



General Meeting

Public Library – Stevenson Hunt Room

13th October 2015

17 Members attended the meeting:

John Mombourquette – Fanshawe College
Kate Wypior – Fanshawe College
Amanda Burdick – Literacy Link South Central
Alison Sims – Fanshawe CES
Donna Moore – Toastmasters / Western University
Jason Martell – Nokee Kwe
Matthew Routliffe – Hutton House
Fatima Umaro – Literacy Link South Central
Sonya Zakharia – Hutton House
Marilyn Matheson – Hutton House
Sherry King – London Employment Help Centre
Kathy Smith – Creative Age
Adriana Diaz – London InterCommunity Health Centre
Jim Martin – Centre for Lifelong Learning
John Marinell – Centre for Lifelong learning
Lana Winchester-Tucker – London Public Library
Eleanor McAlpine – WIL Employment Connections
Debra Bodkin – Inspirational Speaker

Guest Speakers: Kathy Smith, Sonya Zakharia, Marilyn Matheson, Adriana Diaz
Topic: LCAE Seniors Panel

Speaker Notes

ADRIANA DIAZ

London Intercommunity Health Centre

Adriana Diaz is the Team Lead of Immigrant and Ethno-Cultural Communities Programs at London InterCommunity Health Centre. She has previously worked on different programs and projects health related looking for improving opportunity and accessibility to health system at London Health Science Centre. She is a certified project manager as well as an OB-GYN specialist and Public Health Manager from Colombia.

See Adriana's PowerPoint for more details:

- Team lead for ethno-cultural programs, speaking about Seniors Wrap Around Program
- Certified Project Manager
- 2036 – 23% of population will be seniors
- 2006 Census – 30% of seniors in Canada and 43% of seniors in Ontario are immigrants
- Seniors WrapAround Program – a team-based process addressing the immigrant and Francophone seniors' needs in a culturally appropriate plan where voice and choice are the most important principles
- Life Domains – family, language, residence, neighborhood, social, cultural, financial, spiritual, safety, educational, vocational, health, i.e. a holistic approach
- Principles – seniors have voice and choice, team-based, collaboration natural and professional supports, individualized, persistence, culturally employed
- Facilitators role – see PowerPoint

- Clients – immigrants and francophone seniors, 55 years or older, living here at least 2 years (roughly around the time that recent immigrant services end), living at home alone or with families, with few community supports, isolated, etc
- number of clients – 241 have at least 2 chronic diseases
- various spoken languages – provides professional interpreters to work with clients, prefer not to have their children or family or friends translate
- various countries of origin – see PowerPoint, ex. Moving from Quebec to Ontario = new culture
- how it works – 1. Senior is partnered with WA facilitator, 2. Facilitator helps senior to identify needs and strengths, 3. Senior chooses natural and professional team members, 4. Team makes.....
- Benefits of Wrap Around: honours senior's wishes and supports him/her to achieve them, helps to access and use community resources effectively, senior gaining knowledge about ...
- x2 testimonials from seniors, ex. "I am able to volunteer three times a week. I have more confidence..."
- Referrals – Self, Community Agencies, Family and Friends, Gatekeepers, Internal Referrals LIHC, Service Provides
- London Intercommunity Health Centre – Immigrant and Ethnocultural Team Lead 519 660 0875 x 226

SONYA ZAKHARIA / MARILYN MATHESON

Hutton House Association for Adults with Disabilities

Marilyn is a Certified Association Executive with over 30 years' management and executive experience with a variety of charitable organizations including; an animal shelter, a theatre for the performing arts, a visual art gallery, poverty reduction and food security organizations, and health. She has also served on boards of several organizations, and has lived and worked throughout Ontario in Ottawa, Thunder Bay, Windsor, St. Thomas and London. Currently she is working on a seniors' project at Hutton House Association for Adults with Disabilities. Marilyn has two grown children and one granddaughter.

Sonya was born and raised in London, Ontario. She has over ten years of diverse experience in Healthcare Administration, Human Resources, Business and Yoga. With her cultivating nature, Sonya felt her service was to guide and assist individuals seeking a healthy balance in their life by the progressive restorative results of alternative therapies. Sonya is currently working as an Employment Specialist at Hutton House for youth with disabilities and on the Seniors Pilot Project. She has participated in facilitating and writing curriculum specifically for seniors on how to use iPad's, teaches yoga at VON, and does research for seniors programming. In her spare time, Sonya enjoys event planning, travelling and learning about going green and living an eco-friendly lifestyle.

- Seniors' Pilot Project at Hutton House – developed survey questionnaire – seniors aged 60+, first survey 55-59 – questions surrounding their interests and their participation in activities, as well as any assistance that they made need with housing matters, etc.
- realized that they had to broaden their horizons with the surveys – went out to seek those isolated in our community in Ontario, another survey was born – targeting people living in isolation (not just seniors), results – preliminary – 150+ responses – majority from female – identified themselves in regular contact with family and friends – although identified themselves as being socially isolated, may not be active or participating in activities, on average many seniors participating in activities identify the activity as shopping, visiting library, going to church, paying bills – from this observation this isn't a social activity –it is a basic life task
- other barriers – over 60% found that transportation was a huge barrier, over 77.8% found it challenging to use a computer, over 60% found it challenging to use a more advance tech., ex. cell phone/iPad
- 60-69 bracket found it challenging due to poor income, low vision, and no access (don't own tech)
- 46.9% feel socially isolated, "we let them make the judgment," self-declared
- the stories behind the numbers are what really matter here – ex. Some say family members moved out of province

- some outliving their doctors – no phone books anymore – how to access healthcare or find a new doctor
- the stories out there are very similar but they are also very broad
- transportation – major issue – lots of services out there for seniors but difficult to get to them
- not just that people are afraid of technology – financial issues, access, etc
- some have used tech. but it changes so fast that they cannot keep up
- others 80-90 have never had experience with these newer technologies
- online banking – banks saying that they are phasing out cheques – many seniors have never used online banking at all and the thought of it frightens some seniors
- mobility challenged grocery stores will deliver – but you have to have a computer/internet to make your order
- even making regular phone calls – using an automated phone system can be daunting/confusing, chaos of menus
- put in for a grant – Seniors Centre Without Walls – grant application in – allows seniors to participate in programs like bingo or listening to a book club without leaving your living room if you have a phone or other tech, this is already available in places like Winnipeg (seven days a week – up to 9 services in a day, low tech)
- ex. virtual book clubs – free digital books – read and chapter and discuss it
- these avenues aid those in rural communities as well
- iPad cases – 226 registered, waitlist is continuing to grow – fully booked up until the grant runs out
- partnered with Horton Street Centre to teach basics of computers to those over 55
- expert from Scotia Bank coming in to teach online banking, increase security/confidence

KATHY SMITH

Creative Age

Kathy has been organizing and facilitating adult education programs since 1981. In the business sector, Kathy has been recognized for many professional development initiatives and management training programs. She has taught courses through Fanshawe Continuing Education, London Public Library and a number of employment sector agencies. At present, Kathy is the co ordinator of the very popular Creative Age Programs co sponsored by the London Public Library. The courses, workshops and events are targeted to adults who are 50 years and older and to develop and share their creative talents as they age.

- 2010 – Age Friendly London Working Group – co-chaired group – submitted application to World Health Organization to become an age friendly city, city wide consultation with seniors during that process, went out to all neighbourhoods – looked at what needs were present with transportation and programming, etc. one thing they didn't cover in the age friendly process was employment for seniors and also specifically cultural engagement
- where do older adults fit into cultural expression? Baby boomers bring with them the rebellion cultural of their youth – looking to redefine culture and self-identity again and employment – exciting timed to be on this edge
- 2011 – after Age Friendly London – did 2.5 years of research on older workers and working after retirement
- stages of adult development – hand out – 40-64 years – busy being parents, parenthood – this has now extended from 64 to 74 – shift in demographics – theories of Adult Education changed as people were working later – even if retired from primary career – also wanted to maintain some work and a sense of purpose in the community
- older adults felt that they expressed themselves creatively through work – “who I am in the community” through work
- facilitating the needs of older seniors by employing the younger seniors, intergenerational programs
- 65-death – sort of retired and sat back and thought about your life – “did I do a good job?” phase of developing wisdom through introspecting and reflection – still an important part of the aging process but people don't know how to do that and creativity is a wonderful way to do integrative work with older adults

- program started at Dearness Home – photography, creative writing, theatre etc.
- started a Seniors Theatre Company
- library is doing Creative Aging programs – samplers once a year that people can get involved in, get a taste, ex. Spoken Word, dance etc.
- some programming coming through Museum London – 3 million dollar Creative Arts Education Centre in Museum London – did research to find out what people wanted out of that – surveying baby boomers and younger seniors
- spreading out into community, ex. at various library locations
- Creative Aging Network – nationally – drawing on experience from various universities and other provinces
- Creative Aging Journals – come out once a year – stories and programs across Canada

Post Presentation Discussion

- Importance of asking people (particularly seniors/immigrants) to tell their story – instantly empowering
- Intergenerational programming – strategies / resistance, Marilyn – looking to see an intergenerational program where youth come in and teach computer literacy
- Acorns and Oak Trees – children going out to Seniors' homes working on crafts and the like

Agency Updates

Nokee Kwe

- Ontario Native Literacy Coalition – just received funding from heritage Canada to provide language instruction in Oneida and Anishinaabe – no maximum number of students so we can take as many people as the classroom can hold, anyone interested who may support participants who are native get in touch with Jason Martell, no information yet on when the official start is at they are awaiting resource kits
- want to get as many people involved as well
- Allies are also welcome (do not have to be Native)

Literacy London

- 3rd Annual Spelling Bee – looking to create and LCAE team, *flyer attached

Meeting adjourned (1:05pm)

Literacy London 3rd Annual Adult Spelling Bee

Friday November 13, 2015 @ 6:00 pm
Goodwill Industries, 255 Horton St. London

Literacy London
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- Best Costumes
- Best Spellers
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