

Elder Connections Newsletter

Fall 2009

Volume 1, Issue 9

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Annual Report 2009 Year Ended August 31, 2009

The following are some program highlights for the year ended August 31, 2009.

1. Thank you to Caryl Alexander, our computer training coordinator and our teachers Sam Cheung, Avi Cujic, Naomi Mills-Smith, Andy Stark, and Dianne Erdos-Rush. Over this past year, seniors received training at our nine computer training sites in York Region, Hamilton, Mississauga, Durham Region and Toronto. The training focus is on how to use e-mail, the Internet and MS Word. See below for program class details.
2. Thank you to Amrit Khaper for the various special projects she tirelessly works on from organizing educational programs, multicultural events, speaker's bureau, volunteers, students, and charitable gaming.
3. Thank you to Barry Lipkus for coordinating our Bingo and attending our board meetings.
4. Thank you William Scandlan, Lena Sutton and William Fuller for their Disability Tax Credit seminars. These seminars were developed to advise eligible people of potential tax savings. To date, 59 seminars have been arranged in the past five years. More than 2,500 individuals have been able to receive their rightful tax credits. This credit which has been in the *Income Tax Act* since 1985 can be claimed up to 10 years retroactively. It is estimated that the average tax recovered is \$5,000 to \$6,000 for an approximate total of more than \$15 million in tax refunds.
5. Thank you to Noor Din for his leadership in developing EPIC (Enterprise Promotion & Investment Centre). It is a community based venture that supports self-employed initiatives for the marginalized work force. Elder Connection is one of the founding partners for this program.
6. Thank you to Jack Pinkus who speaks on safe medication use and health promotion throughout the Greater Toronto Area. Jack Pinkus is a member of the Ontario Pharmacists' Association (OPA) Board of Directors. The OPA has been rolling out a program called Seniors Safe Medication Use Program (SSMUP) throughout the province. This program has been operating for about eight to nine years. About 12 per cent of the population is seniors and about 40 per cent of prescription users are seniors and of that 40-50 per cent used prescribed and over-the-counter medication improperly.

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7. Thank you to the Ontario Trillium Foundation for the ICE (Intergenerational Culture Exchange) grant. The Intergenerational Culture Exchange’s goal is to bridge social gap between the generations through friendly visits, get-togethers, activities and educational programs throughout the year. Youth volunteers visit seniors in their homes, senior’s centres and senior’s resident facilities. Thank you to Mr. D.B. Marshall for coordinating the program and for his classes to seniors and caregivers.
8. Our thanks to Human Resources and Social Development Canada (New Horizons for Seniors Program) for its support of the “Online Chat for Seniors” project. The goal is to teach seniors some additional ways to communicate with the online community using forums and text-based group chat, blogs, Facebook, message boards and Skype. Thank you to A. Cujic for coordinating this program.
9. Thank you to our lottery licensing officers from all of our municipalities for being supportive of Elder Connections programs.
10. Elder Connections has been involved in many other programs and activities over the past year and these include seniors capacity building, multicultural educational programs and seniors programs on aging. Caryl was a speaker at the Trillium Foundation November 2009 Conference.
11. During the year we revisited our strategic directions of helping other organizations and people and educational programs. We worked with a York Region school to apply for an infrastructure grant to expand the school. Elder Connections would have a computer lab office in the school if the project is approved.
12. Thank you to our Board of Directors: Mary Allen-Armiento, Noor Din, Julius Grabel, Gerry Hurwitz, Goldie Leibman, Lena Sutton, Jack Pinkus and Olga Righetti. Thank you Morris for your guidance and support.

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Chair

ATTENTION!!!
Disability & Tax Credit Seminars

You may be eligible for the Disability Tax Credit if you meet one of the following conditions:

1. WALKING – Unable to walk normally 100 meters (which is the length of a football field) without angina, pain, the need of a cane, wheelchair or walker.
2. SEEING – Visual impairment – 20% or more vision loss.
3. SPEAKING or communicating clearly.
4. HEARING – Unable to hear clearly, even with hearing aids.
5. EATING – Require assistance eating.

6. CARE AND DRESSING – Unable to bathe or fully dress oneself without assistance.

7. Problems RECEIVING instructions, thinking or remembering (Dementia/Ahlzeimers).

8. Poor BLADDER functions.

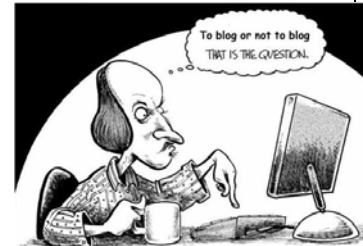
9. LIFE SUSTAINING THERAPIES – i.e. Chemotherapy or Dialysis.

The Income Tax Act provides a non-refundable tax credit to eligible persons. The tax credit could be a maximum of \$1,400.00 per year. This credit may be applied to either spouse or family member living at home, and is transferable to one spouse if the other does not pay tax.

Elder Connections is conducting and funding seminars in conjunction with SOAR Hamilton - Seniors Organization of Active Retirees, Chapter 10 for seniors.

Computer Classes Offered by Elder Connections

- Microsoft Windows: Beginner** – how to turn on/off computer, learn: 4 basic components, difference between homepage and desktop, shortcuts/icons, task bar, create, click and drag shortcuts, start menu, recycle bin, mouserobics (game to learn how to use the mouse), paint, add/change wallpaper, add/change screensavers, minimize / maximize / close windows, internet address bar, scrolling, single / double / left / right clicking mouse, different pointer shapes of mouse
- Microsoft Word** – Learn how to create/name/save a document, enter text, the word screen, toolbars, formatting / editing text, selecting text (highlighting), spell check, copying / cutting / pasting, saving / opening a file, creating / saving folders, word art, clip art, undo / redo, paint, know the difference between deleting and arrow keys, cursors, mouse pointer, scrolling, keyboard
- E-Mail** – Using Outlook Express or Yahoo composing / sending e-mails, checking spelling and formatting messages, working with attachments, opening / reading e-mails, replying / forwarding messages, adding contacts to the Address Book, to / cc / bcc emails, scrolling, blocking e-mail addresses, spam, avoiding viruses in attachments
- Internet Level 1: Getting Started** – different browsers, toolbar buttons, different pointer shapes of mouse, web warning i.e. advertising, search engines, scrolling, favourites, minimize /maximize / close windows, mouserobics (game to learn how to use the mouse properly), difference between address bar and searches, difference between desktop and homepage (changing both), links, difference between text and images on Google
- Internet Level 2** – directories, search engines, web addresses and URL's, touring on-line, creating folders on favourites, maps, Travelocity / Expedia (plan a trip) CD/DVD, memory stick, hard drive, system tray change date and time), lock taskbar, quick launch bar, using two / three different windows at same time



For Details, Please call:

General Info: Caryl 416-837-3112

Aurora: Lydia 905-726-4767

Hamilton: Lena 905-549-1305

Mississauga (Mississauga Senior Centre): Sara 905-615-4810

Mississauga (Punjabi Community Health Services): Gurvinder or Rupinder 905-790-0808

Oshawa: Ellen 905-576-6712

Richmond Hill: Avi 416-854-1002

Toronto: Pura 416-469-8242

Vaughan (Dufferin Clarke Community Centre): Mark 905-832-8554

Vaughan (Woodbridge): Ansa 905-832-6842

Elder Connections Gratefully Acknowledges



Elder Connections would like to give a warm thank you and acknowledges the financial support of the *Ontario Trillium Foundation*. The Ontario Trillium Foundation distributes its funding to charities and not-for-profits through two granting programs: Community and Province-Wide. Within those programs, funding is allocated in four sectors: Arts and Culture, Environment, Sports and Recreation, and Human and Social Services.

We would also like to recognize the *New Horizons for Seniors Program* of Social Development Canada for their grant. For more information on the program, please visit http://www.rhdcc-hrsdc.gc.ca/eng/community_partnerships/seniors/index.shtml

H1N1 Info:



The H1N1 flu vaccine is now available in Ontario for adults 65 years and over with underlying or chronic medical conditions. If you are 65 years old and over and have one of the conditions listed below*, please contact your family health care provider to get your H1N1 flu shot. In the event that your doctor does not have the H1N1 flu vaccine, please contact your local public health unit to find out where you can get your flu shot.

Log on to www.ontario.ca/flu to find contact information for your local Public Health Unit, or call ServiceOntario, Infoline at 1-800-476-9708 (Toll-free in Ontario only)

TTY 1-800-387-5559. In Toronto, TTY 416-327-4282

Hours of operation : 8:30am - 5:00pm

The Ministry had previously announced on November 10, 2009 that the H1N1 immunization program was expanded to seniors aged 65 and over who live in institutions like long-term care homes.

This year it's a different flu season. If you are in one of these groups, you are encouraged to get your flu shot as soon as you can.

***Chronic conditions: People with the following chronic conditions are more at risk of developing complications from H1N1 infection if they do get sick : Heart disease, Kidney disease, Asthma and chronic lung disease, Liver disease, Diabetes, Serious obesity, Diseases or treatments that affect the immune systems such as cancer, HIV/AIDS, organ transplants, Blood disorders, Neurological disorders, Medical conditions where people have difficulty swallowing or are at risk of choking, Children and adolescents' medical conditions treated for long periods with acetylsalicylic acid (Aspirin®).

Cold vs. H1N1

<u>Symptom</u>	<u>Cold</u>	<u>H1N1 Flu</u>
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the H1N1 flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the H1N1 flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the H1N1 flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the H1N1 flu.
Chills	Chills are uncommon with a cold.	60% of people who have the H1N1 flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the H1N1 flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the H1N1 flu..
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The H1N1 flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the H1N1 flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the H1N1 flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the H1N1 flu.

About Us

Elder Connections is a registered Canadian charitable organization with a large membership of individual seniors residing in the Toronto, Hamilton, York, Durham, and Peel areas. Founded in 1994, the mission of Elder Connections is to enhance the quality of life of older adults with a mandate to:

- Conduct, arrange and support programs and activities for the benefit of the elderly;
- Provide educational programs to seniors;
- Promote research and the development of resource information concerning the elderly;
- Provide resource materials to seniors.

Programs and services are available to ALL seniors who choose to access them. Needs-based assessments are conducted on an ongoing basis within and outside the membership. We are constantly assessing current trends and issues that impact upon seniors' well-being, and asking consumers what they need to remain vital, active citizens. Examples of the range of services we provide include:

1. Free Computer Training.
2. Intergenerational, multicultural and social programs.
3. Educational workshops, forums, and conferences for seniors on topics such as safe medication uses and disability tax credits.

Invite Others to Join our Mailing List!

Do you know anyone interested in receiving this newsletter? Send an e-mail with your first and last name, and e-mail address to office@elderconnections.ca with the subject "Subscription request".

We value your privacy and will NOT share your e-mail address with anyone else!

Comments or Questions?

Yes, we want to hear from you! Whatever is on your mind, let us know – there is no “right” or “wrong” comment!

E-mail us at office@elderconnections.ca

Or contact us: Phone: 416-256-7099
Fax: 416-256-7299