

11th Annual Report to the Community

2017 to 2018

Presented at the 11th Annual General Meeting of the HCoA

September 21, 2018

President's Message



Today I reflect on how inspired and proud I am to be a part of the Hamilton Council on Aging (the “HCoA”), an organization fundamentally dedicated to improving life for older adults.

As a young professional, my image as the President of an organization serving seniors seems almost contradictory. People joke with me - asking me what I know about aging, and I have been questioned more than once about my ability to lead an organization focused on issues for which I have no real lived experience. I have been told that the HCoA is not sending the right message by having a young person in my position, when the organization clearly states that *we believe in the wisdom and experience of older adults* . . .

My initial response to questions such as these is to talk about my relationship with my grandparents - how close I was and am with them and how watching them age has inspired me to work to make life better for other seniors. However, the more I think and reflect on what truly makes me so committed to the work of the HCoA, the more I realize – my reasons for wanting improved lives for older adults are much deeper than my personal relationships.

This summer I had the privilege of working with a small team from the Hamilton Council on Aging - revisiting our Mission, Vision & Value statements. It was through working with this incredibly thoughtful and collaborative group that I have come to realize that my connection to the HCoA is very simple – humanity & the concept of people helping people.

We realized in our discussions that the HCoA’s impact is broad and that we can improve life for all age groups by focusing on the voices of older adults and likewise by the concept that all ages can be helpful in improving life for older adults. We embraced the concept of ‘positive aging,’ which incorporates health, well-being and social participation, and the idea that positive aging is different for everyone - a lifelong process - requiring a community-based approach.

I hope you will take the opportunity to reflect on our new Mission, Vision, and Value Statements, included for the first time in this Annual Report. We look forward to hearing what you think of our updated perspective.

As I complete my first year as President, I would like to extend my heartfelt thanks to everyone for allowing me to be a part of the Hamilton Council on Aging Team. Thank you for welcoming me with open arms, for teaching me and for valuing my contributions, and those from everyone - young and old - *to make positive aging a reality in Hamilton.*

Yours Sincerely,

A handwritten signature in black ink that reads "David J. Mifsud".

**David J Mifsud, President
HCoA Board of Directors**

Mission

We *advance* positive aging — promoting the health, well-being and social participation of ALL older adults — by influencing attitudes, policies and programs to include the voices of those adults.

Vision

Positive aging is a *visible reality* in Hamilton.



In June 2018, the Hamilton Council on Aging met to begin to develop its next Strategic Plan.

A sub-committee of HCoA convened to advance the ideas generated at this meeting, resulting in the included updated MISSION, VISION & VALUE Statements for the organization.

TELL US WHAT YOU THINK ABOUT OUR NEW MISSION, VISION & VALUES. DO YOU LIKE THE CONCEPT OF POSITIVE AGING?

AGEFRIENDLYHAMILTON.CA

Values

A volunteer-driven organization, the Hamilton Council on Aging is committed to:

INCLUSION

We value the wisdom and experience of older adults and their right to experience a high quality of life, free of ageism.

DIVERSITY

We value the rich diversity of the Hamilton community and strive to include the many voices of older adults in all our endeavours.

COLLABORATION

We value our shared work with volunteers and community partners, and know that their insights, knowledge and experience makes us stronger.



THANK YOU TO THE HAMILTON COUNCIL ON AGING 2017 TO 2018 BOARD OF DIRECTORS

David Mifsud, President

Monica Quinlan, Past President

Rebecca Buckland, Vice-President

Melanie Froese, Treasurer

Penelope Petrie, Secretary

Jason Boelhower

Glenys Currie

Margaret Denton

Cheryl Fenn

Susan Goodman

Faiza Hirji

Rosemarie Morris

Sharon Pierson

Anne Pizzacalla

Monica Quinlan

Age Friendly



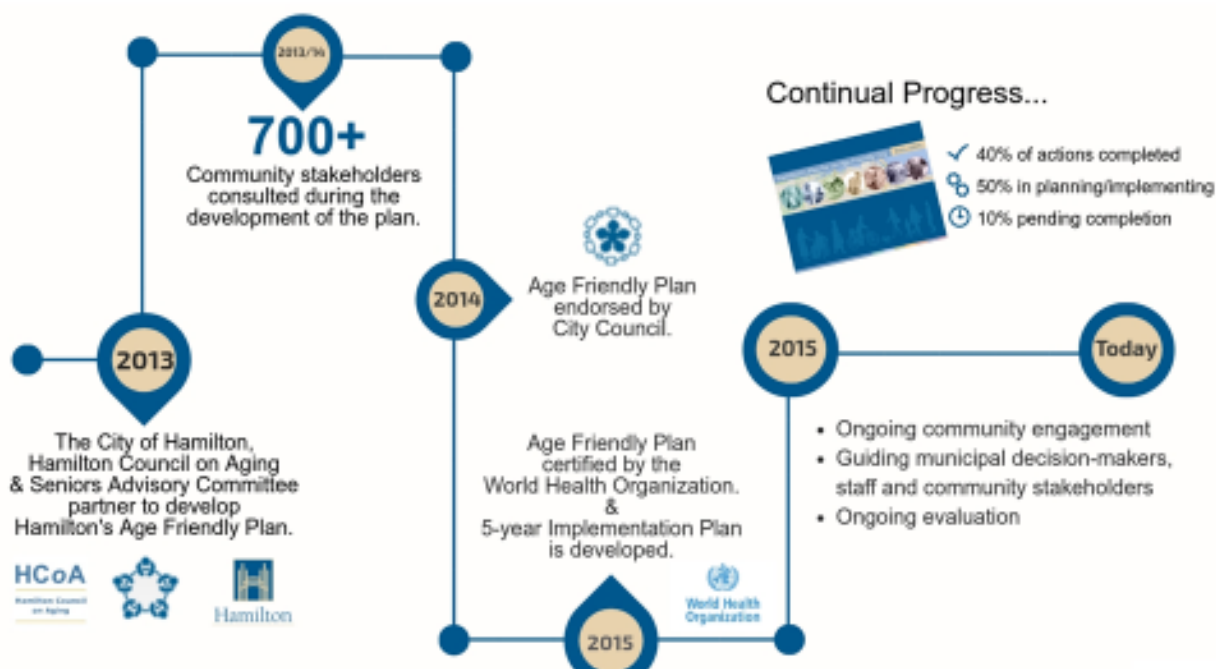
Hamilton



A Collaboration of the Hamilton Council on Aging, City of Hamilton, and Seniors Advisory Committee, funded by the City of Hamilton

Hamilton City Council endorsed Hamilton's Plan for an Age Friendly City in October 2014. As we enter the final year of implementation of our first collective 5-year plan, we look back on our journey, celebrate our accomplishments & begin to plan for PHASE II – *working together to make Hamilton a 'City for All Ages.'*

The Journey So Far...



Age-Friendly City Recognition



- ✓ Global Network for Age Friendly Cities and Communities was established in 2010
- ✓ Fosters exchange and mutual learning between cities and communities worldwide
- ✓ Hamilton was certified as an Age Friendly City in March 2015
- ✓ 541 cities and communities
- ✓ 37 countries
- ✓ 179 million people worldwide



Ontario

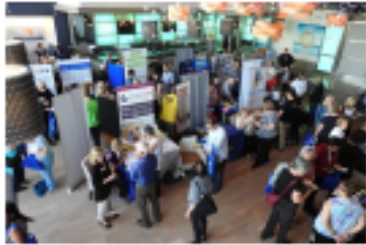
Ontario Age Friendly Community
Recognition Award
Ministry of Seniors Affairs



2017 Initiatives

700+

Attendees at Seniors Kick-off



208

Participants and

11 Pedestrian Safety Workshops



200+

Attended Age Friendly Symposium



2018 Priorities and Beyond



Broaden community engagement efforts to include Indigenous residents, ethno-cultural groups, and rural communities



Collaborate with privately owned apartment buildings to establish programs and practices that will reduce social isolation for seniors



Facilitate an event with key stakeholders to address ageism in the workplace



Continue to facilitate projects and workshops for seniors: Pedestrian Safety, "Let's Get Moving", and Cyber Seniors.



Coordinate a Seniors Volunteer Fair to increase volunteerism



Identifying priorities and actions that will improve inclusion and access to supports for vulnerable seniors in Hamilton

WE WANT TO HEAR FROM YOU! Consultation for the next Age Friendly Hamilton Plan will begin in early 2019. Please watch agefriendlyhamilton.ca for details.

Better Aged: Portraits of Aging



A Project designed to Challenge Ageism, funded by the Ontario Seniors' Secretariat Community Grants Program

Portraits of Aging challenges attitudes of ageism and the stereotype that value diminishes with age. *Portraits of Aging* evokes positive images of aging to help older people live meaningful and more fulfilled lives by reducing attitudes of ageism. This project highlights the wisdom and experience of older adults, including humour, lessons, and messages of inspiration for peers and younger generations.

The HCoA extends its sincerest appreciation to the 18 older adults profiled in our *Portraits of Aging* Collection. Photographs of participants and a brief write-up are included in this collection, highlighting the talents, assets, and outstanding contributions of local seniors to community life.

Portraits of Aging was released to a full house at a launch event on March 27 at St. Peter's Hospital. Pat Spadafora provided an inspirational keynote presentation, titled "Portraits of Aging: Challenging Ageism".

The HCoA *Portraits of Aging* Collection was professionally printed and copies were gifted to each of the 200 individuals in the audience. **To obtain a copy of this inspirational book, please visit agefriendlyhamilton.ca or call 905-777-3837 ext. 12238.**



Let's Get Moving

A Collaborative Project to inspire seniors to use active transportation, funded by the Ontario Sport & Recreation Communities Fund



Let's Get Moving is a project of the Hamilton Council on Aging, in partnership with the City of Hamilton - Seniors Recreation - Public Health Services - Seniors Advisory Committee, SoBi Hamilton, New Hope Community Bikes, McMaster University Rehabilitation Sciences, RTO-Chapter 13, and the Hamilton Street Railway. Let's Get Moving focuses on the lifelong enjoyment of sport and physical activity. It is designed to educate older adults on the mutual benefit of various forms of active transportation as a means of getting around and staying active, engaged, and healthy as we age!

Let's Get Moving is working collaboratively with community partners and stakeholders to encourage older adults to get involved in walking and cycling for the purposes of physical activity, to consider active forms of transportation such as walking and cycling as a means of getting around, and to raise awareness about the opportunities that exist to become socially engaged in walking and cycling groups in our community.

From 2017 to 2019, Let's Get Moving is hosting 30 workshops for older adults, each with an educational and experiential component. Senior volunteers act as coaches to deliver Let's Get Moving Workshops at locations throughout greater Hamilton, to enhance the long-term capacity for this program. There are three parts to the Let's Get Moving Workshop Series: Let's Take the Bus, Let's Take a Walk & NEW- Let's Ride a Bike. All workshops include a complimentary lunch!

Please visit agefriendlyhamilton.ca for more information.

[We are currently scheduling Let's Take a Walk & Let's Ride a Bike Workshops to take place in Spring, 2019. If you would like to host a free workshop & lunch for a group of seniors, please contact Shelagh at 905-777-3837 ext. 12238 or \[kielys@hhsc.ca\]\(mailto:kielys@hhsc.ca\).](#)



What's New at HCoA?

GERAS – Women4Change Positive Aging Series



GERAS - Women4Change is a NEW evidence-informed workshop series modeled after the highly regarded GERAS-TO-GO. A series of 6 interactive workshops are led by senior women to enhance wellness, community knowledge & empower participants to create positive changes to age well. FREE REGISTRATION includes 6 workshops, complimentary refreshments & course materials.

[Call 905-777-3837 ext. 12238](tel:905-777-3837)
[to register for an upcoming Learning Series](#)

- [Stoney Creek Recreation Centre, Tuesday's, beginning Oct. 2](#)
- [YWCA MacNab St. Location Wednesday's, beginning Oct. 10](#)

For more information, visit
agefriendlyhamilton.ca

Geras-Women4Change Positive Aging Series is a partnership of GERAS & HCoA. The series is funded by the Hamilton Community Foundation Women4Change Fund.



Improving Access for Seniors from Diverse Communities

Funded by the United Way of Halton & Hamilton



The Hamilton Council on Aging is committed to increasing access to information about programs and services for ALL seniors. The Access Program is designed to provide tools, resources and facilitate connections to reduce the barriers experienced by diverse seniors in accessing community information.

We work with community partners such as Information Hamilton to facilitate knowledge exchange for peer mentors to understand the programs and services that are available to seniors, so that they may act as resources for their peers. As seniors learn of what is available to them, they are able to access the programs that meet their needs to improve their overall well-being.

The Access program is currently providing interpreted community-based workshops in multiple languages for seniors. We are also working to translate our Age Friendly Hamilton Seniors Community Resource Guide into multiple languages in order that seniors who do not speak English may access information about programs and services for seniors in their primary language. [Please watch for Community Resources for Seniors- Chinese & Spanish Editions that will be released later in 2018.](#)

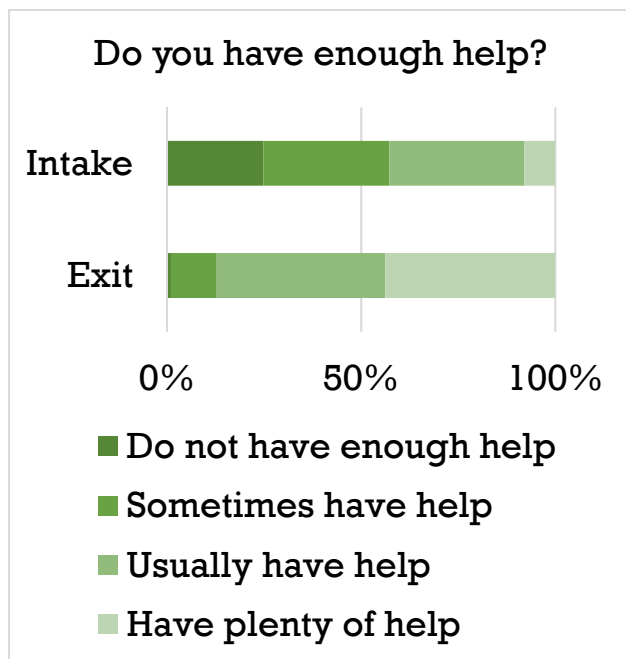
As a second piece of this program, each year the Hamilton Council on Aging hosts a Diversity Workshop for 30 professionals, facilitated by Professor Anju Joshi. This highly regarded workshop serves to improve cultural competency among professionals working with seniors in Hamilton.

If you are interested in reserving your spot for our Spring, 2019 Diversity Workshop for Professionals, please contact 905-777-3837 ext. 12238 or kielys@hhsc.ca

Backbone: Hamilton's Social Isolation Impact Plan



A community initiative to reduce social isolation, funded by the Government of Canada's New Horizons for Seniors Program



People who are socially isolated lack meaningful roles and relationships, tend not to participate in activities with others, and usually are not well connected to supports. Seniors are at greater risk for this; the National Seniors Council estimates that up to 16% of people aged 65 plus experience isolation.

Since May 2016, the seven partners of the Hamilton Seniors Isolation Impact Plan (HSIIP) have delivered projects that raise awareness about this issue and offer free 'Connector' services to seniors experiencing isolation. Connectors are staff who work one-on-one with a senior for up to six months to get them anchored into services and activities. They begin by meeting to assess needs, present options, and develop an action plan, then they help follow through on steps involved in accessing supports. There are also Volunteer Peer Connectors (aged 55+) who are matched to seniors for friendly visiting.

In the first two years of the HSIIP, the partners have connected 1014 seniors experiencing isolation to supports and activities. As the awareness and partnerships grew, the number connected per year increased from 302 in 2016/2017 to 712 in 2017/2018. Exit surveys demonstrate that 90% of seniors served agree they have more help, 87% agree that they're more connected to services, and 65% agree they're more connected to people.

The Hamilton Council on Aging serves as the Backbone to the HSIIP initiative. This role supports collaboration by convening meetings, coordinating activities, supporting projects and sharing resources. It also involves extensive community outreach and education.



HSIIP Social Participation Fund

The Hamilton Council on Aging is grateful for a \$50,000 donation (2016-19) from the Retired Teachers of Ontario Foundation to help senior clients of HSIIP Connector Programs access services and activities to help reduce isolation. Each HSIIP client is eligible to receive up to \$300 to assist with services such as cleaning, language (interpretation-translation services), recreation, transportation, food, social outings and police checks for volunteers.

To learn more about isolation and the HSIIP initiative, please contact Taralyn Prindiville at 905-777-3837 ext. 12434, prindiville@hhsc.ca or visit socialisolation.ca

Hamilton Council on Aging

Statement of Financial Position

As of March 31, 2018

	2018	2017
ASSETS		
CURRENT		
Bank	\$100,297	\$116,437
Accounts Receivable	1,600	8,328
HST Receivable	3,453	3,399
Prepaid Expenses	2,478	6,661
Due from Hamilton Health Sciences Corporation	3,121	1,892
	<u>\$110,949</u>	<u>\$136,717</u>
LIABILITIES		
CURRENT LIABILITIES		
Accounts Payable and accrued liabilities	\$19,494	\$23,359
Deferred grant revenue, <i>note 2</i>	49,831	71,750
	<u>69,325</u>	<u>95,109</u>
FUND BALANCES		
Internally Restricted Funds, <i>note 3</i>	335	500
Accumulated General Fund Balance	41,289	41,108
	<u>41,624</u>	<u>42,608</u>
	<u>\$110,949</u>	<u>\$136,717</u>

Note 2: Deferred Grant Revenue

	2018	2017
The Retired Teachers of Ontario	\$27,579	\$48,560
Government of Canada (New Horizons)	8,685	26
City of Hamilton	8,187	23,164
Province of Ontario	5,380	-
	<u>\$49,831</u>	<u>\$71,750</u>

Note 3: Funds are internally restricted for activities of the Committee Against Abuse of Older Persons.

Hamilton Council on Aging Statement of Operations For the Year Ended March 31, 2018

	2018	2017
REVENUE		
Grants	\$203,708	\$240,483
Donations and Fundraising	3,695	4,703
Memberships	335	713
	<u>\$207,738</u>	<u>\$245,899</u>
GENERAL EXPENSES		
Administration	\$21,507	\$22,303
Programs	66,434	104,808
Wages and Benefits	119,781	113,514
	<u>207,722</u>	<u>240,625</u>
EXCESS OF REVENUES OVER EXPENSES FOR THE YEAR	\$16	\$5,274
Transfer from internally restricted funds	\$165	\$ -
	<u>\$181</u>	<u>\$5,274</u>



2017 to 2018 Program Funders

Thank you to the following for your financial support of our programs, working towards our vision to ensure that positive aging is a visible reality in Hamilton!

City of Hamilton



- Senior's Engagement
- Age Friendly Hamilton

New Horizons of Canada



- Backbone: Seniors Isolation Impact Plan

Retired Teachers of Ontario



- HSIIP Social Participation Fund

Government of Ontario



- Let's Get Moving (Ontario Sport & Recreation Communities Fund)
- Better Aged: Portraits of Aging (Ontario Seniors' Secretariat Community Grant Program)

United Way of Halton & Hamilton



- Improving Access for Seniors from Diverse Communities Program

Special Thanks



**Thank you to Hamilton Health Sciences-
St. Peter's Hospital for your instrumental in-kind support!**



Hamilton Council on Aging (HCoA) 11th Annual Report to the Community

St. Peter's Hospital,
88 Maplewood Avenue,
Hamilton, L8M 1W9

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