

**Seniors Community Grant Program**  
**2015-16 Final Report**

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**Purpose:**

The Ontario Seniors' Secretariat wants to know how the funding you received has assisted your organization. While the information requested in this report is required to comply with government policies to ensure that provincial funding is spent in a responsible manner, we are interested in your broader experience as well, to be able to improve on the provincial programs that we offer.

Please refer back to your original Seniors' Community Grant application to ensure that you provide status information on all of the components of what you set out to do.

**Your completed Final Report must be returned within 30 days of the completion of your project.**

The report can be emailed or sent by mail. Please submit your final report to:

**Ontario Seniors' Secretariat**  
**777 Bay St. Suite 601C**  
**Toronto ON**  
**M7A 2J4**

**Email:** [seniorscommunitygrant@ontario.ca](mailto:seniorscommunitygrant@ontario.ca)  
**Fax:** 1-416-326-7078

If you have any questions, please contact OSS at the email address above or contact Megan Gariepy at [megan.gariepy@ontario.ca](mailto:megan.gariepy@ontario.ca) or 416-314-2534.

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**CONTACT INFORMATION**

Organization Name:

The Corporation of the United Townships of Head, Clara and Maria

Project Name:

Contact Person Name:	Phone number:	Email:
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## **PROJECT ACTIVITY INFORMATION**

*If you completed more than one activity please complete the activity information for each activity. If completing by hand, you may write on another page and attach to this template. Information provided in this activity section should not exceed 3 pages.*

### **1. Please describe briefly your activity.**

The United Townships of Head, Clara and Maria used the funding received to run a Seniors/Intergenerational program. Below is a list of the events and workshops that were held throughout this program.

#### **Fred Blackstein – October 24, 2015**

Eleven participants: two of which were youth, six of which were seniors.

Fred Blackstein is a noted community volunteer, having worked with and lead major projects such as the 1994 International Plowing Match, establishing the 911 Emergency System, the 1998 Ice Storm Emergency Recovery , the building of the new Miramichi Long Term Care Facility, Pembroke's Millennium Waterfront Park and the Ottawa Valley Campus of Algonquin College. His leadership in Search and Rescue activities has resulted in Bravery Citations from both the military and civilian sectors. His presentation was very inspiring and directly benefited four seniors, as well as our youth participants, with valuable information.

#### **Christmas cake baking – October 25th and 26th 2015**

Nine participants on October 25th, three of which were youth, three were seniors.

Seven participants on October 26th, one of which was youth, three were seniors.

There had been a request from a local resident to have community members gather and share family Christmas cake recipes as a part of the Senior and Intergenerational Program. The Christmas cake bake was a two day event, as we required one day for preparation and another day to bake the Christmas cake. This activity directly benefited the three seniors who attended each day as they enjoyed the opportunity to work with youth in the kitchen as well as the social interaction with others in the community. It also directly benefited many seniors in the community who purchased the Christmas cake, as it is a treat that they enjoy but may be too costly and time consuming for some to make themselves and many do not wish to make such a large quantity. This event was so well-received that it has already been requested to be repeated in 2016 through Recreation Committee.

#### **Wreath Crafting – November 8th, 2015**

Eleven participants: one of which was youth, five were senior.

A local resident volunteered to teach a wreath making class. This was a great workshop because it was a hands-on task and more intimate than most other workshops. Because it was an instructor led craft, it was set up that everyone was in close proximity and had the chance to be social with each other. It was great to see two new faces at the community centre and everyone had a beautiful Christmas decoration to take home with them. This is also another activity that most of our participants would not have had the opportunity otherwise, because of

the distance needed to be travel to pick up the materials, the cost associated with materials and the skill needed to teach the craft. It directly benefited all five seniors as they got to learn a new skill and bring home a beautiful Christmas decoration.

#### **Aging Well Theatre – November 12th, 2015**

Twenty-two participants: sixteen of which were seniors.

Aging Well Theatre performed small skits and songs about aging. Their performance makes light of issues that seniors may be facing on a daily basis. Everyone enjoyed the theatre group and there were many laughs. All seniors were directly benefited with an opportunity for a social engagement and laughter.

#### **Pickle Ball – December 3rd, 2015 and March 24th, 2016**

Six participants: four of which were seniors.

Davis Earle, a pickle ball enthusiast from Deep River, ON who frequents the Deep River Yacht and Tennis Club, came to the community centre to help us mark our court lines, demonstrate the game and clarify the rules and regulations of the game. The equipment had been previously purchased through the Recreation Committee but sat in storage for almost one year. Now that we have taken the first steps to set up, pickle ball will be a continuously scheduled activity for our residents. Pickle ball is a good sport for all ages and a good source of physical activity. Once the weather improves the net and court will be moved outside. This activity directly benefited all four seniors with increased physical activity, and will continue to do so with repeat games.

#### **Scam and Fraud Awareness with Beth Ethier from Ontario Provincial Police – December 10th, 2015**

Seven participants: five of which were seniors.

Beth Ethier came to the community center to talk to our seniors about scam and fraud awareness. She showed a power point presentation which included videos on real life fraud victims and how easily it can occur. She also brought information pamphlets to leave with the community centre for those who missed the presentation. This activity directly benefited all five seniors as it gave them relevant information on scams and fraud that is apparent in our communities as well as tips and tricks to avoid it. It also gave our seniors a chance to express their concerns and share their experiences with one another in a private, confidential setting.

#### **Yoga with Kim Knight – January 12th, 2016**

Eight participants: all local senior residents.

Kim came to the community center to teach a “yoga – like” session which focused on alignment to help with osteoporosis, posture, pain reduction, foot issues, better breathing, increasing strength and increasing range of motion. Kim regularly comes to the community centre to teach Yoga, and this gave our seniors who do not normally participate an opportunity to come out and try this type of class. Out of the eight participants, six were those who do not normally participate in Yoga. The participants gave really good feedback on this type of class, as it was

not as intense as regular yoga and have requested a repeat session through Recreation Committee, possibly in the fall. This activity has directly benefited six participants with new information on exercises that can increase flexibility and strength.

#### **Genealogy Workshop – January 28th, 2016**

Ten participants: nine of which were seniors.

Diane Burnett along with other members of the Upper Ottawa Valley Genealogic Group came to the community centre to provide advice and tips on researching family history. They are a very knowledgeable and passionate group, who are eager to help. They have a library which consists of maps; cemetery recordings; census records; family trees; birth, marriage and death certificates and much more. Not only did they provide a lot of valuable knowledge, they prepared packages for our participants that included an abundance of tips and instructions for researching your family history. There is a lot of interest in Genealogy in our community and the Library Board has started a history project, the information that Diane provided can help us continue in the right path. This activity directly benefited 8 of the seniors as they came to the session to get more information on how to research their family history. Not only did they gain the new information, they get to keep the packages for future research and are aware of additional resources available at their library.

#### **Erica Van Drunen, Registered Dietician with the Deep River and District Hospital – February 4th, 2016**

Four participants: three of which were seniors.

Erica came to the community center to talk about healthy eating guidelines and its history. All three senior participants were directly benefited because the low attendance allowed the workshop to be more intimate and informal. Erica focused on diabetes as it was a concern brought up by one of the participants. She also brought visual food aides along with her to demonstrate the appropriate serving sizes for each food group. Weather may have had an impact on our participant numbers as there was a storm the previous day.

#### **Technology Workshop with Michael Mykolyshyn, owner of Valley Computer Repair – February 21st, 2016**

Eleven participants: three of which were youth, six of which were senior.

Graduating from Algonquin College's Computer Systems Technician program, Michael shared a wealth of information on computers, internet, antivirus and cell phones. He demonstrated different operating systems and provided solutions and advice regarding questions and concerns that our participants had. This was a great workshop for our seniors because we had three local youth who were there assisting them with computer, tablet and cell phone issues. This workshop also provided our residents with a contact for future technology assistance and repair as Michael is local and our residents would not have to travel the two hour plus round trip to the nearest computer repair store, Michael is willing and able to travel to resident's houses – a major attraction for our seniors. This activity directly benefited four seniors with assistance regarding their technology needs.

**Snowshoeing— February 18th at 1:00 pm**

Postponed to March 17, 2016 due to extremely cold temperatures on February 18th (-35 degrees). March 17th was a perfect mild day for a snowshoe. There were five participants ranging from ages 4 years to 65+. We went for a two hour snowshoe in the bush and the seniors were happy to teach the children different aspects of nature. The snowshoes were signed out to two different families to use with their grandchildren while they were visiting. Our residents are very happy that the equipment is there to use and outings will be continuously scheduled next winter and thereafter. Even though participants were appreciative that they were new snowshoes available for use, many comments were made that snowshoe poles would be extremely helpful, especially with the warmer weather. Due to numerous requests for poles, they have been purchased for future use. Two seniors directly benefited from this activity with increased physical activity. Our local seniors will continue to benefit with the option to borrow the snowshoes purchased through this program.

**Volunteer Appreciation Dinner – March 19 at 4:00 pm**

With approximately 60 people in attendance this was a well-received dinner. Our guests had the chance sit back and enjoy dinner and entertainment instead of being in their usual role of volunteering. Adam Graeme, a hypnotist, was hired to entertain our volunteers. Adam put on a hilarious performance that our crowd thoroughly enjoyed. This is an event that most of our community would not have the chance to participate in without this program. The travel and cost associated with the entertainment would have proven too much for most of the participants. Our volunteers also had a buffet style dinner catered by Maven Catering, who prepared everything and also completed the clean up afterwards. This was an excellent opportunity for us to show our appreciation for all that our volunteers do for our community. We would not have been able to do a volunteer appreciation event of this magnitude without funding through this program. This event directly benefited 40+ seniors as they were able to enjoy a nice meal and entertainment with other members of the community.

**Fleece Tied Blanket Crafting – March 26th at 1:00 pm.**

This event was postponed due to scheduling conflicts with Easter Weekend. We have purchased the material and plan to hold the event April 30th. We have had great feedback about this event, and many people are interested in coming out to learn how to make a fleece tied blanket. We have sixteen people signed up so far for this workshop.

**Woodworking – Planter Box Construction**

This event was rescheduled to April 23<sup>rd</sup>, due to poor weather conditions. To date, we have eleven participants signed up for this workshop. The materials were purchased to teach participants how to make planter boxes, specifically our senior volunteers teaching our youth participants how to correctly measure, cut and drill the materials. The planter boxes will ultimately be used to beautify the municipal grounds. This will be an ongoing project, with our

senior volunteers teaching and working with the youth participants to plant and maintain the plants for the summer season.

2. When did the activity take place? (Start and project completion date)

The program started September 3<sup>rd</sup>, 2015 with initial research and planning. This included reviewing Senior Interest surveys which were completed prior to the program; calling area seniors to see if they would be interested in the program in attending events and/or volunteering; researching different resources in our area and contacting them to see if they would be willing to participate (Dietician, OPP, Genealogy, Technology etc.); creating a calendar and promotional materials. Our first workshop, Fred Blackstein, was October 24<sup>th</sup>, 2015. The activities continued throughout the winter months with our last event, Fleece Tied Blanket Crafting, scheduled on March 26<sup>th</sup>. This event was rescheduled to April 30<sup>th</sup> due to holiday scheduling conflicts as well as the Woodworking – Planter Box Construction Workshop which was rescheduled for April 23<sup>rd</sup> due to poor weather conditions. The materials were already purchased and the Province will be recognized as funding the activities.

3. Did you meet your objectives as stated in your application?

The objectives of the project have been met. The goals outlined in our application were:

*“to provide opportunities for seniors in our sparsely populated community to interact with others”*

This was accomplished many times throughout the program. Seniors in our area were able to interact with their neighbours and youth in our community which may not have happened, or may have occurred less frequently, without the opportunities provided through the senior and intergenerational program. We advertised and distributed posters in surrounding communities in efforts to include social interaction with those outside of our community, something that may not happen often for many of our local seniors due to our rural location and road conditions during the winter months. On many occasions people from outside of our community joined us for workshops including Four Season’s Lodge bringing a number of their residents up to our community centre via bus to join up for Aging Well Theatre’s performance.

*“to provide educational workshops for all”*

This was accomplished throughout the program with a variety of educational workshops bringing out participants of all ages. We also had participants from neighbouring communities join us for multiple program events.

Projected outcomes also included:

Increased senior participation in community events – this has been accomplished through the program as we have seen many new faces within our own community as well as neighbouring communities come out the events that the HCM Inter-generational Interaction program has offered. These events have been an unintimidating way for new people to come out and socialize with people in the community, creating an introduction into larger community events.

New events targeted specifically to seniors – Aging Well Theatre, Scam and Fraud Awareness, Yoga and the Registered Dietician workshops were targeted specifically to seniors. Intergenerational activity through workshop participation – this was accomplished with the Christmas Cake baking, Technology Workshop, Snowshoeing and Fred Blackstein’s presentation, as we had participation from our youth and seniors at each of these events.

Increased education through professionally led workshops – this was accomplished with the Genealogy, Scam and Fraud Awareness, Yoga, Fred Blackstein and Dietician Workshops. Increased senior volunteerism- even though the majority of our volunteers are seniors, we have seen two new faces out to volunteer who did not normally before the HCM Inter-generational Interaction Project started.

Volunteer recognition- This was accomplished through the Volunteer Appreciation Dinner. We organized dinner and entertainment and invited those who volunteer for the municipality to attend. It is important for us to show appreciation to those who volunteer as we are a small municipality who rely on our volunteers to make many of our events possible. We do not have a Recreation Department with paid staff and an operating budget, instead we have a Volunteer Recreation Committee who dedicates their time and energy to raising money in order to improve our grounds and parks and provide recreational programming. The Province was recognized as sponsoring the dinner.

Developing a program plan which may be shared with other municipalities so that our efforts might benefit others beyond our own community- This was accomplished as the project was documented throughout the process, as best as possible, without including personal and confidential information. The project plans, details, process and advertisements can all be found on our website under “Recreation” at [www.townshipsofheadclaramaria.ca](http://www.townshipsofheadclaramaria.ca).

4. How many seniors were directly involved in providing the program or service? This includes project organizers and volunteers.

There was one senior directly involved in providing the program. She assisted with contact information, workshop set up, clean up, refreshments and volunteering to lead Pickle ball. She attended every workshop that she was available to attend and always ensured that it was running smoothly. Even though one staff member was hired to run the program that was responsible for the majority of the work, it is very much appreciated that this particular senior put so much thought and effort into this program.

5. How many seniors did your activity directly benefit? How many seniors participated?

This is included in the activity descriptions above.

6. Did you produce any products or publications that were funded by this grant? If yes, please list them here, and include a copy with your final report.

Seniors Program List of Events 1

Seniors Program List of Events 2

Seniors Program List of Events 3

Senior and Intergenerational Programming Statistics

7. Is there anything that you would have done differently?

If we were to do anything differently, it may be to choose a different time of year to run a Seniors/Intergenerational Program. We would run it during the spring and summer months in efforts to attract more participants. We initially thought that holding the program during the winter months would provide activities for our residents when the weather is poor and people tend to stay indoors for prolonged periods of time. This has been proven true to some extent, but with large storms and decreased daylight, we feel more people may have travelled to the community center for the events had it been in spring/summer. We feel like we offered a variety and reasonable amount of activities, and advertised well.



## FINANCIAL INFORMATION

Please provide a project financial statement (or budget reconciliation) that identifies all initial proposed expenses included in your contract, and actual expenditures. Please refer to your approved expenses in your contract.

Budget	Anticipated Costs	Actual Costs	
Consultant - 8 months	3500	2459.17	<sup>1</sup>
Volunteer appreciation program with events and speakers	1250	2296.82	<sup>2</sup>
Portable asset purchases - art supplies, wood, tools and equipment for 5 events	2000	3197.52	<sup>3</sup>
Production, publication and distribution of a calendar of events - mailed and on-line	200	144.30	
Production, distribution and collection of senior interest survey - mailed and on-line	200	33.6	
Specialist/ expert honorarium - \$100	500	390	<sup>4</sup>
Social event refreshments 10 events x\$ 75each	750	260.2	<sup>5</sup>
Staff Support	700	1111.71	<sup>6</sup>
Hall rental fee 17 events x \$35 each	595	455	<sup>7</sup>
Volunteer training session	300	0	<sup>8</sup>
Total	\$ 9,995	\$10,348.32	<sup>9</sup>

1- Many volunteer hours were put in from the consultant in order to provide more creative workshops for the participants because they were highly requested. From municipal contributions, there was approximately \$1000 less spent on consulting which went into portable assets and the volunteer appreciation dinner.

2- The amount budgeted per person for dinner was higher than expected. It was approximately \$5 per person more than originally anticipated.

3- Volunteer time reduced consulting fees in order to increase activities.

4- Consultant booked many volunteer and in-kind speakers reducing the cost of honorariums.

5- Volunteers baked many cookies and squares for this program the same day that the Christmas cake baking was scheduled as an activity to do while waiting for cakes to bake and to reduce overall program costs.

6- Higher staff support required than initially anticipated.

7- hall rental was \$35 per event; only 13 events required hall as the rest were outdoors

8- Because of our rural area, it was difficult to find someone who provides a volunteer training session that would travel to the community centre. Fred Blackstein is a noted community volunteer who stepped up to speak to our participants on volunteering and how to overcome obstacles in the process.

9- Total cost of project was slightly higher than anticipated, and Head, Clara and Maria has paid the balance of this expense.

**Please submit a copy of all receipts associated with this project.**

Did you spend your grant to the full amount? YES

If not, you are required to return unspent funds to the government within 30 days of the submitting this report.

Please make your cheque out to: **Minister of Finance**, and send the cheque to:

**Ontario Seniors' Secretariat**

**777 Bay Street, Suite 601C**

**Toronto, ON M7A 2J4**

**Attention: Seniors Community Grant Program**

You are required to keep all original receipts associated with project expenditures for 7 years, in case the Government of Ontario requires an audit of program expenditures.

The Ontario Seniors' Secretariat (OSS) is subject to the Freedom of Information and Protection of Privacy Act (FIPPA). Personal information related to the Seniors Community Grant Program is collected by the OSS for the proper administration of the program, and will only be used for those purposes including evaluation of the project application, administration of agreements, funding and project reporting. In accordance with subsection 38(2) of FIPPA, this collection of personal information is necessary to the proper administration of a lawfully authorized activity.

Applicants should be aware that any information provided to the OSS in connection with their application may be subject to disclosure in accordance with the requirements of FIPPA.

Questions about the collection, use and disclosure of information may be directed to: Ontario Seniors' Secretariat, 777 Bay Street, Suite 601C, Toronto ON M7A 2J4. Email: [infoseniors@ontario.ca](mailto:infoseniors@ontario.ca), telephone: 416 326-7050, toll free: 1 888 910-1999, TTY (for the hearing impaired): 1 800 387-5559, fax: 416 326-7078.

**TO BE SIGNED BY THE INDIVIDUAL RESPONSIBLE FOR THE PROJECT**

**The final report must be hand-signed; this report may be scanned and sent electronically.**

I confirm that the information contained in this report is true and accurate.

Print Name: *Melinda Reith*

Signature: 

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**FINAL REPORT CHECKLIST**

Have you:

- Answered all questions on the Final Report?
- Inserted or attached the project financial statement (budget reconciliation)?
- Attached a copy of receipts associated with this project?

*Thank you for your time in completing this report.*

