



ANNUAL REPORT

2022-2023

For more information, visit us at www.coahamilton.ca





The Hamilton Council on Aging (HCoA) is a non-profit charitable organization founded in 2005. A group of retired community leaders, professionals, and academics 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. HCoA was incorporated as a non-profit organization in 2007 and became a Registered Charity in 2009.



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.



STRATEGIC PRIORITIES

1. Bringing forward the voices and perspectives of older adults on issues of concern
2. Creating an age-friendly and dementia-friendly community and reducing ageism
3. Delivering education and programming to increase the participation of older adults in the community



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Board of Directors

Maria Antelo, *Director*
 Angie Armstrong, *Director*
 Dale Brown, *Director*
 Mary Burnett, *Secretary-Treasurer*
 Margaret Denton, *Director*
 Kamal Jain, *Director*
 Lori Letts, *President*
 Joanne Pearson, *Director*
 Sharon Pierson, *Director*
 Anne Pizzacalla, *Director**
 Ashley Sumler, *Director*
 Mary Tice, *Director*
 Carolyn Triemstra, *Director*
 Heather E. Watson, *Director*

** indicates director exited prior to year end*



Message from the President

I am honoured to introduce you to the progress and dedication of the Hamilton Council on Aging over the past year. The Council has strong partnerships with several other groups and organizations as noted in the various committee reports. These partnerships mean that we can reach more people and collaborate to promote positive aging in Hamilton.

Some of the success over year that ended in March 2023 include:

- New Horizons funding to support “Let’s Get Moving” workshops
- Successfully completing the Empowering Dementia Friendly Communities Hamilton Haldimand project, including the Faces of Dementia Campaign.
- Being Awarded a Dementia-Friendly Communities Award (Small to Medium Organization) and being finalists in two other categories (the MICE+ team was a finalist as a Dementia-Friendly Grassroots group and a project volunteer and advocate, Debbie Keay was a finalist in the Dementia-Friendly Voice category).
- Bringing together summaries of Age-Friendly practices underway in Hamilton that impacted over 9,000 people in Hamilton across the 7 goal areas of the Age-Friendly Hamilton Plan.
- Creating two new committees to ensure we have accountability internally (the Finance and Audit Committee) and externally (the Community Outreach Committee).
- Publishing monthly articles in the Hamilton Spectator, along with a twice yearly newsletter.

By the end of the fiscal year, plans were well underway for the Walk for Health, and activities to build more age-friendly and dementia-friendly communities. Partnerships with funders, sponsors, and community-members continue to build.

I am excited to see the progress that we as a Council on Aging are making in Hamilton. Of course, that progress would not be possible without the commitment and energy of our Board of Directors, volunteers, and staff. If you have questions, comments or are interested in joining a project, committee, or the board, you are welcome to contact us.

Lori Letts, *President*

Education and Advocacy Committee



Dale Brown and Margaret Denton, *Co-Chairs*

The Education and Advocacy Committee works to identify timely issues of relevance to local older adults and tackle anti-ageism through various activities. Each month, guests are invited to contribute opinion editorials to the Spectator. Recent topics include “A cautionary estate planning tale” (Heather E. Watson), “Social Prescribing” (Pat Spadafora) “Ageism a barrier in the job market” (Margaret Denton), “Local citizens living with Alzheimer’s disease are looking to change the way people understand dementia” (Debra Anne Keay, Douglas Schweyer and Phyllis Fehr) and “Charging for Ontario Photo Cards is discriminatory” (Heather E. Watson).

Opinion editorials are available at www.coahamilton.ca.

HCoA offers several workshop series:

Together, we have cohosted a total of 23 workshops for 371 participants this year.



Navigating the Healthcare System:

This series of 3 workshops is designed to help you understand health information and services to make decisions and plans that meet your needs.



Positive Aging Workshops:

This series of 6 workshops explores the determinants of health or positive aging. Workshops are interactive and encourage participant contributions. We also focus on local resources and strategies to support adoption of healthier habits.



Let’s Get Moving Workshops:

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

Let’s Get Moving Workshops include Let’s Take the Bus, Let’s Take a Walk, Let’s Ride a Bike, and Let’s Drive a Car.

HCoA workshops are unique in that they were developed in partnership and are facilitated by volunteers with backgrounds and expertise in course content. We are grateful for our dedicated team of volunteers who work alongside paid staff to make these workshops possible, along with our community partners including Dundas Community Services, Flamborough Connects, The City of Hamilton, YWCA Hamilton, and Hamilton Public Library.

This year we worked to enhance workshops for older adults throughout greater Hamilton. We hired a retired gerontologist to help develop evidence-based content for the Let’s Get Moving education series. We worked with the City of Hamilton Transit Division to create 5 information videos and they are now part of the Let’s Take the Bus workshop. We shared our Let’s Get Moving guide with community groups. We successfully adapted program delivery to accommodate options for both virtual and in-person participation in response to preferences stemming from the Covid-19 pandemic. We have found this new approach to be a solution to address multiple barriers to participation, including preferences around in-person settings, as well as other barriers such as geography and transportation.

2022-2023 HCoA Educational workshops were supported with funding from New Horizons of Canada, the United Way of Halton and Hamilton, the City of Hamilton Enrichment Fund, and proceeds from the HCoA Walk for Health Fundraiser.



Please visit www.coahamilton.ca or contact us at

☎ 905-777-3837 ext. 12238 or ✉ workshops@hamiltoncoa.com to register for a workshop, learn more about volunteering with us or inquire about co-hosting a cost-free workshop for your group or organization.



Growing our Age-Friendly Hamilton

M. Angie Armstrong, *Chair*

Age-Friendly Hamilton has come a long way since the seed that Dr. Margaret Denton and HCoA planted back in 2007. Through four official plans (two in partnership with the City of Hamilton and Seniors' Advisory Committee), evolving priorities, joined leadership, and acknowledgment of aging at the forefront of our city's vision—change has been key to growing our Age-Friendly Hamilton over the past 15 years.

And this year is no exception! As we emerge from the height of the Covid-19 pandemic, we are that much more conscious of the need to pay attention to the diverse and ever-changing needs and priorities of all older adults in our community. It is our goal to work in partnership with stakeholders across our community to appreciate, connect, and create policies, programs, and infrastructure that enhance quality of life and enable us to age positively in Hamilton. Reflecting on 2022 – our second year in the implementation phase of Hamilton's Plan for an Age-Friendly Community (2021-2026), we are proud of what our community has accomplished towards Hamilton's vision to be the “best place to raise a child and age successfully.”

We are delighted to continue work alongside governance partners at the City of Hamilton and Seniors Advisory Committee to oversee strategy and the implementation of the Age-Friendly Hamilton initiative. Part of this work includes a focused and enhanced Diversity Equity and Inclusion Strategy, which will be a priority for us moving forward to ensure that representation and all aspects of our work are reflective of the diversity of our community. Our Age-Friendly Collaborative Committee

continues to expand, and we are grateful to our growing cross-sectoral team of twenty goal champions who contribute their time, expertise, and leadership to network with the broader community and advance goals and projects to create an Age-Friendly Hamilton.

This year, for the second time we reached out to the community with an annual survey to better understand the ongoing age-friendly work taking place in Hamilton. We received 50 submissions - double the number from last year from local groups and organizations who self-reported on their age-friendly programs and practices. You can view a list of submissions in our 2022 Age-Friendly Hamilton Progress Report along with details of those submissions in an accompanying detailed progress report (www.coahamilton.ca). We know that what was reported is just a fraction of the outstanding Age-Friendly work going on and we are committed to improving ways to enhance buy-in and participation to raise awareness, celebrate successes, encourage collaboration, and improve quality of life for older adults. Please watch for this year's survey or contact us to share your Age-Friendly Hamilton success story in late 2023!

We look forward to enhanced engagement to increase awareness about the Age-Friendly Plan; improve our own and community knowledge about the wide range of age-friendly programs and practices that are taking place, and better understand and work with community partners to respond to the emerging and diverse needs and priorities of all older adults in greater Hamilton. The sky is the limit, and we can only continue to grow from here!



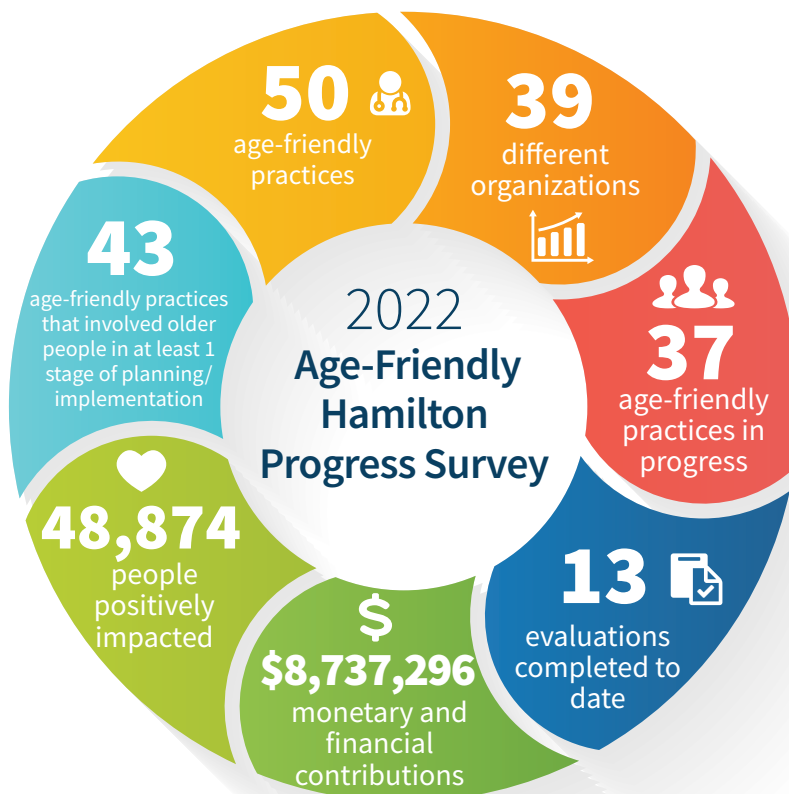
At a Glance


Hamilton's Plan for an Age-Friendly Community (2021-2026) was launched in April 2021 and includes:



which were informed by community consultation with over 700 older adults, municipal staff, and community stakeholders. This plan is a community guide to address the current needs and priorities of older adults and seniors living in Hamilton.

Age Friendly Goals



 You can view a copy of Hamilton's Plan for an Age-Friendly Community, 2022 Age-Friendly Hamilton Progress Report and accompanying detailed Progress Report at www.coahamilton.ca.

If you would like a report mailed to you, please contact us at
☎ 905-777-3837 ext. 12238 or
✉ info@hamilton.ca



Empowering Dementia-Friendly Communities

Mary Burnett, *Chair*

For the past 3+ years, HCoA has been honoured to be a part of a new way of thinking in creating Dementia-Friendly communities in Hamilton, Haldimand county, and beyond. The Empowering Dementia-Friendly Communities Hamilton, Haldimand 2020-2023 project was a communities-based initiative led by the Hamilton Council on Aging, people living with dementia and a multi-disciplinary team of partners including the Alzheimer Society, GERAS, Haldimand Senior Support Services, Hamilton Health Sciences, McMaster University, the Regional Geriatric Program central, and Age Friendly Hamilton. This project was inspired and guided by incredible individuals who shared their experiences living with dementia to examine and challenge the status quo to create more dementia-friendly communities.

We are proud of multiple achievements our team worked to achieve in the final year of this project, funded by the Public Health Agency of Canada.

We worked to foster social inclusion through a Dementia-Friendly communities education program co-created and co-delivered with people living with dementia.

Using a human rights approach, the program included the delivery of workshops and resources to empower community sectors to create dementia-friendly environments.

Over 90% of participants indicated that the program increased their knowledge about dementia, stigma and how to make their community more dementia friendly!

We are pleased that this program will continue to be offered in the future through our partners at the Alzheimer Society. Please contact ☎ 905-529-7030 for more information.

We challenged stigma and understanding about dementia through the Faces of Dementia Campaign.

Faces of Dementia was launched in May 2022, telling the stories of seven individuals living with dementia. Through a series of videos, posters, and imagery, campaign participants share who they are as people first to remind us that each is so much more than their diagnosis. Faces of Dementia was presented at two in-person launch events and extended interactive gallery exhibits at Sackville Hill Seniors Recreation Centre in Hamilton and the MINGA Café in Dunnville. There was also a large-scale publicity campaign to extend reach of this powerful campaign and its message to the broader community.

In all, there were 16 million views of the Faces of Dementia Campaign!



We piloted the creation of local empowerment groups led by citizens living with dementia. Volunteer group members contributed their time, energy and unique skills, talents, and experience to define goals and develop and implement local projects to improve the quality of life for people affected by dementia.

In 2022, *Dementia Friends Hamilton* launched their quarterly newsletter, *Living with Alzheimer's*. This is the first newsletter that we know of nationally that is written primarily by individuals who live with dementia. With this comes a unique perspective on issues that we most often hear about from the voices of healthcare professionals or care partners. *Living Well with Alzheimer's* is available online and in-print.

Please visit www.coahamilton.ca or call ☎ 905-777-3837 ext. 12434 to subscribe and read this newsletter or learn more about this remarkable team.

Memory+ Inclusive Communities Everywhere (MICE) Haldimand is committed to using the insight they have gained through their experiences living with Acquired Brain Changes (dementia) to inspire a more understanding, helpful and inclusive community. In 2022, MICE invited Haldimand artists to submit original artwork for a public mural to depict 'inclusive communities everywhere.' The MICE MURAL, featuring designs from 3 local artists was proudly unveiled at the first MICE Festival, funded by the Ontario Senior Secretariat and Older Adult Activities Association of Ontario. The MICE Mural is now permanently located at the Medicine Shoppe, Caledonia. In honour of their work, MICE Haldimand was a proud finalist for the 2022 Alzheimer Society of Canada National Dementia Friendly Communities Awards in the category of Grassroots Group.

Visit www.MICEHaldimand.ca to learn more about this creative team and stay informed about their current projects and activities.

The Empowering Dementia Friendly Communities project has taught us that there is a lot that needs to be changed for people who live with dementia. This begins with community and healthcare providers, decision-makers, family, friends, and all of us really listening to those who live with dementia to learn, grow, and create dementia-friendly communities.

As the final phase of this project comes to a close, plans are being put in place to continue and build on successes and lessons learned from this groundbreaking work.



Living Well with Alzheimer's and Other Dementias:

A newsletter written by individuals who live with dementia or A.B.C. (Acquired Brain Changes)



The Hamilton Council on Aging is the proud recipient of the 2022 Alzheimer Society of Canada Dementia Friendly Communities Award in the category of small to medium organization!



Sustainability Committee

Dale Brown and Mary Tice, *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. Funds raised in past campaigns have assisted in funding the HCoA's Educational Workshops to support positive aging and well-being.

The Committee concentrated on two objectives this year:

1. Lay the foundation for the implementation of an annual "Walk for Health" campaign; and
2. Prepare and promote a Donor and Corporate Sponsorship Program. These initiatives will increase the profile of HCoA while generating revenue to ensure that financial commitments for workshops and administrative support will be sustainable.

A percentage of funds raised from the Walk for Health is donated to the United Way Halton and Hamilton that funds numerous community projects of which the HCoA is a grateful recipient. In addition, the Committee interfaces with other Board committees to investigate relevant grant and funding opportunities to support our mission and vision goals.

The Committee thanks everyone for their support this past year.



The Sustainability Committee is seeking additional members. If you want to join us, please contact HCoA by email at info@hamiltoncoa.com. Being a Board member is not a requirement to join the Committee.





Community Outreach Committee

Lori Letts, *Chair*

The Community Outreach Committee was newly-formed in December 2022, with a mandate to support communications between the Council and the community. Our membership includes board and community members. In our first three months the Outreach Committee has:

- Taken responsibility for the Hamilton Council on Aging Newsletter, producing both a Winter and Spring newsletter.
- Received information about research projects being conducted in Hamilton and shared information about these with community members through the newsletter and the HCoA website.
- Generated a list of key community groups and organizations in preparation for a broader outreach initiative in the future.

In the coming year, our committee plans to undertake a review of our website and social media accounts, to ensure we are presenting the Hamilton Council on Aging in a way that is as accessible and inclusive as possible. We will continue to edit and distribute the twice-yearly newsletter, with plans to explore a paper version of the newsletter to distribute to community sites.

Finance and Audit Committee

Mary Burnett, *Chair*

The Finance and Audit Committee was formed in Fall 2022 to assist the Board to ensure that the Hamilton Council on Aging operates in a financially prudent manner with appropriate controls and checks and balances. The Committee chaired by the Treasurer, with at least one other board member collaborates with staff to regularly review the Council's financial status. The Committee is pleased to present the Audited Financial Statements from 2022 in this Annual Report.





FINANCIALS

HAMILTON COUNCIL ON AGING STATEMENT OF FINANCIAL POSITION

	2023	2022
ASSETS		
Cash	58,356	50,369
Grants receivable	60,000	100,913
Prepaid expenses	6,576	4,618
HST receivable	6,380	11,364
Due from HHSC	9,118	-291
	140,430	166,973

LIABILITIES		
Accounts payable & accrued liabilities	24,459	73,047
Deferred grants (note 2)	48,407	46,423
	72,866	119,470
Unrestricted funds	67,564	47,503
	140,430	166,973

NOTE 2 DEFERRED GRANTS		
Balance beginning of year	46,423	86,972
Amounts received/ receivable during year	373,922	361,103
Amounts recognized as revenue	371,938	401,652
	48,407	46,423

HAMILTON COUNCIL ON AGING STATEMENT OF OPERATIONS

	2023	2022
REVENUE		
Grants note 2	371,938	401,652
Donations & fundraising	9,623	4,521
	381,561	406,173

EXPENDITURES		
Administration	28,770	26,131
Programs and workshops	212,195	308,912
Wages and benefits	120,535	64,722
	361,500	399,765

Excess revenue over expenses	20,061	6,408
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NOTE 2 GRANTS ARE COMPOSED OF THE FOLLOWING		
Public Health Agency of Canada	250,000	270,677
Ministry of Seniors & Accessibility	4,095	55,905
City of Hamilton	52,818	29,894
United Way	23,185	25,176
Alzheimer Society Foundation	35,000	20,000
Government of Canada (New Horizons)	4,340	
Other grants	2,500	
	371,938	401,652





Support HCoA

Why support Hamilton Council on Aging? As the baby-boomers enter their golden years, communities need to adapt to ensure that seniors – the fastest growing age-group – are supported and protected. Statistics Canada estimates that the population of adults over age 85 could triple over the next 25 years, and it has already doubled since 2001.¹ With many adults living longer, an increasing number of people from all backgrounds will experience long-term health challenges which may leave them vulnerable and susceptible to harm, fraud, and abuse. At HCoA, we strive to give seniors in our community knowledge and access to services and supports that will help them to maintain quality of living and/or get help when they need it.

At HCoA, we are constantly applying for grants to keep HCoA afloat. It takes a lot of work year after year. Regular support from grassroots donors (like you!) can do volumes to help supplement the funding obtainable from grants which helps us plan future programs for seniors.

1- <https://www12.statcan.gc.ca/census-recensement/2021/as-sa/98-200-X/2021004/98-200-x2021004-eng.cfm>

Ways to Give



Donate to HCoA:

- Donate online (Canada Helps): www.coahamilton.ca
- Send your donation via etransfer to epayment@hamiltoncoa.ca
- Mail your donation to: Hamilton Council on Aging, 88 Maplewood Avenue, Hamilton, ON L8M 1W9.

Become a Corporate Sponsor and benefit from access to the fastest growing age-group!



Gold Sponsor: \$3,000.00

- Table with logo display at next Walk for Health fundraiser (or comparable event)
- ½ page ad in semi-annual newsletter
- Profile on website for one year

Silver Sponsor: \$2,000.00

- Table with logo display at next Walk for Health fundraiser (or comparable event)
- Profile on website for one year

Bronze Sponsor: \$1,500

- Logo on display at next Walk for Health fundraiser (or comparable event)
- Mention on website for one year



Donate in-kind: We are often looking for donations of refreshments when hosting events, swag for participants, space for events, and more!

DID YOU KNOW? That you can donate to HCoA for free?

DO YOU
HAVE



TODAY?



You can download the Many Seeds app and watch a quick 15-second video to raise money for us for FREE!





Join us at an upcoming workshop!



Navigating the Healthcare System



Join us for a **free** 3-part course to learn about health, hospital, & community services available to you!

Fall 2023 Schedule

Hospital	Health
Community	
Thursday's September 28, October 5, 12	1:00 to 2:30pm Ancaster Library 300 Wilson Street East, Ancaster
Tuesday's November 7, 14, 21	10:00 to 11:30am Online via Zoom

REGISTER TODAY! Visit www.coahamilton.ca or call Shelagh at 905-920-7721

Thank you to our Co-hosts & Partners in Positive Aging





Navigating the Healthcare System 3-Part Workshop Series

This series of 3 workshops is designed to help you understand health information and services to make decisions and plans that meet your needs. Topics include:

- Navigating Healthcare Services as an older adult
- Navigating Hospital Services as an older adult
- Navigating Community Services as an older adult



Let's Get Moving Workshops

Active transportation is important or positive aging and has been identified as an important determinant of health. Let's Get Moving Workshops include:

- Let's Take the Bus, a partnership with the City of Hamilton Transit Division and Seniors Advisory Committee
- Let's Drive a Car
- Let's Ride a Bike
- Let's Take a Walk (Let's Start a Walking Group)






Positive Aging 6-Part Workshop Series

This series of 6 workshops explores the determinants of health or positive aging. Workshops are interactive and encourage participant contributions. We also focus on local resources and strategies to support adoption of healthier habits. Topics include:

- As Time Goes By: what to expect as we age
- The Secret Ingredients to Healthy Aging: Nutrition tips and advice
- The 5-Star Approach to Staying Mentally Fit
- Faster, Further, Stronger: Staying Active
- Home Sweet Home: Strategies to maintain independence
- Come Join in: The Benefits of Being Socially Active




Hamilton Council on Aging

**6-week
Positive Aging
Series**

Join us for a **free** 6-week course providing up-to-date research, information, tips & connections to help you age well!





FALL 2023 SCHEDULE




Tuesday's	September 12 to October 17	10 to 11:30am	Dundas Library	18 Ogilvie Street, Dundas
Tuesday's	September 19 to October 31 (Break: Oct. 3)	1:30 to 3pm	Beverly Estates	1294 8th Concession Rd W, Puslinch
Friday's	November 3 to December 8	12 to 1:30pm	YWCA Hamilton	75 MacNab Street South, Hamilton OR ONLINE!

REGISTER TODAY! Visit www.coahamilton.ca or call Shelagh at 905-920-7721

Thank you to our Co-hosts & Partners in Positive Aging

Workshops provided with support from



2022-2023 Funders

Thank you for your support to realize our vision that positive aging is a visible reality in Hamilton.



Hamilton

Age Friendly Hamilton,
Seniors Engagement

Canada

Let's Get Moving

Canada

Alzheimer Society
FOUNDATION
BRANT HALDIMAND NORFOLK
HAMILTON HALTON

Empowering Dementia-
Friendly Communities
– Hamilton & Haldimand Project



United Way
Halton & Hamilton

Positive Aging
Education Series

Ontario



Seniors Active Living
Fair: M.I.C.E. Festival



Hamilton Council on Aging

St. Peter's Hospital

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Hamilton Council on Aging is a
Registered Charity

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www.coahamilton.ca

