

2018-2019

12TH ANNUAL REPORT



PRESENTED AT



The HCoA 12th Annual
General Meeting
Liuna Station, Hamilton
September 23, 2019



President's Message

HCoA has been working for 12 years to advance positive aging in our community.

Collaboration is a cornerstone of the work of the HCoA, with individuals, community and government organizations, businesses, and decision makers working collectively to improve life for ALL older adults. We have developed strong partnerships with individuals and groups, whom we recognize have shared goals and aspirations to create

a community that values and supports older adults and their contributions. We believe that with increased knowledge of what is happening in our community and by developing an understanding of the assets we collectively possess, we will continue to improve how we work together to respond and address the needs of older adults – and to the community at large.

It was with this in mind that we have launched our new *Opportunities Package for Partners in Positive Aging*. It is our goal with this new initiative to strengthen our community partnerships

and how we facilitate connections with one another so that we may learn and grow together. **Please visit our Information Fair today to get to know and learn about the wonderful work that our Partners in Positive Aging are doing for seniors in our community. Please visit the HCoA information table if you would like to learn more about how you too can become our *Partner in Positive Aging!***

It has been my great pleasure to serve as the President of the Hamilton Council on Aging for the past two years. As I begin my sixth year on the HCoA Board and third year as President, I reflect on how proud I am to be a member of this small but mighty team, that passionately and diligently works together to make positive aging a reality in Hamilton.

I would like to thank our funders who have supported the inspired work that you will read more about in this report, our partners, our volunteers, our staff, and our members for walking with us along our journey.

As HCoA grows and evolves, I look forward to being a part of the future, including the challenges and opportunities that will arise as we move forward to make Hamilton a “City for all ages.”

Sincerely,

David J Mifsud
President

Hamilton Council on Aging 2018 to 2019 Board of Directors

Elected at the 11th Annual General Meeting of the Hamilton Council on Aging, September 21, 2018

David Mifsud, President

Dr. Margaret Denton, Vice President

Melanie Froese, Treasurer

Penelope Petrie, Secretary

Jason Boelhouwer, Director

Rebecca Buckland, Director

**Glenys Currie, Director*

Cheryl Fenn, Director

Susan Goodman, Director

Dr. Faiza Hirji, Director

**Rosemarie Morris, Director*

Sharon Pierson, Director

Anne Pizzacalla, Director

Mary Tice, Director

Judit Zsoldos, Director

(indicates director exited prior to year-end)*

Mission

We advance positive aging by influencing attitudes, policies, and programs to include the voices of ALL older adults in Hamilton.

Vision

Positive aging is a visible reality in Hamilton.

Vision: A volunteer-driven organization, HCoA 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.

Strategic Priorities

HCoA is committed to:

1. **Bringing forward the voices and perspectives of older adults** on issues of concern
2. Creating an **Age Friendly Community**
3. **Improving access** to programs, services, and financial entitlements for older adults
4. Working to **reduce social isolation**
5. Working to **eliminate the abuse of older persons** in Hamilton

**Eliminating poverty is a cross-cutting theme among all strategic priorities.*

Organizational Priorities

HCoA has identified priorities to build the organization's capacity and support its infrastructure. The following sub-committees of the Board have been developed to address these priorities:

- ❖ **Finance and Audit Committee**
- ❖ **Board Development Committee**
- ❖ **Sustainability Committee**
- ❖ **Education & Advocacy Committee**

2018 to 2019 Programs



Age Friendly Hamilton

Age friendly communities establish policies, programs, services, and infrastructure to enhance quality of life as people age. HCoA is proud to have initiated the Age Friendly Hamilton movement in 2007. We are pleased with the progress that Hamilton has made in its journey to becoming age friendly over the past 12 years and are proud to be a part of this important initiative in our community. HCoA currently provides joint leadership in the development and implementation of Age Friendly Hamilton with the City of Hamilton and the City of Hamilton's Seniors' Advisory Committee.

Please visit www.hamilton.ca/agefriendly to view the 2018-2019 Age Friendly Hamilton Progress Report.

WE WANT TO HEAR FROM YOU! We are currently reaching out to older adults in greater Hamilton to learn about your experiences, challenges, solutions, and ideas to inform Hamilton's 2nd Age Friendly Plan (release date: Spring, 2020). *Please visit www.agefriendlyhamilton.ca or contact us to learn more.*

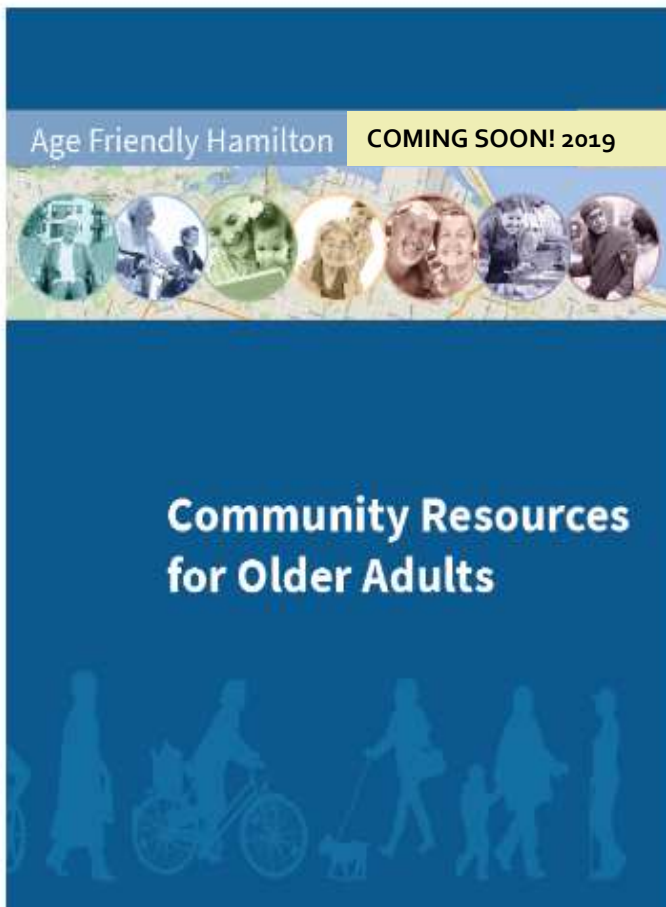


Improving Access for Seniors from Diverse Communities

One of HCoA's strategic priorities is to improve access to information about programs and services for ALL older adults. The Access program caters to seniors from diverse communities, addressing some of the obstacles that they face when trying to gaining access to mainstream information, such as language barriers.

Our goal is to make information more accessible for older adults so that they know where to turn for help when they need it!

We work with diverse communities to understand the issues that exist so that we can work together to create solutions. This includes extensive collaboration with Peer Mentor volunteers (cultural and language brokers) who help us to understand the issues and, in turn, act as resources for their peers.



中文版：2019 年 10 月推出！

Update: Please watch for the 2019 Guide: **Community Resources for Older Adults**, coming soon in English and Chinese. *More languages will follow!*

Backbone, Hamilton Seniors Isolation Impact Plan (HSIIP)

From May 2016 to April 2019, 7 organizations in Hamilton worked together to deliver innovative projects that addressed seniors' isolation in Hamilton, with the following objectives:

- ✓ to measurably reduce rates of seniors' isolation in Hamilton
- ✓ to build our community's capacity to identify, reach, and connect isolated older adults
- ✓ to prevent isolation in future

A Sample of Lessons Learned from the HSIIP Project and Recommendations for the Future:

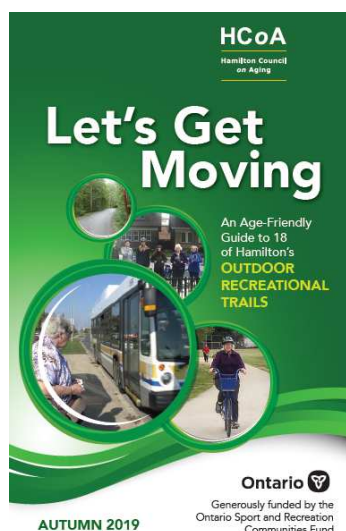
- Many older adults had basic unmet needs and/or chronic health conditions. These needs must be addressed and trust must be built before they can be connected with social activities.
- Rural areas can be particularly challenged with inadequate transportation. Future projects may want to consider combining outreach services with dedicated transportation.
- Future projects may want to include a more specific focus on diversity and inclusion.
- Expertise and training among community workers in mental health and addictions is recommended.
- A process should be created to ensure that older adults are aware of their financial entitlements.

Conclusion: The HSIIP Collaborative came close to reaching 20% of isolated older adults in Hamilton (during the 3-year project) and many lives were positively impacted. It is recommended that the Hamilton community builds on this momentum, expands its scope, and seeks both funded and non-funded ways to continue to support older adults who are experiencing, or are at risk of experiencing, social isolation.

Let's Get Moving

This project focuses on the lifelong enjoyment of sport and physical activity. It is designed to educate older adults on the mutual benefits of various forms of active transportation as a means of getting around and staying active, engaged, and healthy as we age!

From 2017 to 2019, Let's Get Moving designed and hosted 3 types of workshops for older adults: ***Let's Take the Bus, Let's Take a Walk, and Let's Ride a Bike***. Workshops include both educational and experiential components, with senior volunteers acting as coaches to enhance the long-term capacity for this program.



NOW AVAILABLE!
2019 Age Friendly
Hamilton Trail
Guide. Get
yours at the
HCoA Table
today or

www.coahamilton.ca

GERAS Women4Change Positive Aging Series

Modeled after the highly regarded GERAS-TO-GO, a series of 6 interactive workshops were adapted to enhance wellness, community knowledge and empower participants to create positive changes to age well.

GERAS Women4Change

Workshops are expertly facilitated by a team of senior volunteers with backgrounds in healthcare and education. Guest presentations from community agencies and the incorporation of easy, healthy food preparation have made this series very popular among participants!

In 2018-19, five 6-week workshop series were provided to almost 100 older adults in greater Hamilton (Puslinch, Dundas, downtown Hamilton, Stoney Creek).

Please watch for upcoming series that will pop up in 2019-2020 (including in different languages!)

Hamilton Council on Aging
Statement of Financial Position
As at March 31, 2019

	2019	2018
ASSETS		
CURRENT		
Cash	\$99,643	\$100,297
Accounts Receivable	-	1,600
Prepaid Expenses	-	3,453
HST Receivable	3,657	2,478
Due from Hamilton Health Sciences Corporation	-	3,121
	<u>\$103,300</u>	<u>\$110,949</u>
LIABILITIES		
CURRENT		
Accounts Payable & accrued liabilities	\$21,047	\$19,494
Deferred grant revenue, <i>note 2</i>	44,032	49,831
Due to Hamilton Health Sciences Corporation	751	-
	<u>65,830</u>	<u>69,325</u>
FUND BALANCES		
Unrestricted Funds	37,189	41,289
Internally Restricted Funds, <i>note 3</i>	281	335
	<u>37,470</u>	<u>41,624</u>
	<u>\$103,300</u>	<u>\$110,949</u>

Hamilton Council on Aging Statement of Operations

For the Year Ended March 31, 2019

	2019	2018
REVENUE		
Grants, note 4	\$223,166	\$203,708
Donations and Fundraising	1,263	3,695
Memberships	260	335
	<u>\$224,689</u>	<u>\$207,738</u>
EXPENDITURES		
Administration	\$17,461	\$21,507
Programs	96,574	66,434
Subcontract	55,642	54,370
Wages and Benefits	59,166	65,411
	<u>228,843</u>	<u>207,722</u>
(DEFICIENCY) EXCESS OF REVENUE OVER EXPENDITURES FOR THE YEAR	<u>\$(4,154)</u>	<u>\$16</u>
Transfer from Internally Restricted Funds	\$54	\$165
	<u>\$(4,100)</u>	<u>\$181</u>

Note 2: Deferred Grant Revenue

	2019	2018
Balance – Beginning of year	\$49,831	\$71,750
Additional Grants Received	217,367	181,789
Amounts recognized as revenue	(223,166)	(203,708)
BALANCE – END OF YEAR	<u>\$44,032</u>	<u>\$49,831</u>

Note 3: Internally Restricted Funds: These funds are internally restricted by the Board of Directors for activities of the Committee against Abuse of Older Persons.

Note 4: Grants: Grants are comprised of the following:

	2019	2018
Federal	\$104,962	\$88,746
Non-government	58,551	37,555
Municipal	36,595	56,136
Provincial	23,058	21,271
	<u>\$223,166</u>	<u>\$203,708</u>

**SAVE
—THE—
DATE**



**HAMILTON COUNCIL ON AGING
— 1ST ANNUAL —
LET'S GET MOVING WALK/RUN**

Grandparent's Day: Sunday, September 13, 2020

FAMILY EVENT

1km walk - 5km walk/run - 10km walk/run

Gather the family for a fun-filled event to support seniors in Hamilton!
LET'S GET MOVING!

**Visit www.coahamilton.ca
or call 905-777-3837 ext. 12238 for details.**

Thank you to our 2018 to 2019 Funders

City of Hamilton



- Senior's Engagement
- Age Friendly Hamilton

Hamilton Community Foundation



- GERAS
- Women4Change

Government of Canada



- Backbone: Hamilton Seniors' Isolation Impact Plan

Government of Ontario



- Age-Friendly Fair and Forum (Volunteerism)
- Let's Get Moving!

United Way of Halton & Hamilton



- Improving Access for Seniors from Diverse Communities Program



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The Hamilton Council on Aging is a Registered Charity
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