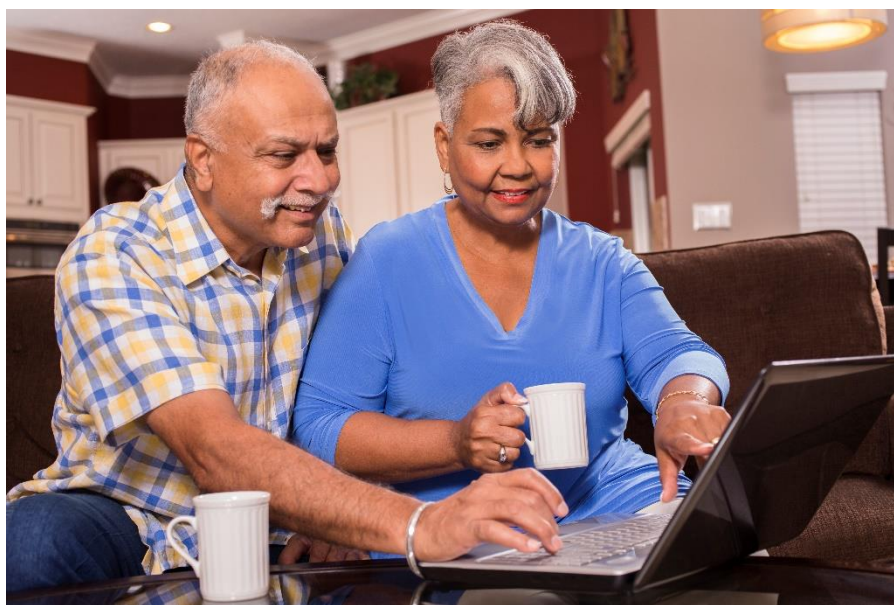


Staying Social during the 2021 Pandemic

links to information, services and activities

**Compiled by the
Greater Hamilton
Chapter of the
Gerontological
Nursing
Association of
Ontario and the
Hamilton Council
on Aging (HCoA)**



“While it’s important to stay at home, wash your hands, disinfect, etc, it’s also wise to spend more time socializing with family members who are living with you, using video or audio technologies like Zoom/Facebook, and phone to virtually spend time with friends and family in other places.” Social isolation and loneliness can be bad for your health. Reach out to others and ask them to reach out to you!

Try the following:

1. Invite a friend to a dinner party over the phone or over zoom. The “host” can send out a menu and recipes a week ahead. With the phone line or computer open, cook and eat together. Play a trivia game after dinner.

2. Remember pen pal letters and handwritten cards! Try writing to a friend; share some thoughts and reflections, a joke or picture and maybe a special memory. Try writing a handwritten letter to a young relative. Share with them a memory about your own or their parents' childhood.
3. Walk in your neighbourhood and say hello to others. This can reduce your sense of isolation. Just walking 15-30 minutes/day makes a big difference in your immune function.
4. There's no evidence of coronavirus being transmitted by food. Can you offer to cook for someone or **say Yes!** If they offer to cook for you?

Across Ontario

Cyber Seniors – connecting generations

This organization links seniors to one-on-one telephone support for help with computer and online use for up to 45 minutes at a time.

They also have daily webinars – which is training on different topics as well as past webinars on record.

tel: 1-844-217-3057

website: <https://cyberseniors.org/>

Tech Serve

Volunteers sign up to help older adults with their technology problems. Selected volunteers undergo screening and training. Simply fill out a form or call and the team will help you promptly.

tel: 1-888-418-4771

website: <https://www.techserveto.com/>

Winter Wellness Wonderland by CanAge is a curated list of holiday live-streamed concerts from Canada and the world.

website: <https://www.canage.ca/wellness>

COVID-19 Resource List was developed in collaboration with Behavioural Supports Ontario. Has information for providers working with older adults with dementia during the pandemic as well as practical tips for therapeutic engagement and behavioural supports and information for family caregivers, such as a guide for virtual and telephone visits.

website: <https://brainxchange.ca/Public/Resource-Centre-Topics-A-to-Z/COVID-19.aspx#6>

Ontario Community Support Association has a website to help find support during COVID-19. Helping isolated, low-income seniors and people with disabilities and chronic medical conditions across Ontario get meals, groceries, medicine and other essentials to stay safe at home during COVID-19.

website: <https://www.ontariocommunitysupport.ca/>

Hamilton

Amy Back- Computer Help for Adults

Free service for people over age 55: whether it is your desktop computer or laptop, an iPad or tablet, a new Smart Phone or your Cogeco Cable Box, Amy can help! Supported by the Hamilton Council on Aging and United Way Halton & Hamilton.

tel: 905-541-5362

Email: backamy@gmail.com

Catholic Family Services of Hamilton is actively recruiting volunteers at this time. The senior volunteer program is a social support network for seniors by seniors. Seniors are given the opportunity to talk by telephone with trained volunteers in their own age group. The volunteers use a self-help approach in assisting clients through difficult phases of their lives such as loneliness, marital separation, loss of spouse and health issues. continued...

Senior Peer Volunteer Requirement:

Volunteers must be 50+, provide weekly phone contact to assist seniors 60+ in our community by providing guidance, assisting in connecting with appropriate resources and non-professional counselling on a one-to-one basis. Volunteers are required to commit approximately 2-3 hours per week for this position. Training provided.

tel: 905-527-3823 x 279 for details

website: <https://www.cfshw.com/senior-volunteer-opportunities>

McMaster Phone a Friend program (MacPFP) - connect by phone with a trained volunteer – taking referrals for seniors at risk of social isolation.

Email: MacSeniorIsolationPrevention@gmail.com for more details

Flamborough Connects is offering talks on Brain Health and Finances.

Call or email to register.

tel: 905-689-7880

Email: admin@flamboroughconnects.ca

The City of Hamilton Recreation Center has a Seniors' Center Without Walls

Join by phone! Hours vary by program. It's FREE. A program that provides free group recreational activities for older adults over the phone. No special equipment needed – any phone will do! Each phone session averages 8-10 people on the call. You are able to hear each other, talk to one another, learn, and/or just have fun!

tel: 905-973-0891

The Hamilton YWCA offers classes Mon thru Saturday by Zoom.

Call or visit their website for details.

tel: 905-522-9922

website: <https://www.ywcahamilton.org/>

To register please contact: Marnie Warman, Manager of Health and Wellness

Email: mwarman@ywcahamilton.org

View monthly schedule: <https://www.ywcahamilton.org/program-schedules/>

The Hamilton Association of Literature, Sciences and the Arts (HALSA)

The Association's principal activity is the presentation each year of eight free public lectures. These are open to anyone interested in attending virtually. Check out their upcoming lectures <https://www.haalsa.org/lectures.htm>. If you are interested, you can contact Ms. Aurelia Shaw at secretary@haalsa.org or by phone: 905-527-0080.

The Hamilton Public Library

The Hamilton Public Library has a Virtual Branch with all kinds of programs and activities happening.

- Young at Heart & Seniors without Walls series: <http://hpl.ca/events>

- Large print & digital resources

- Friendly Calling program

- Bookmobile scheduled weekly stops

tel: 905-546-3200 to talk with HPL staff

Hamilton Jewish Family Services- Kibbutz Corner - Seniors Center Without Walls

Hamilton Jewish Family Services is providing a phone in program called Kibbutz Corner which is open to everyone!

tel: 905-627-9922 for details

Hamilton Council on Aging is providing a series of talks on Healthy Aging. We are partnering with the City of Hamilton Recreation center to deliver these talks by phone. Also watch for our upcoming 2021 Cable 14 series of expert panels on topics of importance to older adults.

Ancaster Community Services is continuing to provide services during the pandemic: ACS Food Bank, Meals on Wheels and Frozen Meals, and Shopping 4 Seniors. Contact ACS if you have any questions regarding their programs and services.

tel: 905-648-6675

Email: ancastercommunityservices@gmail.com.

Dundas Community Service is continuing to provide services during the pandemic: Meals on Wheels, Frozen Meal Program, Assisted Transportation Services, Friendly Calling and Visiting Program. For more information call or visit the website.

tel: 905-627-5461

website: <https://www.dundascommunityservices.on.ca/seniors-programs> or call

The Hamilton Naturalists Club

Are you a birder or interested in becoming one? The Hamilton Naturalists Club connects beginners and experts to online education events and meetings.

tel: 905-634-3538

website: <https://hamiltonnature.org/about-us/membership/>

MIKE AND CITY: Students and Seniors Learning about Hamilton's History through Photography Thursday, January 28, 4:30-6:00 pm. Here's an opportunity to 'get out' and explore Hamilton. Local Urban Explorer and Photographer Mike Heinhold will share his photography of little-known locations in Hamilton's downtown and tell us the history behind them. This event is the first of three monthly shows, in which Mike will feature our city Hamilton for an intergenerational audience of seniors and Mac first years who have not even arrived yet in Hamilton – they are only online at McMaster. To register for the Zoom link, Contact Loretta Jaunzarins by email at info.glchamilton@gmail.com

Memoir Writing in Later Life - an Aging in Community Event

Dates: Mondays, January 25th and Feb 1st

Time: 1:00PM – 3:00PM

Location: Online

Facilitator: Ellen Ryan

Co-Sponsors: Hamilton Aging in Community, McMaster Gilbrea Centre for Studies in Aging, & Hamilton Public Library

Writing memoir (life stories) is a creative activity which benefits the older writer as well as family and loved ones with whom stories are shared. We discuss

benefits, writing strategies, and sample stories.

continued...

Within each session, participants respond to writing prompts and are invited to read their work aloud. Participants are encouraged to take part in both sessions.

To Register, please visit these links at the Hamilton Public Library

For Jan 25th: <https://events.hpl.ca/event/4804436>

For Feb 1st: <https://events.hpl.ca/event/4804437>

Sessions are open – Register at least by the day before the event so that links can be emailed to you. If you have difficulty, contact cdagosti@hpl.ca

Coffee & Cohousing - Monthly Informal Chat on all things Cohousing

To register for Zoom Link, please contact Judy Shepalo at 905-517-6494 or by email cohousinghamilton@gmail.com

Wednesday, January 27th from 6:30PM to 8:00PM

Saturday, February 27th from 10:30AM to NOON

Thursday, March 25th from 6:30PM to 8:00PM

Sunday, April 25th from 10:30AM to NOON

Wednesday, May 26th from 6:30PM to 8:00PM

Art Gallery of Hamilton - AGH

Check out the many online Winterfest offerings.

website: <https://hamiltonwinterfest.ca/>