

# OCSCO Outreach

Ontario Society (Coalition) of Senior Citizens' Organizations

25th Anniversary Program  
& 2010 Annual Report



**New Office Location**  
333 Wilson Avenue, Suite 406  
Toronto, ON M3H 1T2  
Tel: 416-785-8570, 1-800-265-0779



## A Message from the Executive Director

Dear Friends:

We are excited to celebrate with you the 25th anniversary of the Ontario Society (Coalition) of Senior Citizens' Organization. These past 25 years could not have been possible without the dedication, commitment, passion, integrity and hard work of our staff and the tireless volunteer participation of our Board. Together, we have grown and made a tremendous difference towards creating a better quality of life for seniors.

As we look forward to the next 25 years, there are many challenges facing us. The recent financial market crisis has resulted in tougher economic conditions, marked by cutbacks in essential government services and increases in user fees. We must continue to advocate for improved health care, housing, pensions, transportation and public services.

Our lives are marked by change. People change. Societies change. We change because we reject the status quo. We refuse to believe that there is nothing we can do to improve our world. As Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has."

OCSCO is proud to stand with you, hand in hand, fighting to make a better place for the elderly in society by unifying and empowering diverse seniors' groups to take action.

May our next 25 years see our dreams turn into reality.

With very best wishes,

Morris Jesion  
Executive Director, OCSCO



## 2010 Dan Benedict Award

Amy Nelson is the 2010 recipient of the Dan Benedict Award. The award is presented for exceptional contributions to social justice. Amy's volunteer work over the last forty years is an exemplary demonstration of what the Dan Benedict Award represents.

Amy Nelson is a registered nurse born in Spalding, Clarendon, Jamaica. She worked at several hospitals in Jamaica before migrating to Canada in 1959. Upon arriving in Toronto, Nelson worked at the then-Toronto General Hospital, working her way up to Head Nurse in Charge of the Ophthalmology Department. She retired from the hospital in 1986.

Even while working full time, Amy found the energy to volunteer with a wide variety of organizations. In 1962 she co-founded the Jamaican Canadian Association (JCA) – an organization that she continues to work with today as leader of the Seniors Group. Amy also co-founded the Canadian Caribbean Seniors Club in 1986.

In 1971 Amy started working with Medical Mission International, a volunteer self-help group. This work has taken her to Latin America, the Caribbean, Africa, Asia and some European nations. Last year she was a member of missions to both Peru and San Salvador.

Amy is recipient of the 25-year Volunteer Award from the Ontario Ministry of Citizenship and Culture and the 30-year Volunteer Award from the JCA. In 2002, she was also the recipient of the Ontario Senior Achievement Award – presented in recognition for her outstanding contributions to the community. A former Vice President of OCSO, Amy continues to be very involved with various OCSO committees including Multi-Cultural, Finance, Fundraising and Human Resources.

## 2010 Projects, Joint Programs and Educational Events

### Capacity Building and Advocacy for Seniors Organizations

On September 1, 2009 OCSO in partnership with the CAW Local 598 Retirees held a capacity building workshop in Sudbury. About ninety seniors attended this event to hear Janet Gasparini, Executive Director of the Social Planning Council of Sudbury, discuss the challenges facing seniors who live in rural areas.

Gasparini stressed that innovative ways must be found to help disconnected seniors keep in touch with one another for mutual help and support. One interesting program was a telephone tree, where people would check up on one another in a 'buddy' system. Ms. Gasparini pointed out that by 2031, one quarter of the Sudbury population will be over 65, and that statistic probably applies to the rest of the province. It is imperative, she said, to have politicians hear from a large number of seniors.

Carmen Robillard, Program Manager North and East, Ontario Trillium Foundation gave suggestions on how to apply for grants to cover seniors' projects. The workshop also included a panel discussion on senior's advocacy issues. The panel consisted of Dean Lindsay, National Coordinator CAW Retired Workers Department, David Munch of Finlandia Village Seniors Complex, Sudbury, and Morris Jesion, Executive Director of OCSCO.

### Age-Friendly Communities

In 2009-10, OCSCO promoted the Age-Friendly Communities (AFC) model in partnership with the Ontario Seniors' Secretariat (OSS) and other OSS Liaison Committee members. The model was publicized through a series of seven regional forums.

Each forum was presented with the following objectives;

- Raise awareness of the AFC framework
- Serve as a "Call to Action" for people to take leadership in their community
- Continue to build a community of people who can learn from and support each other in making their communities age-friendly

The forums were held in Kenora, Sault Ste. Marie, Ottawa, Barrie, Windsor, Hamilton and Toronto and included presentations as well as interactive participation through dialogues and related activities. The regional dialogues also provided ideas how to turn the information shared at the forum into concrete activities for each community.

(Continued..)

## 2010 Projects, Joint Programs and Educational Events

The AFC forums highlighted the following features of an Age Friendly Community:

1. Outdoor spaces and public buildings that are pleasant, clean, secure and physically accessible.
2. Public transportation that is accessible and affordable.
3. Housing that is affordable, appropriately located, well built, well designed and secure.
4. Opportunities for seniors to participate in leisure, social, cultural and spiritual activities with people of all ages and cultures.
5. Older people are treated with respect and are included in civic life.
6. Opportunities for employment and volunteerism that cater to older persons' interests and abilities.
7. Age-Friendly communication and information is available.
8. Community support and health tailored to older persons' needs.

Further details regarding the Age Friendly Communities initiative may be found at [www.culture.gov.on.ca./seniors](http://www.culture.gov.on.ca./seniors)

### Multi-Cultural Fairs

OCSCO partnered with the Ontario Seniors' Secretariat (OSS) to host a series of five multicultural fairs in and around the Greater Toronto Area. The purpose of the fairs was to improve awareness of health and wellness among seniors. In total, five fairs were held. Below is a summary of the events:

Hamilton – October 20, 2009  
 Senior Health and Wellness Fair  
 40 exhibitors/200 attendees  
 Multi-cultural group: Somali, Chinese, Indian

Toronto – March 3, 2010  
 Syme 55+ Seniors Fair at the Grenadier  
 30 exhibitors/300 attendees  
 Multi-cultural group: Hindu, Ukraine, Russian, Spanish, Portuguese

Markham – March 23, 2010  
 Information Fair at the Vedic Cultural Centre  
 35 exhibitors/ 330 attendees  
 Multi-cultural group: South Asian, Caribbean

(Continued..)

## **2010 Projects, Joint Programs and Educational Events**

### **Multi-Cultural Fairs**

Toronto – May 28, 2010

Caribbean Seniors Health and Wellness Fair at the Jamaican Cdn Association

45 exhibitors/ 300 attendees

Multi-cultural group: Caribbean

Peel – June 15, 2010

Seniors Health and Wellness Fair

30 exhibitors/ 200 attendees

Multi-cultural group: Hindu, Polish, Mandarin, Punjabi.

Additionally, OCSCO participated in an information fair for Older Adults and Seniors at the Toronto Reference Library on June 18th 2010.

### **Computer Training**

OCSCO has a joint computer training program with Elder Connections.

Programs currently offered include computer training in the following areas:

- Basic Internet Skills
- Internet Skills Level Two
- Email
- Working on the World Wide Web
- Facebook
- Skype
- Microsoft Word
- Yahoo Messenger

For 2010, OCSCO will train over three thousand seniors at ten centres across the Greater Toronto Area.

### **Medication Awareness**

OCSCO in partnership with CAW Sudbury local 598 and the CAW Retired Workers Chapter has conducted numerous medication awareness workshops over the past 3 years.

## Advocacy, Issues and Consultation

### Retirement Homes Act – Proclaimed June 2, 2010

On May 10th, 2010, Ethel Meade, past Co-Chair of OCSCO, (supported by Morris Jesion, OCSCO Executive Director) delivered an oral presentation on the new Retirement Homes Act to the Standing Committee on Social Policy.

### Long Term Care Act – Proclaimed July 1, 2010

As of July 1, 2010, the Long-Term Care Homes Act, 2007 (LTCHA) and Ontario Regulation 79/10 (Regulation) came into force. OCSCO, as members of the Ontario Seniors' Secretariat Seniors Advisory Committee on Long-Term Care, had input into the legislation.

**Pharmacare and Pensions** were selected as OCSCO's focus for the upcoming year. These issues came out of a day long strategic planning session held in October 2010.

**OCSCO worked on Bill 65** – Ontario Non-Profit Corporations Act in association with the Ontario Non-Profit Network.

**OCSCO worked with the Ontario Charitable Gaming Association** to review issues arising from lotteries and bingo.

Members of the Ontario Seniors' Secretariat Liaison Committee (CARP, CPC, OCSCO and CareWatch) prepared a pre-budget submission to the Ontario Minister of Finance.

### Ontario Non-Profit Network

OCSCO is a member of the Ontario Non-Profit network - a group of 600 charities and non-profit groups. Worked on issues such as the Harmonized Sales Tax, Revenue Canada Tax returns for charities, accounting standards, Corporation Act and Human Resource issues.

OCSCO served on and assisted with the following committees:

- Ontario Gerontological Association
- Elder Health Coalition – caregiving, mental health, addictions
- Ontario Seniors' Secretariat Liaison Committee & Sub-committees on long-term care, housing and on the pre-budget consultation
- Ontario Charitable Gaming Association
- Ontario Non-Profit Network
- Seniors Advisory Committee with Service Canada regarding Income Security

## Publications

- **Sentimental Journey Down Memory Lane** - Both the lyric and complete music song books continue to sell well and we get requests on a weekly basis. Price: \$40 for the songbook or \$20 for the lyric book + mailing costs
- **Life Before Medicare - Canadian Experiences** – An OCSCO publication compiled by Helen Heeney has been distributed to schools in the Kenora region and it is hoped we can distribute the book to more school libraries throughout Ontario. Price: \$15 + mailing costs

To order any OCSCO publication please call us at toll-free at 1-800-265-0779

## Newsletter

- OCSCO Outreach is an educational newsletter produced by OCSCO. It is free with membership.

## Website - [www.ocSCO.ca](http://www.ocSCO.ca)

OCSCO's website is currently under revision. We will be re-launching the site by year end in a more user-friendly format with up-to-date content. Stay tuned for further details.

## Staff & Office

- Morris Jesion, *Executive Director*
- Deborah Spencer, *Programs & Communications*
- Evely Escobar, *Administration and Program Assistant*
- Lisa Hems, *Programs & Communications*  
(reassigned to OSS for Age Friendly Communities initiative)
- Amrit Khaper, *Program Coordinator (part-time)*



## Board of Directors

### Officers

Carolann Fernandes (Co-Chair)	Hamilton Women for Women of India
Colin Benjamin (Co-Chair)	CareWatch Toronto
Shirley Barnes (Vice President)	Committee of Council for the Town of Whitby Seniors Services
Arlene Patterson (Vice President)	Sarnia Health Coalition
Mary Hynes (Secretary)	Older Womens' Network
Ben Goldmintz (Treasurer)	Individual Member

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Ruth Bowiec	Kenora & District Coalition of Seniors
Paul Delahanty	Ottawa Seniors Action Network
Bill Fuller	Steelworkers' Organization of Active Retirees (SOAR) #10
Hank Goldberg	Communications Education & Paperwork Union of Canada
Ivy Leung-Barnes	George S. Syme Seniors' Centre of York (SYME 55+ Centre)
Bea Levis	Ontario Secondary School Teachers' Federation - Chapter 12
Brian McDonald	CAW Mine, Mill, Smelter Workers Local 598 - Sudbury
Ethel Meade	Dixon Hall Neighborhood Center
John Morency	CAW Local 1973 - Windsor
Satya Pal Wadhwa	York Region Indian Seniors Club
Thiagarajah Paramanathan	Senior Tamils' Centre of Ontario
Ray Sadowski	Association of Jewish Seniors
Bill Wallace	Seniors Health Advisory Committee of Sault Ste. Marie
Margaret Watson	Canadian Pensioners Concerned - Ontario

## Thank You

OCSCO would like to acknowledge and thank the following for their support:

- Alcohol and Gaming Commission of Ontario
- Breckles Insurance
- CAW-Canada
- Human Resources and Social Development Canada
- New Horizons for Seniors Program
- Province of Ontario Seniors' Secretariat
- Break Open Ticket marketing companies:
  - Bazaar Marketing
  - Bingo Pro Inc.
  - Cedar Islands Sales and Services Ltd.
  - Dr. Nevada
  - Nevada Enterprises
  - Nevada Man (Nevada Ticket Services)
  - Party Novelties Sudbury
  - Tri-Continental Marketing Corporation

Thank you to Glenn Christie from MAS (Management Advisory Services) who provided assistance and advice in the area of Human Resources. OCSCO is also working with MAS in Board Governance, Strategic Planning and Information Technology.

Respectfully submitted,

Colin Benjamin  
Co-Chair

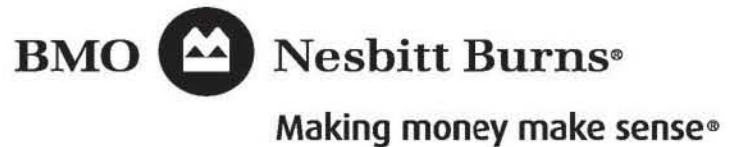
Carolann Fernandes  
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Morris Jesion  
Executive Director

# BMO Nesbitt Burns congratulates OCSCO on its 25<sup>th</sup> anniversary.

**Derek Graham**  
Investment Advisor & Financial Planner

**Joan Crosty**  
Vice-President & Investment Advisor



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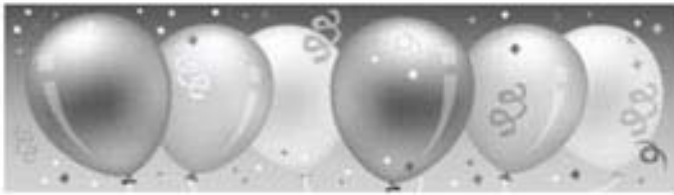
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