

OUTREACH



Inside June 2015

1 Message from
OSSCO-SOCAO
Executive Director

2 New Face on the
Board

3 Current Issues

3 Upcoming Events

4 Monthly Fun &
Inspiration

4 Faces in the Crowd

Message from Executive Director

Elizabeth Nkyorowytsch
Macnab

In the spring of 2014, Ontario Society of Senior Citizens Organizations (OSSCO) participated in the final stages of *Do Live Well* a McMaster University research initiative to develop standardized criteria which can be applied to adults of all ages and stages of health.

One outcome from that research is the project '*Do Live Well*' in the community: *Translating a new approach to healthy aging*. This important project builds a community-academic partnership to design a workshop series based on key evidence based principles and input from stakeholders in the older adult community.

The project offers new learning for OSSCO in relation to evidence-based strategies to optimize healthy and successful aging while fostering translation of key health promotion messages to older adults across the province.

There are 3 groups of participants in this project: McMaster partnership, Working Group and National Advisory Group. Active Living Coalition

for Older Adults (ALCOA) is a partner with the McMaster group to assist in the development and implementation of this pilot workshop. The McMaster "working" group is comprised of citizens in the Greater Hamilton area. The two (2) students working with the researchers at McMaster have made significant progress in developing the *Do Live Well* pilot Workshop design and content.

OSSCO participated in the development of the *Do Live Well* framework. It reminds us that what we do every day matters in terms of experiences and activities. This is a framework which is applicable to everyone, in every possible life situation.

Daily, we need to allow for a variety of experiences, and activities which are meaningful, offer us opportunities for engagement, balance, and provide us with options as well as routine.

By following the framework, we can measure our own Health and Wellness outcomes which impact on our physical, mental, social and spiritual lives. The *Do Live Well* Workshop will ultimately bring this framework into our communities, giving us a tool which shifts how we look at health and wellness as we age.

Ontario Society of Senior Citizens Organizations

La Société des Organisations des Citoyens Aînés de l'Ontario

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OSSCO-SOCAO Welcomes a New Face to Their Board of Directors

Rob Lorusso

We are pleased to announce the recent nomination of Frank Springer who has joined the Board of Directors of OSSCO-SOCAO. Frank brings a wealth of experience and a zest for life to the current Board position.

Frank's professional life, much of which was spent working in the public sector, is a testament to dedication of public service – a dedication he proudly brings to our organization. Springer spent 35+ years working in the Education sector. Firstly, with the Ministry of Education in the Sudbury Regional Office as a Regional Accountant before heading to the Michipicoten Board of Education and Michipicoten District Roman Catholic Separate School Board where he spent 24 years as a Business Administrator and Secretary.

Following that impressive tenure, Frank then spent the next 9 years as an Operations Co-ordinator in the Algoma District School Board, utilizing his years of experience to head all operation activity.



(Frank Springer, Newest Board Member)

What is most impressive, and what is reflective of today's seniors, is what he's done since "retirement." Frank remains extremely active as he has real estate holdings and a gig as an occasional truck driver for Nickel Belt Camping, providing support for forest fire fighting initiatives – a change from his former "day-job".

He sees this time of his life as a great way to connect with his community, family and volunteering. He lists, "Fishing Mentor for my 12 Year-Old Grandson" as one of his favourite activities.

Showcasing an ability to thrive and commitment to community service is what makes Frank a tremendous asset to the Board of Directors. We are delighted to have such a vibrant person, one who is getting the most out of his life, become a member of our organization and the board.

OSSCO-SOCAO BOARD OF DIRECTORS

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MARG MUIR

VICE CHAIR:

EVELYN THERIAULT

CHAIR ELECT:

CLAUDE HOULD

SECRETARY:

SHIRLEY ERKILA

TREASURER:

ANNA ZACHARIAH

OFFICERS:

LARRY DUFFIELD
SAM ASHROFF
KHAMY GANESHATHASAN
GHAZY MUJAHID
AMY NELSON
FENRICK PETERS
FRANK SPRINGER
JUDITH WHEELER

WHAT'S HAPPENING THIS MONTH

SENIORS' WELLNESS SYMPOSIUM

DATE: JUNE 16TH & 17TH

WHERE: BENDALE ACRES
LONG-TERM CARE – FOYER
PAVILLION OMER
DESLAURIERS

CLICK HERE:

http://ocscs.ca/events/?event_id=112

ELDER ABUSE: AWARENESS IS THE FIRST STEP

DATE: MONDAY JUNE 22ND

WHERE: CHARTWELL OAK
PARK LASALLE

CLICK HERE:

http://ocscs.ca/events/?event_id=120

ENJOY WAYS TO GET ACTIVE

DATE: TUESDAY JUNE 23RD

WHERE: NORTH YORK
CENTRAL LIBRARY

CLICK HERE:

http://ocscs.ca/events/?event_id=119

Helping the LGBTQ Seniors' Community Receive the Care They Deserve

Rob Lorusso

OSSCO is exploring opportunities to work with The 519, a group dedicated to the inclusion of the LGBTQ community in all aspects of the City of Toronto. We were recently contacted about providing help in securing seniors for an upcoming research project at the University of Toronto. The project involves researching how seniors in the LGBTQ community are cared for. If you'd like to participate, see below for the requirements:

- Self-identify as lesbian, gay, bisexual, transgender and/or queer
- Are at least 60 years of age - to participate in life-story interviews, which aim to learn more about your experiences of caregiving or receiving, your plans and concerns for the future, as part of a longer life trajectory.
- OR are service providers or agency representatives who work with LGBTQ older adults and/or with issues of later and end-of-life care.

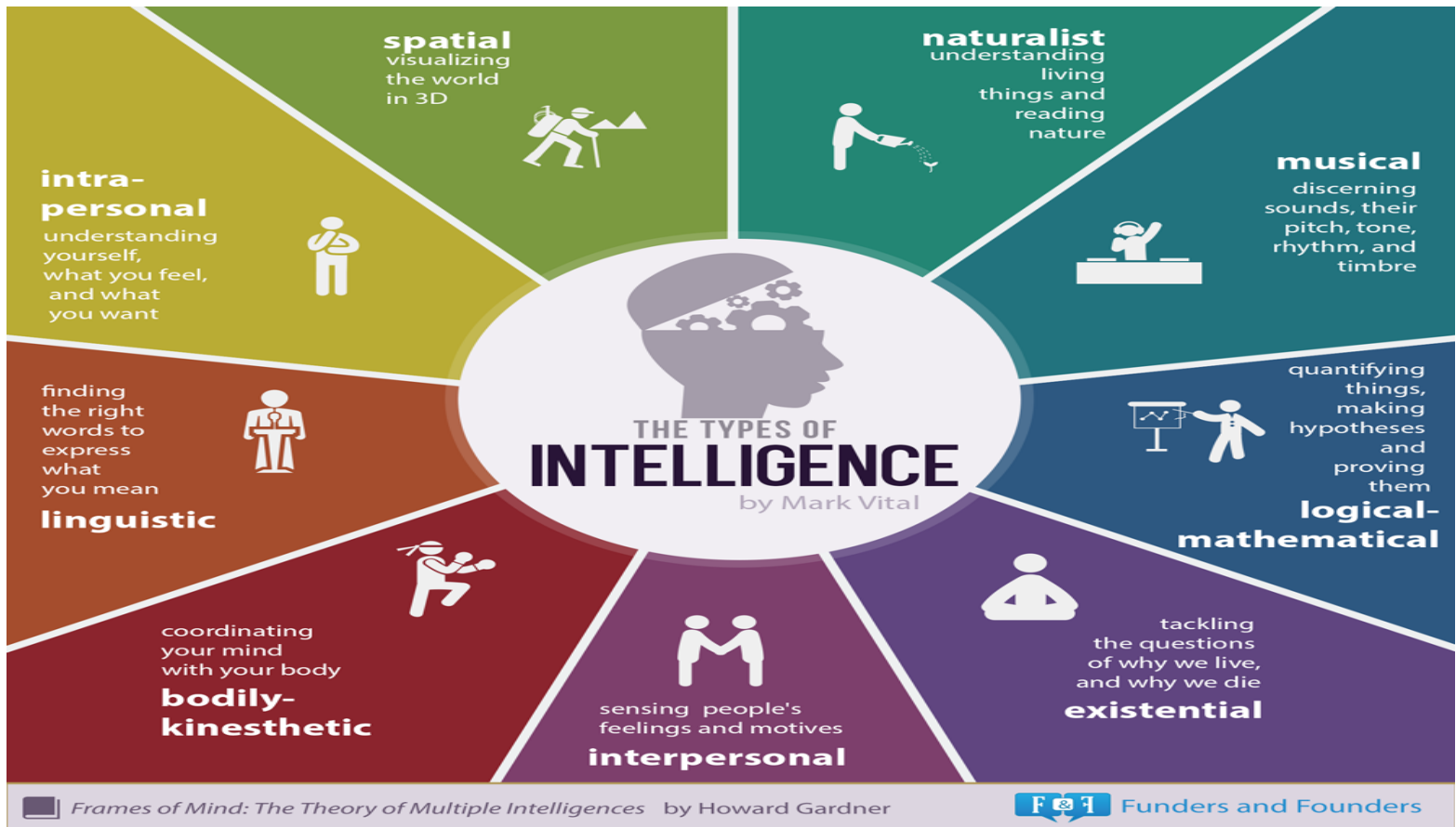


Later life care offers challenges in our ability to satisfy various individual needs among seniors, especially as we become less homogenous as we age. This project will shed light on the needs of older LGBTQ people by collecting numerous experiences from those within the community. While participation is 100% voluntary, we encourage you to either share your experiences or help someone you know become part of creating an environment for LGBTQ seniors that allows for optimal later or end-of-life care.

To volunteer, or ask further questions about this research, email celeste.pang@mail.utoronto.ca OR leave your number at (647) 523-2576.

This research has been reviewed by, and received ethics clearance through the University of Toronto.

Monthly Fun & Inspiration



(Image Above submitted to OSSCO – go to: <http://fundersandfounders.com> for more inspiration!)

Faces of OSSCO-SOCAO – Kickoff to Seniors' Month!



(Go to <http://ocscs.ca/news> to see how these faces made the month of May memorable for us at OSSCO-SOCAO)