



ICCCSeniors.org

*Supporting the social participation and inclusion
of all Indo-Canadian Seniors across Ottawa*

ICCC Seniors Program - Activity Report March 2016 — April 2017

Background:

ICCC started a Seniors Program five years ago to engage seniors in social interaction and raise awareness of Govt and third-party resources and services available for seniors.

Focus Groups: Two Focus Groups with seniors and their families revealed many challenges faced by our seniors. What stood out was “Isolation and loneliness” as the most significant issue. We felt it must be tackled immediately.

ICCC Response: ICCC initiated weekly meetings for Seniors in Merivale area and in Orleans. These gatherings have been regularly on since then. The seniors simply love to get together and mingle. It's evident from the growing number of participants.

Communication with seniors: To communicate with seniors, we 1) created a website dedicated to seniors' activities and resources, 2) built a mailing list of seniors, and 3) have been emailing them regularly about the weekly activities.

Federal Govt Grant: In 2016, we also received a Grant under the Federal Govt's New Horizons for Seniors Program (NHSP). The NHSP program aims at reducing seniors' isolation and helping them with elder abuse and other issues faced by seniors.

Seniors Program under the Grant: We created a Seniors' Program Coordination Committee and multiple sub-committees to launch seniors' activities aside from the weekly seniors' gatherings.

A diverse program was designed to 1) engage seniors, 2) create awareness of elder abuse and other issues, and 3) to empower them through education and information sessions. The committee met every month to review activities and to oversee adherence to the Grant objectives and guidelines.

Program organization and administration: To organize and administer the program, we developed 1) a comprehensive seniors' website with an event calendar, 2) a registration system with online payment via Paypal, and 3) a mailing system with a Directory of Seniors. The Seniors' Directory now has over 325 seniors. Over 25 volunteers have run and managed this program.

Measures of the Program success:

1. At the outset, we decided to open our seniors program to all the seniors across Ottawa.



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2. We also sought cooperation and collaboration of all seniors' associations and other Indo-Canadian organizations with the goal to reach out to all seniors across Ottawa.
 - a. The Ottawa Seniors Association and Kanata Seniors Association agreed to partner with us. Their representatives sit on our Coordination Committee.
 - b. ICCC and Deshantari of Ottawa have collaborated on various events.
3. Most of our events were over-booked. The last major event drew 180 participants including seniors and guests.

Seniors' Activities:

Weekly Seniors' Gatherings:

Sites (counting our Partner Seniors Associations):

- **Merivale /Tanglewood site:** Mrs. Sudesh Kanda and Mr. Satish Bansal
- **Orleans Site:** Mr. Nand Tandon and Dr. Ram Sahi
- **Bank street Durga Mandir:** Mrs. Srishta Khosla
- **Kanata Seniors group:** Mr. Charanjeet Wadehra

Attendance: The attendance at each site ranges from 25-60 per week. A total of over 200 seniors participate in these four groups.

Program: Each site decides on its own activities according to the choice of attendees. The activities include: Exercise, food, lectures, fun and laughter, and socialization. They all have a vibrant program constantly attracting new members.

Food: Each group decides on an individual contribution for tea and coffee and snacks.

Financing of Seniors Activities:

- 1) **Weekly seniors' gatherings:** Partly covered by ICCC, and partly from the Social Planning Council of Ottawa-Carleton (SPCO) Grant. Participants contribute for the tea/coffee and snacks.
- 2) **Seniors Program (2016-17):** Was partly covered by the NHSP Grant. Plus, many of the events had a subsidized ticket - Participants paid for the tickets.
- 3) **Seniors Program (2017 onwards):** We have no grant this year. So far, we have a small grant from SPCO and a few seniors have given donations for seniors' activities. Going forward, we intend to raise funds and hope that ICCC members will donate some funds. Plus, each activity will have a ticket to cover the costs.



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The 2016-17 Seniors' Program

Achievements

1. **Seniors Website:** <http://icccseniors.org> with an Event Calendar and Registration Form [The Event Calendar also includes some of the local community activities — Going forward, we will encourage all Indo-Canadian organizations to publish their events in our calendar.]
2. **Seniors Directory:** <http://icccseniors.org/directory>. The Directory has collected over 300 seniors. [It's a mailing list of seniors — We intend to expand the Directory aimed at covering all the seniors across Ottawa.]
3. **Collaboration with Deshantari:** ICCC and Deshantari held joint activities.
4. **Passport of Health:** A 'Passport of Health' booklet was created and distributed to many seniors in workshops conducted to educate the participants on keeping personal and health-related information in this booklet. This is a useful document for travel.
5. **Participation in SPCO diversity group:** ICCC has attended seminars and workshops conducted by SPCO for the ethno-cultural organizations. We also invited their members to some of our activities.
6. **Organized a Focus Group on "Care Givers' stress issues and needs":** A research study team from Carleton University conducted this Focus Group to identify the issues and challenges of care-givers in the Indo-Canadian community. They will collect data from the different ethno-cultural groups and submit recommendations to Govt for support to the care givers.
7. **New members joined ICCC inspired by our activities:** The seniors program got a lot of attention of the community. It attracted a lot of seniors to join the Directory. In addition, our program also gave visibility to ICCC. As a result, new members have joined ICCC.
8. **Paypal:** We introduced an online payment method via Paypal to pay for the event tickets. The use of the Paypal payment is growing among the seniors.
9. **Slack platform for team communications:** The Slack system was introduced as a productivity tool for team communications among the volunteers working in the ICCC and seniors program. People are warming up to it, and are beginning to use it.
10. **Donations to ICCC Senior program:** We have quietly promoted donations for continuing seniors' programs. A few donors have come forward with voluntary donations.



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Activities and Participation:

Trips and Outings Events		
Dates	Major Heads & Events	Participation (Bookings)
July 27, 2016	Ottawa River Boat Ride	80
Aug 11, 2016	1000 Islands Trip	125
Sep 14, 2016	Mont Tremblant Trip	131
Oct 17, 2016	Picnic in Rockcliffe Park	95
Oct 27, 2016	Diwali on Parliament	125
Jan 13, 2017	Lohri Celebration	90
Mar 1, 2017	Sugar Bush and maple Fest Trip	19
Mar 10, 2017	Holi Celebrations for Seniors	87
Apr 1 – July 1, 2017	150K Walk Program [Target 15,000 Kms group walk]	70
Apr 14, 2017	Vaisakhi Celebration for Seniors	87

Technology Training to Seniors - Email & Internet, Facebook & Youtube, Smartphone, iPad/Tablet		A total of 93 persons registered.
July 2016	4-Session hands on training	Ranged from 12 to 25 persons in the different sessions
Aug 2016	4-Session hands on training	
Sep 2016	4-Session hands on training	
Sep/Oct 2016	2-Session hands-on training in Orleans	
Oct 2016	4-Session hands on training	
Nov 2016	2-Session hands on training	



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Seminars and Workshops

Jun 5, 2016	Seminar – How and what can you do to help surviving spouse and children? (<i>with Deshantari</i>)	45
Jul 10, 2016	Seminar – Alternative/ Ayurvedic Medicine and Diet (<i>with Deshantari</i>)	40
Jul 24, 2016	Seminar – Is There Any Risk in the Combined Use of Prescription Drugs and Herbal Medicine and Products? (<i>with Deshantari</i>)	55
Sep 17, 2016	Seminar – Safety and Seniors (<i>with Deshantari</i>)	75
Sep 23, 2016	Seminar – Resources Available to Seniors from Govt.	4
Sep 25, 2016	Seminar on Passport of Health for seniors (<i>with Deshantari</i>)	40
Nov 17, 2016	Seminar – My Passport of Health And Travel Medicine – for Seniors and Care-givers	40
Nov 26, 2016	Seminar – Laughter The Best Medicine – Is It Myth or Reality? – Dinner Event (<i>with Deshantari</i>)	120
Dec 7, 2016	Seminar – Basic First Aid and CPR Training for Seniors	55
Feb 19, 2017	Seminar – “Love, Compassion and Caring” with Music and Dinner (<i>with Deshantari</i>)	109
Mar 5, 2017	Seminar – “The World We Want To Live In” – Seminar + Dinner + Music Evening (<i>with Deshantari & Festival of India</i>)	180

Mentoring/Skill Building Courses

Nov 6, 13, 20 & Dec 4, 2016	Skill Bldg – Life Skills – Going From Here to There – Workshop #1 (4 sessions)	45
Jan 8, 2017	Skill Bldg – ‘Restoration and Conservation of Old Paintings and Works of Art’	9
Jan 29, Feb 5, 12 & 18, 2017	Skill Bldg – Life Skills Workshop 2 (4 Sessions)	31
Feb 18, 25, Nov 4 & 11, 2017	Skill Bldg – Contract Bridge for Seniors (4 Sessions)	26
Mar 18, 2017	Skill Bldg – Entry into the Federal Public Service of Canada	15



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Collaborations:

- **Deshantari of Ottawa:** Deshantari also received the NHSP grant. ICCC and Deshantari jointly held several seminars events.
- **Festival of India Ottawa:** ICCC had a booth at the Festival of India fair in July 2016. We forged connections for the Seniors Program with other seniors' organizations both of Indian origin as well as ethnic.
- **Passport of health seminar to other organizations/associations:** The Passport of Health and Travel seminars received a great feedback - informative and useful. The Passport of Health booklet has been well received by all the seniors.

Volunteering:

Many community seniors have come forward to help maintain the weekly program as well as special events.

We have also had volunteers in the age groups of 45-55 and 14-25. One school grade 1 made flowers to decorate tables at the March 5 event — “The World we want to live in.”

Community support:

Speakers:

- **Nirman Law Firm:** Mr. Daljit Nirman
- **Ottawa Police:** Mr. Jasdeep Bajwa
- **Scotia Bank:** Mr. Spencer Campbell and Mr. Mike Foster
- **City of Ottawa:** Mr. George Wong
- **Medical doctors:** Dr. Sunder Arora & Dr. Rajiv Samant
- **Ayurveda specialist:** Dr. Hemant Gupta
- **Scientist:** Dr. H. S. Bhuttar

Media support:

- Rogers TV (Community Events) – Sonya Nagpal and Archana Abrol
- Sounds of Asia Radio – Guddi Sharma
- An Indian Morning Radio – Kishore Sampath

Restaurant Support:

- East India Company Restaurant
- Palki Cuisine of India
- Aahar The Taste of India
- Rohit Chadha (caterer)