and advocacy fields with exposure to different fields of work - a true jack of all trades. Sandy looks forward to working with the TCA so “aging” Torontonians can both contribute from their experience and benefit from good planning.

MICHIELLE WOZNY
Michelle has worked & volunteered in long term care, supportive housing and in the community. She has significant experience working with persons with Alzheimer Disease or a related dementia, mental health disorders, behavioural interventions and presents several provincial staff education programs. She is a strong advocate for improving the lives of seniors.

MATTHEW PEREIRA
Matthew holds a BCom degree in Accounting from the University of Toronto, Rotman Commerce. He has worked in the non-profit industry for 5-6 years, starting out his career at United Way and is currently an Accounting Officer at Sunnybrook Foundation.
2016 was the third year of TCA’s Age-Friendly Toronto Project. It complements the City’s Senior Strategy, which focuses on City services. Using a community development approach, TCA followed New York’s ‘one neighbourhood at a time’ model for large cities. With older adults playing essential roles throughout all phases of the process, it draws together businesses, services and faith groups to work as partners to improve age-friendliness. We have used resource materials provided by the World Health Organization, Federal and Provincial governments and experiences of other communities here and internationally. While the World Health Organization suggests a reiterative, five-year process, Ontario’s experience shows a six-year cycle is needed.

We are deeply indebted to Adina Lebo who has provided dedicated and creative leadership to this project over the past 18 months.

This year we have advanced our Age Friendly Project in all three of our target areas. We started by creating new infrastructure at the community level, forming what we call Neighbourhood Cabinets. These are neighbourhood-level councils representing non-profit health and service organizations, businesses, faith-based groups, seniors organizations, educational institutions and business representatives that come together to make sure that no senior falls ‘between the chairs’ as they age in the community.

The Neighbourhood Cabinets then developed action plans based on the results of local focus groups on issues of concern to seniors. The action plans differ according to community concerns.

**EXTERNAL RELATIONS**

In fulfilling our mission and mandate, which includes collaboration with others, it is important that the Toronto Council on Aging continues to develop and sustain active partnerships and alliances to strengthen our work. Some highlights:

- TCA was one of the City of Toronto’s community partners throughout its Seniors Strategy’s development, serving on the Expert Panel. The Strategy was adopted by City Council in May 2013 with a commitment to becoming more age-friendly. TCA now serves on the Accountability Table which monitors implementation and provides input in the co-creation of the next phase by staff and community partners.

- The Ontario Association of Councils of Aging (OACA), formerly the Councils of Aging Network of Ontario (CANO) was awarded a Community Development Grant last year by Seniors Secretariat. Two meetings were held which culminated in the formation of OACA. We anticipate this will enrich local Councils and provide greater influence provincially.

  As President of OACA I represent this organization on the Ontario Senior Secretariat Seniors Liaison Committee. Changes are being developed so that this Committee will have a stronger voice in the development of government programs and policies that affect Seniors.

- At the Federal Level, Carol Abugov represents TCA on the Seniors’ Advisory Committee (SAC) Ontario Region.
CAMBRIDGE COUNCIL ON AGING

- The third partnership event was held with CMHC and the Cambridge Social Planning Council. This conversation is to generate more interest in creating affordable housing and co-housing options in the city.

- There is a severe lack of affordable and supportive housing in Cambridge. In consequence, we have seen the numbers of older adults using the emergency shelters quadruple.

- Cambridge has a high level of poverty among older women who are using the food bank.

- CCA Strategic planning for 2016-2018 was completed.

- A discussion was held with Kathy Smith from Creative Aging London/Canada in regards to other creative aging ideas that we might implement.

YUKON COUNCIL ON AGING

- Has been working with and for seniors since 1978.

- Mandate to enhance the quality of life of Yukon Seniors and elders 55+.

- Senior information Centre (assists seniors with forms, referrals and information)

- Home and Yard Maintenance program (with screened workers to assist seniors in their homes). No need to be a member to access these services.

- Published a booklet called “Information Please, A guide to programs and services for Yukon Seniors & Elders” as well as a Seniors’ Discount List. Both publications can be found on the website: www.yukon-seniors-and-elders.org.

- Quarterly newsletter is mailed out to the membership.

- Through funding from New Horizons, numerous workshops held: Celebration of International Day of the Older Person, Intergeneration Day, 12 days of workshops to end violence, including a bilingual sharing circle.

KEEP THIS DATE!

Sunday, June 11, 2017 is a special day for supporters of TCA. For the 26th year, City of Toronto Long Term Care Homes and not-for-profit organizations which provide services to older adults in the community have presented the Toronto Challenge. This family event, sponsored by Monster-Mortgage.ca, raises funds that are used to improve the quality of life for residents in care facilities and in the community.

Whether you are a serious runner, or are spending time with your family, or simply enjoy physical activity, you can take part in a timed 5k run, 5k walk or 1k walk through downtown Toronto. There are gifts, prizes and a post-race ceremony.

TCA will have a “pre-launch” event in mid-May. Watch your mail and the TCA website for further details.

In the meantime, start encouraging colleagues to consider taking part, and solicit your own pledges. Pledge forms will be available early in the new year.
As we shared previously, on January 1, 2017, we will be expanding our eligibility criteria to include sensory, mental health and cognitive disabilities – this in addition to continuing to provide service to customers with physical disabilities. We are also adding a new category of eligibility — conditional. This category applies to customers with a disability where environmental or physical barriers limit their ability to use conventional transportation services on a consistent basis. There will be no change to our two existing categories – unconditional (permanent) and temporary.

We have completed the new application form and will make it available to new customers soon on our website. Currently, our focus is on new customers only. There will be no immediate changes to your service or eligibility for existing Wheel-Trans customers.

Some of our customers have expressed concern about the Family of Services model. We will be moving very slowly with the implementation of Family of Services. In fact, we have no plans to implement any changes until after the snow is finished for the season.

In spring 2017 we will be launching a pilot project with customer volunteers who are comfortable using both specialized and conventional services to help us to build what the permanent program should look like in the future. We are looking to our customers to tell us what adjustments need to be made in the conventional system to make Family of Services something you’d be inclined to use on a regular basis or whenever you can.

All of the changes to our service will be made slowly and all of our customers will be supported through this transformation. Please remember that this is a 10-year strategy – change is not going to happen overnight.

We look forward to our progress together in 2017.

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IT’S TIME TO JOIN

The Toronto Council on Aging:

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

Join Us by sending your cheque to the Toronto Council on Aging (See pg. 4 for contact information)

BEVERLEY McCLELLAND FUND

In order to keep the memory of Beverley McClelland alive, we encourage TCA supporters to contribute to the Beverley McClelland Memorial Fund. Donations to this fund will support the Friendly to Seniors educational programs. Cheques can be sent to the TCA office. (See pg.4 for contact information)
World Young Leaders in Dementia (WYLD) in Nigeria

Rebekah Churchyard

WYLD received an invitation to attend the first conference on dementia in Nigeria, Africa from September 20-22, 2016 and I volunteered to go. With help from family, friends and a few strangers, I was able to raise half the cost to attend. Armed with a hefty amount of vaccinations, a Business Entry Visa and WYLD materials, I embarked on the 27 hour journey to Lagos, Nigeria.

The 3rd African Regional Conference “Dementia in Africa” was hosted by Alzheimer’s Disease International and held at the Institute of International Tropical Agriculture (IITA) in Ibadan, Oyo State, Nigeria. The air was thick and humid with geckos scurrying around and banana trees everywhere.

The day before the conference began, delegates were invited to meet the King of Ibadan, High Chief Saliu Adetunji, the 41st Olubadan of Ibadanland. The three days of presentations covered a variety of topics including: dementia and the nation, personalized interventions and care services, pharmacy and dementia, the prevalence of dementia in Africa, World Alzheimer’s Report 2016, superstition and dementia, bridging the old and modern traditions of medicine in Africa, State Alzheimer plans, the World Young Leaders in Dementia (WYLD) Network and the Toronto Seniors Strategy. There were representatives from 13 countries: Nigeria, Kenya, France, United States of America, United Kingdom, Netherlands, Mexico, Canada, Namibia, Ghana, Zambia, Zimbabwe and South Africa.

According to many representatives, stigma around mental health and secrecy is high. One pair of presenters, (“Headman” Coster and Berrie Holtzhausen, CEO of Alzheimers Dementia Namibia [ADN]) explained together that people labelled as a witch or considered bewitched are often older women and may be exhibiting symptoms of a neurocognitive disorder. These associations of witchcraft generate fear and mistrust among communities. Especially in rural communities, this stigma can lead to people living with dementia being isolated, confined and even killed. People, usually with little income, may pay large sums of money for traditional medicines from a Witch Doctor (Sangoma). With the help of Berrie and ADN, Headman Coster is learning about dementia and enabling strategies to share with his community.

There are very few programs or services explicitly for older adults across Africa. However, I saw in Nigeria a deep-rooted value for older people. Sadly, one presenter commented that with the increase of idealized ‘nuclear’ families in Africa, community support structures for older people are dwindling. It continues to be an honour to take part in this ground breaking work. WYLD looks forward to building strong connections and generating opportunities to learn and work with people across Africa.

To see the presentation or with any other inquiries, please contact rebekah.churchyard@gmail.com. Check out my (first!) Storify here: https://storify.com/rchurchyard/wyld-at-the-1st-nigerian-conference-on-dementia