



Third Age Network (TAN)
an association of lifelong learning groups in Ontario
www.thirdagenetwork.ca

Newsletter

October 2017

Age Friendly Initiatives

Over the past couple of years, the Niagara region has been involved with various committees and organizations to develop and implement initiatives that would enable Niagara to be recognized as an Age Friendly community. Initially, a major study was undertaken by various interest groups to develop the Niagara Aging Strategy and Action Plan which has now been published as a living document for agencies, organizations and various levels of the local government. Several other communities in Ontario have also been developing similar initiatives and action plans to implement that are important for the well being of their seniors.

Recently, the Niagara region received a Trillium grant to begin and implement many of the actions that were identified in the Niagara Aging Strategy and Action Plan. This Plan also includes "expanding recreational, social and educational opportunities for seniors". As our organization, Lifelong Learning Niagara, has already been actively engaged in providing social and educational programs to seniors living in the Niagara region, it became obvious that we would want to participate and be involved with the implementation of these age friendly strategies. As President of our organization, I sit on an advisory committee that comprises of several key individuals from various organizations who are champions for the implementation of the action plans.

As we are just getting started in this activity, I was asking Nancy Christie if she was aware of any other TAN chapters being involved with their age friendly community initiatives and if so, to what extent and what specific initiatives or idea are being considered. In addition, for the Niagara initiatives, we are planning to draw in other educational organizations, such as Brock University and Niagara College, to participate as a group focussed on providing education and learning for seniors. The goal for this group is "to facilitate an active and positive lifestyle for all seniors". This goal is achieved by:

- Maintaining and growing recreational opportunities
- Expanding educational opportunities
- Leveraging technology as a lifestyle enabler
- Expanding health promotion

I would be interested in hearing from those TAN organizations that may already be involved or plan to be involved with any age friendly community initiatives so that I can share the ideas, extent of participation and initiatives to ensure that our educational programs are being recognized and included in the overall goals and objectives of the Niagara age friendly activities.

Gaby Arato, President, Lifelong Learning, Niagara, garato@bell.net



The energetic Niagara group welcomes Lieutenant Governor Elizabeth Dowdeswell (speaker at a Spring lecture); Front row; Llynn Mytroen, Elizabeth Dowdeswell, Mary Jane Beccaria, Gaby Arato, John Tordiff.; back row; John Crossingham, Paul Bradley, Joe Hockey, Burke MacGillivray.

TAN Applications for Grants

Over the Summer, your president and vice president, Nancy Christie and Judith Levkoe, have been working on grant applications that might bring us funds for expansion.

One is a Trillium Grant (Ontario) and the other is New Horizons (Federal). The Trillium request is for a three-year grant to significantly expand the number of third age learning programs in Ontario. Funds from a New Horizons grant would pave the way for that growth and support promotion of third age learning as a critical element in seniors health and well being.

As anyone who has applied knows, there is no guarantee of success. The application process is exacting and detailed so much so that TAN asked for assistance from an expert in grants. "This was very helpful to us," said Nancy, "and well worth the cost."

The description for the Trillium grant states that "the project will have two key objectives: firstly, to create new programs using the TAN model.... And secondly, it will create an environment which supports the development of later life learning programs in large and small communities."

A large portion of the amount requested will be spent on the hiring of a part-time coordinator, as well as seed grants for newly starting groups.

Some background information was provided as follows: For the first time, Canadians aged 65+ outnumber children and that population is projected to double by 2041. Unfortunately, 25% of seniors feel socially isolated (Statscan) and while the causes vary, the result is always reduced well being. "The National Seniors Council attributes poor nutrition and higher levels of depression to social isolation, and considers it as strong a risk factor for mortality as smoking or obesity. Yet according to the Center for Third Age Leadership, some older people are experiencing new vitality

Privacy Document on Website

A great big thank you to Barrie president **Louise Pope**, who put together a privacy policy for TAN which is on our website: www.thirdagenetwork.ca and under the members only heading (you will need access codes).

It states that "a privacy policy provides an opportunity for individuals involved in third age learning to make informed decisions about the collection and use of their information. It should be easy to find, easy to read and explain that all of your information practices will be based on PIPIDEA, the Personal Information Protection Electronics Documents Act."

Included is a template which details what should be included and has links to helpful organizations. Louise thanks TAN members who contributed data from their privacy documents: Academy for Lifelong Learning, Learning Unlimited Etobicoke, LIFE Institute of Ryerson University, Lifelong Learners Mississauga, Third Age Barrie, Third Age Learning Burlington, Third Age Learning York Region and Thornhill Lifelong Learning.



and greater longevity by challenging themselves to learn new things. "This is supported by extensive evidence showing that social interaction and community involvement—the cornerstones of TAL—are directly associated with better mental and physical health (University of Manitoba)."

We'll publish results of these two applications as soon as we hear anything—likely not until Spring 2018.

Grants for Individual Groups

The Ontario government "is accepting applications for innovative projects that help seniors live active and healthy lives," according to a recent press release. Organizations can apply for up to \$100,000 "for projects that are larger in scope, leverage partnerships and have the potential to benefit more seniors over time."

Questions about the program are available by calling

1-833-724-4636 or by emailing

seniorscommunitygrant@ontario.ca

Changes to Executive

There is a small but dedicated group of TAN members who comprise the Executive Committee. They are augmented by a slightly larger Board and several at-large volunteers.

Inevitably, people choose to step down for personal reasons and we have had a couple of these recently.

Austin Knowlton from Burlington contributed so much during his tenure, working hard to add to our membership and adding a startup kit for potential groups.

Gillian Anchel from Hamilton is also a member of the Academy for Lifelong Learning and very interested in seeing TAN grow.

We thank them both for their efforts on our behalf.

We are glad to welcome Louise Pope from Third Age Barrie as a new member.

Guelph Pioneer's Story

On September 13, 2017 Third Age Learning Guelph (TAG) acknowledged the gift of a much-needed podium to the Arboretum Centre, University of Guelph. Cathy Reichenfeld, one of our members, donated the podium in memory of her late husband - Dr. Hans Reichenfeld.

Hans was a loyal member of TAG until his passing in March 2016. He had a high regard for the calibre of the lectures offered by TAG, and he was eager to lend his expertise. He served on the Third Age Board, and was an enthusiastic member of the program committee.

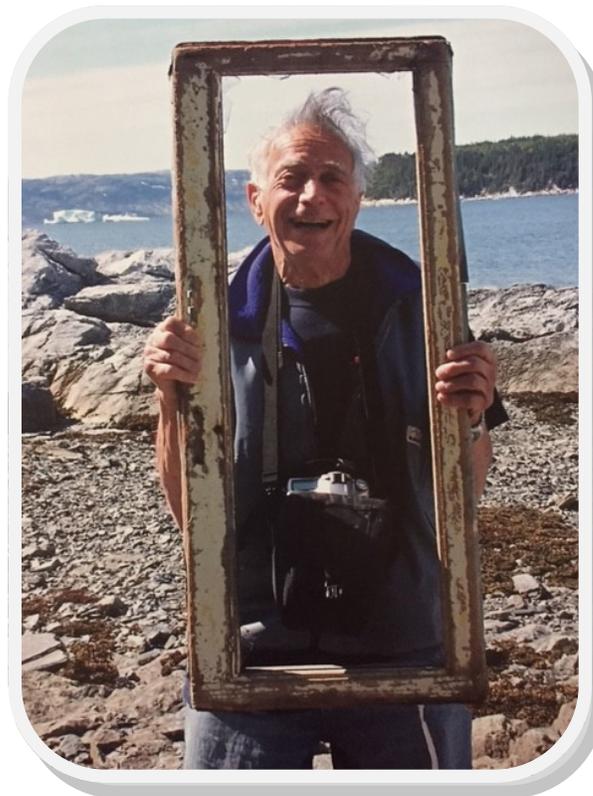
To whatever task at hand, he brought along his keen sense of humour. A photo taken on vacation on the west coast of Newfoundland captures him true to form.

Hans lived a colourful life and left his mark in many different fields. He grew up in a Jewish family in Vienna. As a young teenager in 1938 Hans witnessed the German Anschluss and experienced the open slights and restrictions that the Nazis placed on the Jewish community. His family managed to smuggle him out of the country alone to begin life at a Quaker school in Britain. At the outbreak of war he was briefly interned as an enemy alien, until Britain realized he would be more of a danger to Hitler than to the allies! They released him and enlisted him in the Royal Air Force.

After the war Hans qualified as a family doctor; then a psychiatrist in Canada; and finally an associate professor at Ottawa University.

Hans had an avid interest in medical history. Still active even in his last year of life he sent an article to the organizers of an international conference in Vienna on the intersection of mental health and criminal law. The article featured an iconic two-hundred-year-old tower in Vienna that was the site of a lunatic asylum. The organizers responded by asking him to travel to Vienna to present a paper; he did.

To prepare for his presentation, Hans asked two of our members - Nigel and Sue Morris -to help him with a PowerPoint presentation. Several TAG members were privileged to hear Hans repeat his presentation here in the Guelph Public



Dr. Hans Reichenfeld

Library. In Vienna he was feted by the media and became the subject of a lengthy TV film.

Several years ago, Hans wrote his autobiography that was translated into German. Several English copies were available at the AGM with the proceeds donated to Medecins Sans Frontiers.

TAN's Symposia - Should We Continue?

This year in May TAN ran its third symposium for members and prospective LLL groups.

As in 2013 and 2015, response from attendees was positive, although numbers were down this year. As you can imagine, it is a lot of work to plan and run an event such as this. Your Executive would like to know whether you believe we should present a fourth symposium in 2019. Or, has this perhaps run its course? Let us know your opinion and ideas for other events by emailing us at info@thirdagenetwork.ca

Please send your articles for the newsletter to Sheilagh Hickie
shickie@bell.net

We'll be doing another newsletter at the end of this year so your stories and photos should be sent around December 1st.

Many thanks.

TAN to Participate in Healthy Ageing Conference

The International Federation on Ageing will be holding its 14th Global Conference on Ageing in Toronto from August 8-10, 2018. It will take place at Ryerson University and the Chelsea Hotel.

Your TAN Executive has decided to participate in its theme *Toward Healthy Ageing* concentrating on a subtheme *Cognitive Health*.

The accompanying information page on the conference says that “cognitive ageing and more severe cognitive pathologies affect not only the individual but also their family, community, social services, and health services.

An emerging priority is to identify low cost,



accessible interventions that offer a promise of reducing cognitive ageing and more severe cognitive pathologies worldwide or enhancing cognitive function..”

Sounds familiar doesn't it—really something we may not express but hope and believe that our lectures and workshops accomplish for our members.

Participants can contribute scholarly papers or present a workshop which is defined as “an opportunity for a group of interested delegates to be engaged in intensive discussion and activity on a particular topic.”

We will be undertaking a workshop of between 45 and 60 minutes with two or three speakers.

Survey Comments from TAN Members

Dear TAN members,

Thank you for the quick response to my questions below. To date I have heard from 11 of you. By and large, it appears that most TAN organizations have had very few seating problems; participants seem to understand that the best seats go to those who come early! As some of you requested that I get back to you ASAP I am sharing the following:

- All 11 responded that your seating is Open Seating, ie on a first-come first-served basis. For the most part, the approach works well.
- All 11 responded that participants are allowed to hold seats for friends. A few of you said that participants are allowed to hold only two seats, not more. Many TAN members said that the fact that participants reserved seats for others was not a problem for their organization.
- Almost all responded that seating for those with accessibility needs is thought out beforehand. While only one TAN member stated that names are placed on the back of reserved accessibility seats, the majority responded that these seats were set aside either at the front or the back or wherever wheelchairs or rollators can be accommodated. As one member noted, communication is key: Those with special needs make those needs (mobility, hearing, vision impairment) known to either the lecture host or the registration office and preferably before the lecture series begins. Where these seats go will largely depend on the layout of the room and the needs of the participants.
- Only one organization reserves accessibility seats with the person's name on it so that he or she can go to the same seat for every lecture.
- Among the many tips shared regarding “smoother seating” at lectures:
 - * Just before the lecture begins, volunteers search out empty seats and quickly fill them with people who are looking for seats. * Just before the lecture begins, the audience is asked for a show of hands to indicate an unfilled seat near them.
 - * Members/participants know to come early for a good seat.
 - * Seats always will be available if you plan on a 10% absentee rate due to vacations, medical appointments, grandparent obligations, etc.
 - * To ensure enough seats are available, try underselling. Doing so will ensure that for an auditorium of, say, 200, 25 seats will be available if you only sell 175 tickets.
 - * Use moveable seats or chairs for more flexibility. When possible, stagger the chairs for each row so that everyone gets a clear view of the stage.
 - * If people are scattered throughout the space, ask them to move up and close the gaps.
 - * Those organizations that allow “walk-ins” said that those who are pre-registered get seated first, then walk-ins are accommodated in whatever seats are available.
 - * A few organizations reserve a few seats for the speaker, the host or others. For example, at LLL we reserve seats for door monitors and for the two or three people who are on the registration desk checking people in.

Thanks to Marilyn Linton for this survey. Marilyn is past president of Later Life Learning, Innis