





# ANNUAL REPORT

## 2021-2022

For more information, visit us at [www.coahamilton.ca](http://www.coahamilton.ca)  



The Hamilton Council on Aging (HCoA) is a non-profit charitable organization founded in 2005. A group of retired professionals, academics, and community leaders identified the need for an independent group that focuses on and addresses the systemic issues that affect the aging experience, recognizing that some seniors fall through the cracks between existing agencies and government departments.



## 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 their voices.



## VISION

Positive aging is visible in Hamilton.



## VALUES

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 make us stronger.



Photo Taken By: Donna Waxman Photography



Photo Taken By: David Butcher



Photo Taken By: Cheryl Fenn



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## Board of Directors

- Dr. Lori Letts, *President*
- Mary Burnett, *Secretary-Treasurer*
- David Mifsud, *Past President*
- Rebecca Buckland, *Director*
- Sharon Pierson, *Director*
- Anne Pizzacalla, *Director*
- Dr. Julie Richardson, *Director*
- Mary Tice, *Director*
- Soumeya Abed, *Director*
- Dale Brown, *Director*
- Nancy Schuur, *Director\**
- Dr. Margaret Denton, *Director*
- M. Angela (Angie) Armstrong, *Director*

*\* indicates director exited prior to year end*



## Message from the President

Older adults in Hamilton have much to offer in our community and the Hamilton Council on Aging has continued to advocate for their inclusion and to support positive aging in Hamilton. We are pleased to bring this annual report to the community, so that we can highlight our many activities and achievements over the past year.

Significant progress has been made to make Hamilton a more Age-Friendly and Dementia-Friendly Community. With financial support from the City of Hamilton, the Ontario Government (through an Inclusive Communities Grant), the Public Health Agency of Canada, United Way Halton & Hamilton, and the Alzheimer Society Foundation, older adults and community partners have come together to make Hamilton a more inclusive and accepting community.

Education and advocacy have also made important impacts over the past year. Regular columns in the Hamilton Spectator have continued, addressing a wide array of topics of interest to older adults in our community. In addition, workshops to support positive aging and to support seniors to “get moving” have been delivered, both virtually and in person. The United Way and a New Horizons for Seniors Program Grant have supported the delivery of these workshops.

This year also saw fundraising through a Walk for Health in February 2022. The event raised funds for both the United Way and HCoA’s Let’s Get Moving initiative.

Of course, the COVID-19 pandemic has continued to challenge all of us in the Hamilton community throughout the past year. The work of the Hamilton Council on Aging has continued, mostly on-line; we hope to bring members of the community together in person more in the coming year, while continuing to offer accessible options for on-line engagement whenever possible.

Throughout this annual report, you can find more details about the many initiatives and efforts made by the Hamilton Council on Aging Board members and volunteers to achieve our mission to advance positive aging in Hamilton.

Many thanks to our Board members, volunteers and staff who have made many contributions throughout the past year to help us realize our strategic priorities. We welcome this opportunity to share our activities over the past year with the Hamilton Community and invite anyone interested in joining our efforts to contact us.

Lori Letts, *President*

*Photo Taken By: Tae Photography*





# Engaging and Bringing Forward the Voices and Perspectives of Older Adults on Issues of Concern

Julie Richardson, *Co-Chair*

The Education and Advocacy Committee has continued to have a productive year as we emerge from the pandemic. Op-Eds have been published monthly in the Hamilton Spectator, although consistent with new guidelines they are in a shortened format. The topics have included Medical Assistance in Dying (MAID), Co-Housing for Older Adults, Navigating the Healthcare System, Older Workers and a Decade of Healthy Aging.

An application to the New Horizons Seniors Grant was successful and will provide \$25,000 to support the four Let's Get Moving workshops: Let's Take the Bus, Let's Drive a Car, Let's Take a Walk and Let's Ride a Bike. We have a very busy schedule for Let's Get

Moving workshops for Fall 2022 with plans to hold these in-person. The Let's Get Moving Guide has been revised and distributed to various community groups. We also received permission to carry over funds from the United Way Halton & Hamilton which enabled us to hire a part-time coordinator to assist with the organization of the workshops.

Positive Aging Series and Navigating the Healthcare System workshops were offered virtually during the year. The sign-up for these has been less than expected and we suspect that older persons are reluctant to return to community in-person events and so several of these have been cancelled. As we move into Fall 2022 we will advertise the workshops



more widely especially using social media and also offer a hybrid model of delivery.

There were several presentations at the International Federation on Aging Conference in November 2021 (virtual at Niagara Falls) including a description of the activities of the Age-Friendly Collaborative and evaluation of these activities, and the Positive Aging Series work.

An application was submitted to the Inclusive Communities Grant funded by the provincial government which would provide 6 months funding largely to support the work of the Age-Friendly Collaborative Committee. Our application focused on strategies to support diversity and inclusion of multicultural groups and rural populations and is well aligned with many of the existing activities of the Education and Advocacy Committee community workshop series.

Margaret Denton represents the Hamilton Council on Aging on the Ontario Association of Councils on Aging (OACA). The OACA sent a letter to the Premier of Ontario and several Ministers about the strategy for long-term care. OACA also prepared a document with important issues around aging to share with our members and can be used to communicate with elected officials at the provincial or municipal level. It was included in the newsletter.

Julie Richardson wrote a letter on behalf of HCoA to the Premier in support of the optometrists' negotiations with the provincial government and received a letter of acknowledgement from the Premier.

Julie Richardson is stepping down as Co-Chair of the Education and Advocacy Committee and Margaret Denton and Dale Brown will continue as Co-Chairs to this committee.

We welcomed a new member to our committee, Andra Linetski, who is a registered nurse at Hamilton Health Sciences in gerontology. We were sorry to lose Jeanne Mayo from our committee this year due to health reasons and her contribution is missed.

We have circulated two newsletters from the HCoA this year, the first in December 2021 and recently in June 2022. They will continue twice a year in spring and fall. The newsletter includes opinion editorials, positive aging portraits, resources and community opportunities, and updates about the activities of HCoA. Soumeya Abed has kindly agreed to assume the role of producing the newsletter.



If you are interested in contributing to our newsletter, please send us an email at [info@hamiltoncoa.com](mailto:info@hamiltoncoa.com), or to receive a copy, please visit our website [www.coahamilton.ca](http://www.coahamilton.ca) to subscribe.





# Creating an Age-Friendly Community and Reducing Ageism

Julie Richardson, *Chair*  
Tracy Gibbs, *Project Manager*



Early in 2021, the Hamilton Council on Aging, City of Hamilton and the City of Hamilton's Senior Advisory Committee launched Hamilton's 2021-2026 Plan for an Age-Friendly Community. The plan includes 7 strategic goals, 21 objectives, 61 recommendations and provides a valuable roadmap to guide our ongoing age-friendly initiatives.

At that time, we were aware of the economic and social disruptions resulting from the pandemic and we experienced the impact on our community. Despite disruptions resulting from the pandemic, we heard countless stories about resilience, innovative shifts in the way services and programs are offered, and a continued commitment to

ensure that Hamilton remains 'the best place to raise a child and to age successfully'. By leveraging the power of technology and creatively adapting our processes, the Age-Friendly Collaborative Committee (AFCC) has successfully navigated year one of implementing Hamilton's Plan for an Age-Friendly Community.

In 2021, the Hamilton Council on Aging secured a one-year Ontario Inclusive Communities Grant to develop an implementation strategy for the Plan. Following a governance review, the committee transitioned to a new organizational structure that enables and supports the implementation of the Plan. This included the organizing of the

Age-Friendly Collaborative Committee (AFCC) with 14 goal champions, two for each strategic goal. Eleven new AFCC members were recruited and oriented to the committee from various City of Hamilton departments and community organizations.

By the end of 2021, six action and evaluation plans that aim to address key recommendations in the plan were developed, with implementation activities commencing in 2022.

The AFCC engaged the non-profit/voluntary, public and private sector organizations that are contributing to making Hamilton the best place to age well and developed a 2021 Hamilton Age-Friendly Community Report that reflects our collective progress.

Ongoing engagement and shared learning opportunities are central to the implementation of Hamilton's Age-Friendly Plan. This is achieved through broader participation in committees such as the Ontario Association of Councils on Aging, the Southern Ontario Age-Friendly Network, and the Ontario Age-Friendly Communities Network Exchange.

Dr. Julie Richardson will be leaving the position of Chair for the Age-Friendly Collaborative Committee at the end of June 2022. Julie has made significant contributions over the past year, effectively transitioning the stakeholders to a collaborative model, overseeing the successful planning and implementation of Age-Friendly Plan

recommendations, and achieving the objectives of the Ontario Inclusive Communities grant. Julie's leadership will be missed by all.

We welcome Angie Armstrong to the position of Chair of the Age-Friendly Collaborative. Angie brings a wealth of knowledge and experience in Age-Friendly Communities consultation, with specific expertise in the housing sector.

In 2022, we will continue to develop and implement age-friendly initiatives and work with partners throughout the communities of Hamilton to advance the recommendations in Hamilton's Plan for an Age-Friendly Community.







# Creating a Dementia-Friendly Community

Mary Burnett, *Board Lead*  
Tracy Gibbs, *Project Manager*

Dementia affects the lives of people living with the disability, care partners, families and whole communities. Much of what we see in movies, television, and other images has led to negative assumptions and stereotypes about people living with dementia. Our goal is to counter this by demonstrating that people with dementia do a lot for themselves and others and are in control of their lives, even if they need help with some tasks.

Did you know that about 61% of older adults in Canada with dementia live outside of long-term care or nursing homes<sup>1</sup>? In 2019, the Empowering Dementia-Friendly Communities consulted with over 300 people affected by dementia living in Hamilton and Haldimand. We heard personal stories of being afraid to go to community spaces or access community services for fear of judgement, being misunderstood, or a general lack of awareness and support.

Over the last year, the Hamilton Council on Aging has been working in partnership with people living with dementia to change negative perceptions of dementia and improve quality of life for others affected by the disability.



<sup>1</sup> Canadian Institute for Health Information. <https://www.cihi.ca/en/dementia-in-canada/dementia-care-across-the-health-system/dementia-in-home-and-community-care>



## Together we:

- ✓ Developed a free, one hour training workshop available online or in-person for individuals and community-based organizations, groups, and businesses.
- ✓ Supported the development of two leadership teams led by and comprised of people living with dementia who are creating positive change in their respective communities.
  - Dementia Friends in Our Communities - Hamilton developed Living Well with Alzheimer's and Other Dementias, a quarterly newsletter created, written, and distributed by people living with dementia.
  - Dementia Inclusive Communities for Everyone (DICE) engaged residents of Haldimand County to develop and submit artwork for a future public mural.
- ✓ Developed a Faces of Dementia campaign, amplifying personal stories through beautiful imagery and film.

## In 2022-2023, our goal is to...



Educate over 1000 people through the dementia-friendly community workshops.



Launch the Faces of Dementia Campaign across both communities.



Continue to support and learn from the great work of the leadership teams.





# Sustainability Committee Report

Mary Tice and Dale Brown, *Co-Chairs*

The Sustainability Committee is a Standing Committee of the Board which works on ensuring financial stability in order that the Hamilton Council on Aging can have a greater impact in the community. On February 27, 2022, a 10km “Walk for Health” fundraiser was held on Hamilton’s Waterfront trail to raise funds for both HCoA and the United Way Halton & Hamilton.

Over \$8,000 was raised and \$1,200 was donated to the United Way. Almost 30 walkers came out on a sunny and not too cold day. The event provided an opportunity for community to get together for the first time in many months and to raise the profile of the HCoA.

In addition to supporting the United Way, the proceeds from this walk will support the HCoA’s “Let’s Get Moving” workshops for older adults (Let’s Take a Walk; Let’s Take a Bus; Let’s Ride a Bike; Let’s Drive a Car). “Let’s Get Moving” is promoting the health benefits of active transportation and increasing opportunities for older adults to participate in outdoor recreational walking and cycling along trail systems in Hamilton.

**The Sustainability Committee is seeking additional members. If you want to join us please contact HCoA by email at [info@hamiltoncoa.com](mailto:info@hamiltoncoa.com). Being a Board member is not a requirement to join the Committee.**

**The Committee thanks everyone for their support this past year.**



The Hamilton Council on Aging received recognition from the United Way Halton & Hamilton with the Game Changer Award which is given to organizations that pivoted within their workplace campaign with resiliency and creativity to ensure community needs were met and identified new and innovative ways to maintain and exceed campaign excellence.



## FINANCIALS

### HAMILTON COUNCIL ON AGING STATEMENT OF FINANCIAL POSITION

As of March 31, 2022	2022	2021
<b>ASSETS</b>		
Cash	50,369	164,825
Grants Receivable	100,913	0
Prepaid Expenses	4,618	6,765
HST Receivable	11,364	5,252
Due from Hamilton Health Sciences	-	9,532
	<b>\$167,264</b>	<b>\$186,374</b>
<b>LIABILITIES</b>		
Accounts Payable & Accrued Liabilities	73,338	58,307
Deferred Grants	46,423	86,972
	<b>\$119,761</b>	<b>\$145,279</b>
Unrestricted Funds	47,503	41,095
	<b>\$167,264</b>	<b>\$186,374</b>
<b>Deferred Grant Revenue</b>		
Balance Beginning of Year	86,972	24,249
Amounts Received/ Receivable During the Year	361,103	332,323
Amounts Recognized as Revenue During the Year	(401,652)	(269,600)
	<b>\$46,423</b>	<b>\$86,972</b>

### HAMILTON COUNCIL ON AGING STATEMENT OF OPERATIONS

Year ended March 31, 2022	2022	2021
<b>REVENUE</b>		
Grants	401,652	269,600
Donations and Fundraising	4,521	1,005
Memberships	0	50
	<b>\$406,173</b>	<b>\$270,655</b>
<b>EXPENDITURES</b>		
Administration	26,131	19,194
Programs and Workshops	308,912	221,487
Wages and Benefits	64,722	28,595
	<b>\$399,765</b>	<b>\$269,276</b>
Excess of Revenue over Expenses	<b>\$6,408</b>	<b>\$1,379</b>
<b>Grants are comprised of the following</b>		
Federal	270,677	227,600
Provincial	55,905	0
Municipal	29,894	30,435
United Way Halton & Hamilton	25,176	11,565
Alzheimer Society Foundation	20,000	0
	<b>\$401,652</b>	<b>\$269,600</b>

HCoA audited financial statements are available online at [www.coahamilton.ca/about-us](http://www.coahamilton.ca/about-us)





## Want to get Involved?

If you have time to give and are interested in working with us, we would love to hear from you! Send an email to [info@hamiltoncoa.com](mailto:info@hamiltoncoa.com) with a brief description of your skills and experience and indicate an area of interest.

- Join a committee
- Help with special events
- Become a senior peer leader
- So much more

## Become a Supporter of HCoA

At HCoA, we champion the rights of seniors but what we do is not possible without the support of our community. With your help we will continue to support education, advocacy, and programs, to improve the lives of older adults.



### How to Support Using E-Transfer

1. Log in to your online banking account or mobile banking app.
2. Select the Interac e-Transfer option.
3. Add Hamilton Council on Aging as a new recipient with email address: [epayment@hamiltoncoa.com](mailto:epayment@hamiltoncoa.com)
4. To receive a tax receipt for a donation of \$10+ please include your first and last name and mailing address in the space provided for a message/comment.
5. Your donation will automatically be deposited into HCoA's account. You will not need to set up a security question (there are a few banks that do not support automatic deposit so please check with your bank if you are being asked to set up a security question).



### How to Support by Cheque

You can donate by mailing a cheque, made payable to the Hamilton Council on Aging, to our temporary mailing address: c/o 205-550 Fennell Avenue East, Hamilton ON L8V 4S9



### How to Support by Online Donation

You can donate online via Canada Helps at [www.canadahelps.org](http://www.canadahelps.org) or follow this link:

[www.canadahelps.org/en/charities/id/99524/](http://www.canadahelps.org/en/charities/id/99524/)

CanadaHelps.org is an organization that works with registered Canadian Charities to help them manage online donations.



## Check out what HCoA is working on!

### Navigating the Health Care System Workshop

This is a series of 3 workshops. The workshop objective is to increase our capacity to give and obtain, process and understand health information and services so we can make and act on appropriate health decisions and plans.

The series incorporates knowledge and strategies from local and national experts and applies these as exercises to commonly encountered situations including community and hospital care.

There is also a focus on local resources to support our skill development. The program incorporates an interactive portion during each of the three sessions, so participants add to and enrich our collective learning.

Topics Include:

- Navigating the Health Care System as an Older Adult in Primary Care
- Navigating the Hospital System as an Older Adult
- Navigating Community Supports as an Older Adult



**You can register for these workshops by:**

Phone: 905-777-3837 ext 12238

Email: [workshops@hamiltoncoa.com](mailto:workshops@hamiltoncoa.com)

Online: [coahamilton.ca/events/](https://coahamilton.ca/events/)

### Let's Get Moving Workshops

Active transportation is important for positive aging and has been identified as an important determinant of health.

- ✓ **Let's Take a Bus Workshop:**  
(developed in partnership with the City of Hamilton Transit Division and Hamilton Seniors Advisory Committee )  
Learn how to navigate the local transit system, board & exit the bus, wayfinding, fares and Presto passes.
- ✓ **Let's Take a Walk Workshop:**  
Learn about the benefits of walking and tips for safe walking. The workshop includes a guided walk on an outdoor trail or city route.



- ✓ **Let's Drive a Car Workshop:**  
Learn about how aging affects driving, safety tips, assessing your driving skills, licensing and smart car features, alternatives to driving and driving resources.
- ✓ **Let's Ride a Bike Workshop:**  
Learn about the benefits of cycling, health and safety measures, rules of the road and taking advantage of bike-share rental programs.



## Positive Aging Workshops

This series of 6 workshops explores the determinants of health for positive aging. Delivery format allows for questions, quizzes and audience contributions. We also focus on local resources and strategies to support individual adoption of healthier habits.

Topics include:

- **As Time Goes By**: What to Expect as We Age: Normal Changes of Aging, How We Adapt and Resources to Support Healthy Aging
- **The Secret Ingredients to Healthy Aging**: Nutrition Tips and Advice including strategies to optimize your eating behaviour and recipes to optimize nutrition
- **The 5-Star Approach to Staying Mentally Fit**: Evidence based strategies to support brain health
- **Faster, Further, Stronger**: Why and How to Stay Active Throughout the Years with a focus on local resources to support and enhance your activity level
- **Home Sweet Home: Strategies to Keep Your Independence**: Optimize your home to support aging in place with an emphasis on falls risk reduction and resources to support home adaptation
- **Come Join In! The Benefits of Being Socially Active**: Review the evidence that supports socialization and how to stay connected in your community.

### FACES OF DEMENTIA

A Campaign sharing the stories & wisdom of people who live with dementia!



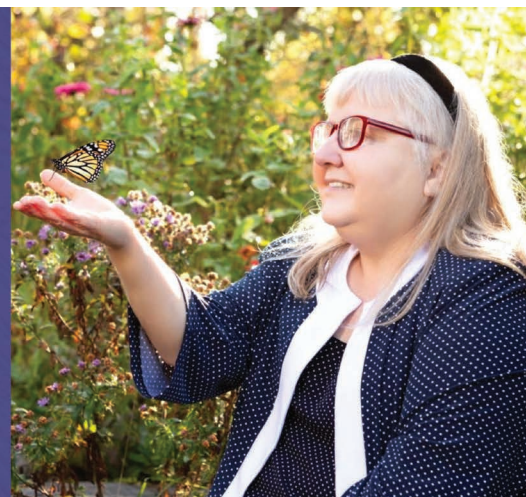
Visit Our Campaign website

[www.FacesOfDementia.ca](http://www.FacesOfDementia.ca)

### FACES OF DEMENTIA

#### Free 1-hour Certificate Workshop

Earn a Dementia Friendly Workshop Certificate on your lunch break!



#### Individuals

Register for an upcoming workshop at [www.FacesofDementia.ca](http://www.FacesofDementia.ca)

#### Organizations/Businesses

Contact Wendy at [Wendy@HamiltonCoa.com](mailto:Wendy@HamiltonCoa.com) to schedule a workshop for your group/team!

[www.FacesOfDementia.ca](http://www.FacesOfDementia.ca)





## 2021-2022 Funders

Your support enables us to take strides in working towards our vision to ensure that positive aging is a visible reality in Hamilton.



Hamilton

Seniors Engagement  
Age Friendly Hamilton



Ontario

Inclusive Community  
Grant

Canada

**Alzheimer Society**  
FOUNDATION  
BRANT HALDIMAND NORFOLK  
HAMILTON HALTON

Empowering Dementia-  
Friendly Communities  
– Hamilton & Haldimand Project



United Way  
Halton & Hamilton

Improving Access for  
Seniors from Diverse  
Communities Program



Hamilton Council on Aging

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