

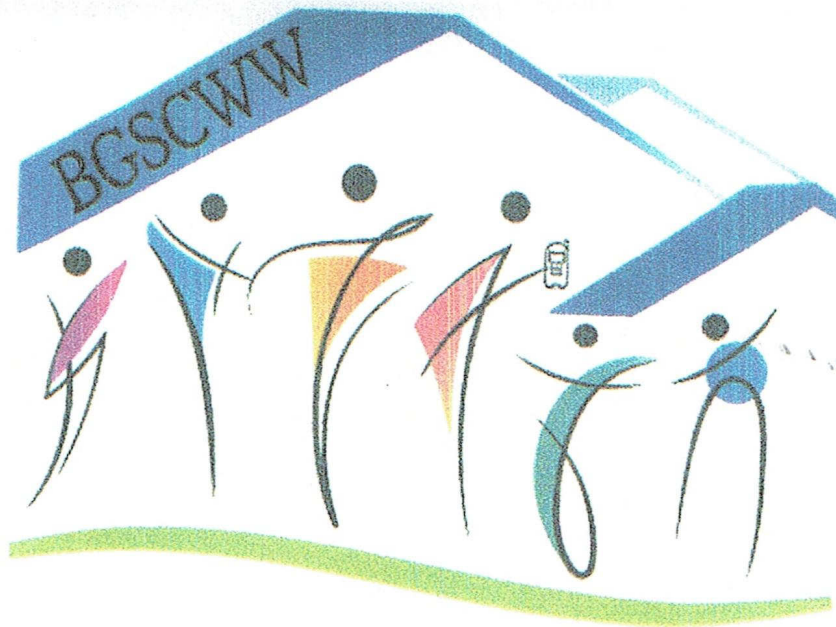


## Welcome to Bruce Grey Seniors' Centres Without Walls

### What are the Benefits of a Seniors' Centre Without Walls on the Northern Bruce Peninsula?

In a rural area, during the pandemic, the usual meeting and gathering locations are closed. Therefore, seniors and other residents are self-isolating in their homes. A Seniors' Centre Without Walls has many benefits to the residents at this time as listed:

1. Seniors' and residents' overall feeling of well-being can be improved by connections with others. Loneliness was a problem before the pandemic and has significantly increased since the COVID-19 restrictions. There is a large population of older adults who live alone. A NBPSCWW would help alleviate the feeling of loneliness as people participate in the call in programs.
2. The technology that is used is the telephone recognizing that seniors have access to the telephone to attend chat sessions that will connect them to others. Many older adults do not have computers although there is an option to join sessions via a computer Zoom Meeting.
3. The research for older adults demonstrates the benefits of connections with and contacts with others to stimulate the thinking, memory and speaking processes of the brain.



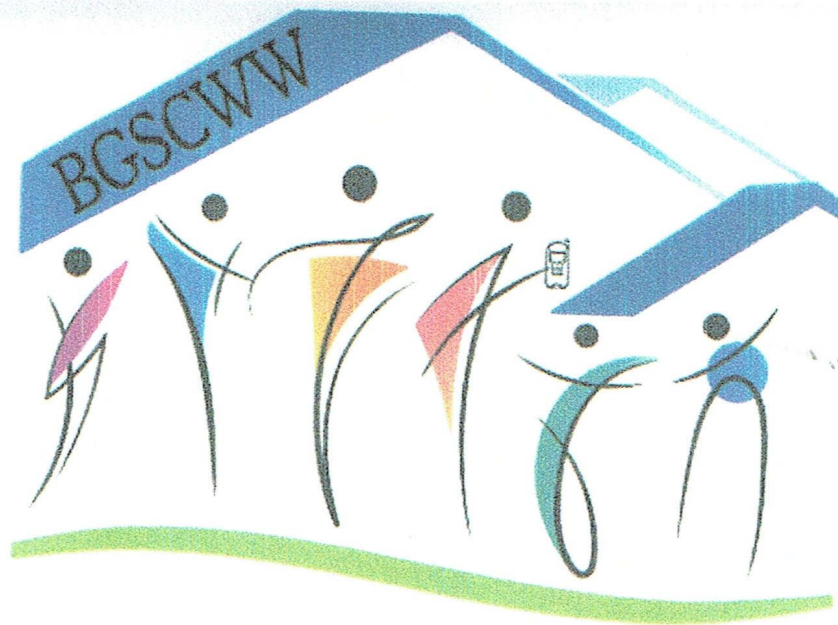
## **Bruce Grey Seniors' Centres Without Walls**

### **Why should the Municipality of Northern Bruce Peninsula Support the Seniors' Centre Without Walls 2020-2022?**

1. The 55+ population represents over 40% of the total population on the peninsula. Due to the pandemic many residents may remain on the peninsula this winter following the pandemic restrictions. Alternate opportunities are needed as a proactive solution to being at home alone.
2. The Strategic Plan of the Northern Bruce Peninsula can be matched with many of the targeted areas that the NBPSCWWs' program can meet such as using chat sessions for informing the older adults and residents about important issues on a weekly or monthly basis via a scheduled chat session. To introduce the municipal staff to the older adults as to their responsibilities and interests on the peninsula i.e. chat with the mayor, chat with the emergency co-ordinator, chat with the community support manager, chat with the CAO, etc.
3. The Municipality of Northern Bruce Peninsula's Council may wish to be recognized as an innovative, creative organization addressing an important need in their rural communities during the COVID-19 pandemic and beyond.



4. The older adults of the Northern Bruce Peninsula are accustomed to socializing daily and weekly with others. The usual routines of socializing have been dramatically changed for 8 months with no indication when the pandemic restrictions will be lifted. Therefore, a Northern Bruce Peninsula SCWW offers opportunities for older adults to chat, learn, socialize and be informed from the safety and comforts of their homes.
5. Many programs can be offered with a choice to connect via a phone or a computer depending on the availability of technology in one's home. A monthly calendar will be e-mailed to residents who have registered online, via facebook announcements, organization's newsletters and via word-of-mouth.
6. The SCWW has the potential to become a program throughout Bruce Grey with the Northern Bruce Peninsula setting the example for other municipalities to follow on this forward thinking.
7. The sky is the limit as to educational and health wise program offerings related to community safety, personal and community health, prevention of elder abuse, awareness of scams and frauds, small group chats, specific small group meetings, gentle exercises, environmental issues and important news of the day.
8. The NBPSCWWs' program would be all inclusive for all residents with a focus towards older adults while recognizing the over 55+ population on the peninsula. The health, safety and well-being of the participants will drive the decisions for topics and speakers.



**Who are the partners in the Ontario Bruce Grey Seniors' Centres Without Walls?**

At this time there are many partners involved in this initiative such as the United Way Grey Bruce, the Ontario Ministry of Seniors and Accessibility, the Ontario Older Adults Centres Associations of Ontario and the Good Companions and the Northern Bruce Peninsula Community Support Advisory Action Committee. I would invite the Municipality of the Northern Bruce Peninsula to become a partner in this opportunity to support this initiative.

**What is the plan for the future beyond the micro grant pilot project?**

The initial plan for the NBPSCWW is based on a 5 month micro grant to support the initial pilot project in the Northern Bruce Peninsula until March 30, 2021. At that time, there is the possibility to receive the approval of a New Horizon's Grant for Seniors for 52 weeks beyond March 31, 2021. It is hoped by all of the partners that the Seniors' Centre Without Walls will spread throughout Bruce Grey for the benefit of all older adults in Bruce Grey.


The letters of support for the application to the New Horizon's Grant for Seniors to continue a Seniors' Centre Without Walls on the



Northern Bruce Peninsula included The Meeting Place in Tobermory, Mary Miller from the Salvation Army serving both South and Northern Bruce Peninsula, The Council on Aging Grey Bruce, the Pike Bay Community Association, the Municipality of Northern Bruce Peninsula and a community resident of Lion's Head. If the grant is approved there will be funding available for a part time position to help with registering the participants for future sessions as the interest and the excitement about the program grows. The program will also have volunteers who will host or moderate chat sessions.

**What are the plans for the funds requested from the Municipality of Northern Bruce Peninsula in support of the NBPSCWW?**

- 52 weeks x 104 honoraria = \$2,600.00 ( Most chat session hosts or moderators will be volunteers.) A \$25.00 honorarium will be available for up to two sessions each week of 52 weeks.
- Office supplies for printing calendars, ink cartridges for printing posters and calendars, copying paper, postage stamps for mailing newsletters and monthly calendars to supporting groups who are not using computer e-mail and the cost of a NBPSCWW logo.
- In kind contributions include the following: advertising in the Tobermory Press in an article; graphic design charges for preparing the monthly calendars; 20 volunteer hours to phone and schedule speakers and chat session hosts/moderators for each month and 12 volunteer hours to host/moderate at least three chat sessions a week per month, 40 volunteer hours to write and submit 20 articles for community interest about the NBPSCWW's program during 2021-2022.
- In kind contributions = 424 volunteer hours x \$22.00 (living wage) = \$9328.00 a month, 20 articles x \$150.00 = \$3,000.00 free advertising if written as a community interest article, graphic design expenses 2 hours x \$70.00 = \$140.00 x 12 = \$840.00 for the monthly calendars
- Total in kind contributions = \$9328.00 + \$3,000.00 + \$840.00 = \$13,168.00

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> 1:00 – 1:30 p.m. Let's Chat: My Weekend 2:00 – 2:30 p.m. Zoom Laugh Healthy by Carolyn Shannon	<b>3</b> 11:00 a.m. – 12:00 Zoom Meeting Nutrition & Dementia by Sandra Hong	<b>4</b> 1:00 – 1:30 p.m. Remembering Past Veterans of Bruce County by Sharron Colter	<b>5</b>	<b>6</b> 1:00 – 1:30 p.m. Let's Chat: Sharing Happy Stories 2:00 – 2:30 p.m. Zoom Laugh Healthy by Carolyn Shannon	<b>7</b>
<b>8</b>	<b>9</b> 1:00 – 1:30 p.m. Let's Chat: Hobbies 2:00 – 2:30 p.m. Zoom Laugh Healthy by Carolyn Shannon	<b>10</b> 11:00 a.m. – 12:00 Zoom Meeting Meaningful Activities by Sandra Hong	<b>11</b> 1:00 – 1:30 p.m. Remembrance Stories Hosted by Sharron Colter 	<b>12</b>	<b>13</b> 1:00 – 1:30 p.m. Let's Chat: Keeping Your Mind Strong 2:00 – 2:30 p.m. Zoom Laugh Healthy by Carolyn Shannon	<b>14</b>
<b>15</b>	<b>16</b> 1:00 – 1:30 p.m. Let's Chat: Recipes 2:00 – 2:30 p.m. Zoom Laugh Healthy by Carolyn Shannon	<b>17</b> 11:00 a.m. – 12:00 Zoom Meeting Validation Therapy by Sandra Hong	<b>18</b> 1:00 – 1:30 p.m. Share Stories of Remembrance Hosted by Sharron Colter	<b>19</b>	<b>20</b> 11:00 a.m. – 12:00 Prevention and Early Detection of Dementia By Sandra Hong 2:00 – 2:30 p.m. Zoom Laugh Healthy by Carolyn Shannon	<b>21</b>
<b>22</b>	<b>23</b> 1:00 – 1:30 p.m. Let's Chat: Shopping 2:00 – 2:30 p.m. Zoom Laugh Healthy by Carolyn Shannon	<b>24</b> 11:00 a.m. – 12:00 Zoom Meeting Planning Ahead by Sandra Hong	<b>25</b> 1:00 – 1:30 p.m. Remembrance Readings Hosted by Sharron Colter	<b>26</b>	<b>27</b> 1:00 – 1:30 p.m. Let's Chat: Did Yow Know? Hosted by Sharron Colter 2:00 – 2:30 p.m. Zoom Laugh Healthy by Carolyn Shannon	<b>28</b>
<b>29</b>	<b>30</b> 1:00 – 1:30 p.m. Let's Chat: Connecting 2:00 – 2:30 p.m. Zoom Laugh Healthy by Carolyn Shannon	To Register for Carolyn Shannon Zoom.us - Meeting ID 86980849744 Passcode: 987999 By phone 1-647-374-4685 (\$0.03 a minute/free with log distance plan) Meeting ID & Passcode: Same as above		To Register for Sandra Hong call – <b>519-376-7230</b>		To Register for Sharron Colter & Let's Chat call – <b>519-793-3473</b>