

# ONTARIO AGE-FRIENDLY COMMUNITIES



## NETWORK EXCHANGE

OCTOBER 2018

Hello,

The Ontario Age-Friendly Communities (AFC) Outreach Program has developed two interactive maps to help support, connect and strengthen local efforts. I am excited to see these maps help demonstrate the impact of AFCs in Ontario, generate new partnerships and spread innovative ideas.

[Click here to learn more and view the maps.](#)

If you have any questions about the information on the maps, please contact me.

Sarah

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## Spotlight

### In the News

- [Why doctors are prescribing bingo, not pills, to keep patients healthy](#)
- [Granfondo wins age-friendly award](#)
- [Taco Fest helps support elders](#)
- [Aging employees may be a blessing, not a curse](#)
- [Cornwall more dementia friendly through pilot project: Alzheimer Society](#)
- [Optimal aging: 4 key themes the experts are talking about](#)
- [Community garden program continues to grow](#)
- [Minister Tassi highlights OAS and GIS improvements, reaffirms commitment to seniors](#)
- [Seniors, youth teach each other at Parry Sound's Canadore campus](#)
- [County helps create age-friendly housing with new grant program](#)
- [Digital initiative gives isolated seniors access to therapeutic activities](#)

### Upcoming Events

#### Conferences and Workshops

- October 11-12 | [LIVING The Dementia Journey \(LDJ\) In-Depth](#) [Workshop, Toronto]
- October 18-20 | [Canadian Association on Gerontology](#) [Conference, Vancouver]
- October 25 | [Summit on Aging](#) [Conference, Peterborough]
- November 1 | [LIVING The Dementia Journey \(LDJ\) Overview](#) [Workshop, Waterloo]
- June 26-27, 2019 | [Leading Ageing - The Art of Ageing Forum](#) [Conference, Niagara]

#### Webinars

- October 16 1:00-2:00 p.m. | [Research and Innovation in Aging Forum: Aging, Technology & Privacy](#)
- November 9 12:00-1:00 pm | [Reduce the risk of falls on ice by a factor of three with a new](#)

[generation of winter footwear: Preventing falls while encouraging outdoor activity](#)

- November 15 12:00-1:00 p.m | [Post Fall- Preventing Future Falls. A look at process- everyone's responsibility](#)

## Resources

- [Resource] [Guide to Accessible Festivals & Outdoor Events](#)
- [Website] [Age-Friendly Communities Provincial Website](#)

## Announcements

### General Announcements

- **New AFC Interactive Maps:** The Ontario Age-Friendly Communities (AFC) Outreach Program has developed two interactive maps to help support, connect and strengthen local efforts. [Click here to learn more and access the maps.](#)
- **Social Isolation Awareness Month:** This October, reach out and connect with aging Canadians in your community. Through the RTO/ERO Foundation's Engage: End Isolation Campaign, you will receive ideas during October on how to raise awareness and take action on moving Canada's seniors from isolation to inclusion. [Sign up here.](#)
- **Understanding bullying between peers aged 55+ in Ontario:** The Centre for Elder Research is working with Sheridan faculty member Dr. Kirsten Madsen and Elder Abuse Ontario to better understand bullying between older adults age 55+ in Ontario. [Click here for more information on how to complete the survey](#) before October 15th.
- **Community Demonstration Projects:** Through the *Measuring Rural Community Vitality: Community Demonstration Projects*, the Rural Ontario Institute is looking to work alongside four (4) community partners on rural community vitality and well-being projects. Each partner community will receive \$15,000 to support their demonstration project. [Click here for more information.](#)
- **Arts Participation in Ontario Survey:** The Sheridan Centre for Elder Research is looking for individuals **aged 55 and older** to complete a new survey that will help us to learn more about 1) how older individuals in Ontario take part in arts-based programming, such as dancing and painting classes, and 2) their attendance at arts-related institutions and events, such as art galleries and book launches. [Click here to complete the survey.](#)
- **Fall Prevention Month:** [November is Fall Prevention Month.](#) Organizations and individuals in Canada and beyond are encouraged to come together to coordinate fall prevention efforts for a larger impact. Now in its fourth year, the Fall Prevention Partners have planned the campaign by creating and updating the Toolkit to enable individuals and organizations to participate by planning activities and sharing evidence-informed information. New this year is a section on childhood falls (ages 0-6). The motto says it all "It takes a community to prevent a fall: We all have a role to play". Learn more by checking out the [toolkit](#) and by joining the [Fall Prevention Community of Practice](#) and checking out the [Loop](#) website. Stay connected! Follow us on [Twitter](#) and [Facebook](#). [Join our mailing list.](#)
- **Participation in online game study:** In collaboration with Baycrest Health Sciences, the Sheridan Centre for Elder Research is conducting a research study to evaluate whether playing online games can benefit the health of older adults. [Click here for more information.](#)

### Funding Announcements

- [SEED Funding for Affordable Housing](#) [currently accepting proposals]
- [Affordable Rental Innovation Fund](#) [currently accepting proposals]
- [Ontario Renovates Program](#) (Region of Waterloo) [currently accepting applications]

## Stay Connected

To stay 'in the know' about new AFC resources, upcoming webinars and community profiles....

- Join our provincial AFC [Distribution List](#)
- Contact [Sarah Webster](#), the Ontario AFC Knowledge Broker
- Visit the AFC [English](#) or [French](#) Website

The Government of Ontario funds this newsletter through the Age-Friendly Community (AFC) Outreach Initiative, a program of the [Ministry for Seniors and Accessibility](#). The AFC Outreach Program is administered by the University of Waterloo, Queen's University, Huntington/Laurentian University, the Ontario Interdisciplinary Council for Aging and Health (OICAH), and the Seniors Health Knowledge Network (SHKN).

This program is designed to help communities, including recipients of Ontario's AFC Planning Grant:

- increase awareness of age-friendly planning principles,
- share best practices,
- and start, continue, evaluate and improve on their AFC action plans.

The AFC Outreach Program builds on and complements Ontario's [AFC Planning Guide](#) and the AFC Planning Grant Program. The program aims to increase awareness about AFCs connectivity within and between AFCs, and capacity for local planning and implementation.

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STAY CONNECTED

