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**Active  
Living  
Coalition for  
Older Adults**

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**Round Table Members  
Resource Directory**

**2011**



**ALCOA**  
[www.alcoa.ca](http://www.alcoa.ca)

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**Active  
Living  
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Older Adults**

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**Round Table Members  
Resource Directory**

**2011**



**ALCOA**  
[www.alcoa.ca](http://www.alcoa.ca)



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## Publisher's Note

This Resource Directory is published for the purpose of sharing information on available resources from ALCOA Roundtable Members. This comprehensive listing was compiled from information submitted by each organization.

There are so many resources available to practitioners and consumers and so many places to search for them. This Directory will help you find the information you need all in one book.

Each entry is divided into four parts:

- The mission of the organization;
- Contact information;
- The programs offered, many of which are designed for older adults or for the people who work with and care for them; and
- A list of resources that can be ordered in hard copy or downloaded from the web.

While the scope of a number of these organizations is wide, we have specifically highlighted material designed with older adults in mind. Wherever possible, we have provided detailed information about the resources available, including date of publication, length, language availability, cost, and order information. If you need additional information, or if you want to confirm any of the content, please contact the relevant organization directly.

We hope you will find this a useful publication in helping you promote a healthy, active lifestyle for older Canadians.

**Patricia Clark**  
ALCOA National Executive Director



This publication is supported by funding from the **Canadian Bridge Federation Charitable Foundation**. The Canadian Bridge Federation is the national bridge organization for organized bridge in Canada.

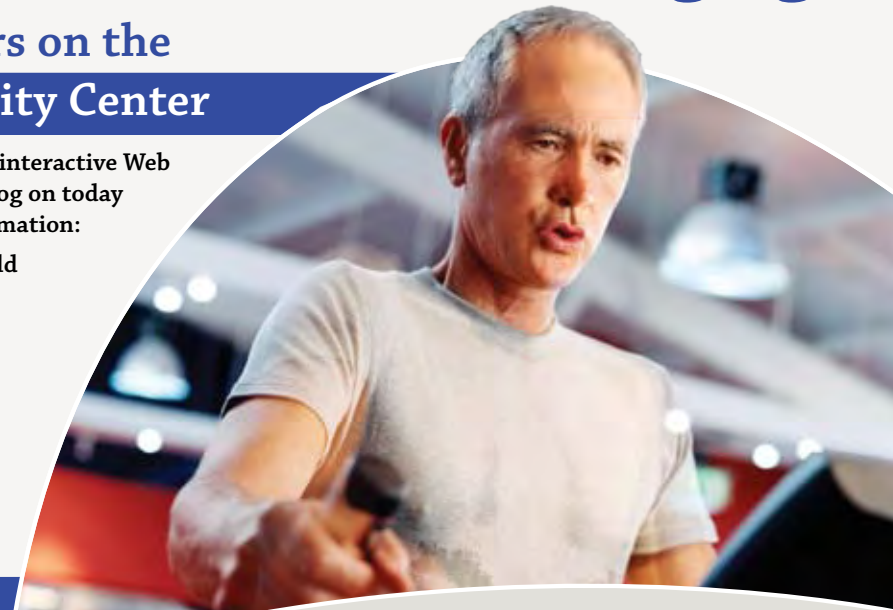
# Looking for information on Active Aging?

## Reach out to your peers on the Active Aging Community Center

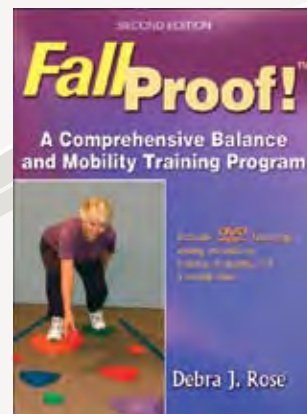
The Active Aging Community Center is an interactive Web site for and by professionals in the field. Log on today for FREE access to valuable tools and information:

- News from organizations around the world
- Successful physical activity programs
- Research findings
- Educational opportunities
- Job listings
- Conference and event calendars
- Grants and funding opportunities
- Member profiles

Visit [www.HumanKinetics.com/AACC](http://www.HumanKinetics.com/AACC) for more information on the Active Aging Community Center



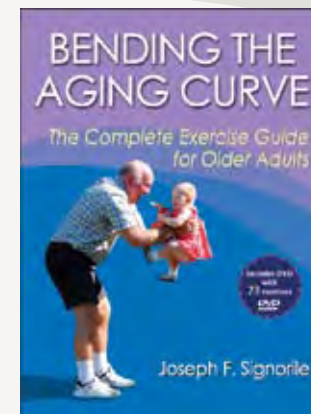
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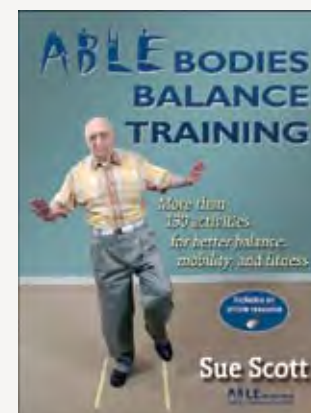
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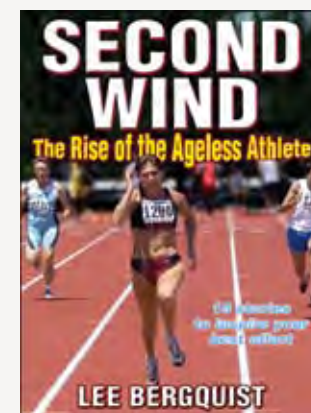
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# The Active Living Alliance for Canadians with a Disability



**ACTIVE LIVING ALLIANCE**

FOR CANADIANS WITH A DISABILITY

**ALLIANCE DE VIE ACTIVE**

POUR LES CANADIENS/ CANADIENNES AYANT UN HANDICAP

**720 Belfast Road  
Suite 104  
Ottawa ON  
K1G 0Z5**

**Phone: (613) 244-0052  
or 1-800-771-0663**

**Fax: (613) 244-4857**

**Website: [www.ala.ca](http://www.ala.ca)**

**E-mail: [ala@ala.ca](mailto:ala@ala.ca)**

The Active Living Alliance for Canadians with a Disability (ALACD) is an alliance of individuals, agencies, and national associations that promotes, supports, and enables Canadians with disabilities to lead active, healthy lives. ALACD provides nationally coordinated leadership, support, encouragement, promotion, and information that facilitates healthy, active living opportunities for Canadians of all abilities across all settings and environments.

## Programs

The ALACD produces resources, delivers workshops and has a variety of initiatives that enable Canadians with disabilities to lead active, healthy lives.

All Abilities Welcome is a campaign that uses workshops and public service announcements to encourage an attitude of openness and cooperation around inclusive physical activity in Canadian communities. Through our 'Moving to Inclusion' initiative we provide leadership development training and resources to assist teachers and community-based activity leaders as they work toward including individuals with disabilities in their programs. Moving to Inclusion Online is now available as a comprehensive training tool to educate activity leaders about providing inclusive programs. Our 'Community Development' initiative allows us to work with a Partner organization in each province and territory and collaborate with them to implement a variety of community-based projects.

The Youth Ambassadors Across Canada program encourages and supports self-advocacy opportunities for young Canadians with disabilities. Working with our provincial/territorial networks the ALACD educates young people with disabilities about the value of physical activity, healthy eating and a healthy lifestyle. The ALACD provides the tools and support required to help stakeholders effectively advocate in their communities.

We invite any organization with an interest in healthy lifestyles for persons with a disability to join as an ALACD Partner. This no cost, no obligation gesture is a sign that your organization endorses healthy active lifestyles and a symbol of commitment to the well-being of Canadians with a disability.

# The Active Living Alliance for Canadians with a Disability

## Resources

ALACD provides a wide variety of resources, including great information, photos, online learning opportunities, and more. Just visit [www.ala.ca](http://www.ala.ca) to search our resources, story archives, news highlights, Partner web links, service providers, activity fact sheets, photo gallery, and public service announcements. The ALACD is aware of inclusive active living opportunities from coast to coast and provides an online listing of program providers.

To order, please call ALACD at 1-800-771-0663 or e-mail [ala@ala.ca](mailto:ala@ala.ca).

Resource	Description
<b>Activate Your Community</b> English and French	A newsletter aimed at educating community-based organizations about how to provide active living programs and services appropriate for persons with a disability.
<b>Activate Your Students</b> English and French	A newsletter aimed at physical educators, school administrators, and students to provide some practical ideas on how to include students with disabilities in school-based physical activity programs.
<b>Activate Yourself</b> English and French	Tells the stories of Canadians with disabilities who are being active. You'll read about what they're doing and how they got started so you can get started too.
<b>Advocacy Resource Package</b> English and French \$12.00 (or purchase the Advocacy Resource Package and Change Through Advocacy Video together for \$20.00 - see below)	This three-booklet package identifies the four phases of the advocacy process: prepare, plan, act, and evaluate. Includes successful advocacy examples and worksheets to help address advocacy issues.
<b>Change Through Advocacy Video</b> English and French \$12.00 (or purchase the Advocacy Resource Package and Change Through Advocacy Video together for \$20.00 - see above)	This video profiles the successful efforts of individuals as they advocate for change and inclusion in community programs. A natural supplement to the Advocacy Resource Package.
<b>All Ways Welcome Video</b> English and French \$12.00	Ideal as a disability awareness training tool, this light-hearted video addresses common everyday barriers faced by people with different types of disabilities. Produced by the Ontario Ministry of Citizenship, Culture and Recreation.
<b>Fit for All</b> English and French \$1.25 - 1 page	This reference guide lists tips to help ensure that your community and school events are accessible to all.

## The Active Living Alliance for Canadians with a Disability

<b>Words with Dignity Bookmark</b> English and French Bundle of 20: \$5.00	This handy bookmark lists proper terms to use when referring to persons with a disability.
<b>On Guard Against Diabetes</b> Free	This document educates persons with disabilities about the detection, prevention and maintenance of diabetes
<b>All Abilities Welcome Toolkit</b> Free	Designed to help organizations promote healthy Active Living for everyone through program/policy development and implementation.
<b>The Blueprint for Action</b> English and French First copy free, additional copies as follows: 2 - 10 copies, \$10.00 ea. 11- 25 copies, \$ 7.00 ea. 26 - 100 copies, \$ 6.00 ea. 101 or more copies, \$ 5.00 ea.	A guide to providing active living opportunities for everyone, this resource posts a challenge to increase the participation of persons with disabilities in active living. The document also identifies the benefits of an active lifestyle and the barriers that often prevent people with disabilities from becoming involved in physical activities.
<b>The Inclusion Action Pack</b> English and French \$50.00	The Action Pack was developed to support organizational leaders in creating inclusive active living programs, services, and leadership opportunities for persons with a disability. It is the only resource that combines best practices from the fields of active living, organizational change, and inclusion, providing organizations with their own unique and effective tool for change. Packed with resources, checklists, idea files, a workshop kit, and detailed case studies, it's a road map for organizations moving from the principal to the practice of inclusion.
<b>Moving to Inclusion</b> English and French Abridged version: \$25.00 Comprehensive version: \$200.00	<p>Designed for teachers of physical education classes and leaders of community-based active living programs, this series of resources provides a practical approach to including young people with different types of disabilities in physical activity programs. Each resource provides modifications to physical activities.</p> <p>The Abridged Version: Consists of ten booklets in a binder – one introductory and nine disability-specific resources – which can be used as reference tools.</p> <p>Comprehensive Version: The nine disability-related comprehensive versions contain more complete information pertaining to specific disabilities.</p> <ol style="list-style-type: none"> <li>1. The Student with an Amputation (49 pages)</li> <li>2. The Student with Cerebral Palsy (108 pages)</li> <li>3. The Student who is Deaf or Hard of Hearing (67 pages)</li> <li>4. The Student with an Intellectual Disability (205 pages)</li> <li>5. The Student with Multiple Disabilities (165 pages)</li> <li>6. The Student with a Visual Impairment (127 pages)</li> <li>7. The Student who uses a Wheelchair (131 pages)</li> <li>8. The Student who is Physically Awkward (108 pages)</li> <li>9. Skiing for the Student with a Disability (188 pages)</li> </ol>

# Canadian Bridge Federation

The Canadian Bridge Federation is the national organization that promotes bridge within Canada and advances the interests of Canadian Bridge, including the selection and support of Canadian bridge teams and players for International bridge competition.

- ♠ *Promote Duplicate Bridge & Clubs in Canada*
- ♥ *Run National Bridge Championships, for Open, Women, Senior & Junior competition*
- ♦ *Promote New players and support Junior & Youth players*
- ♣ *Administer the CBF Charitable Foundation*

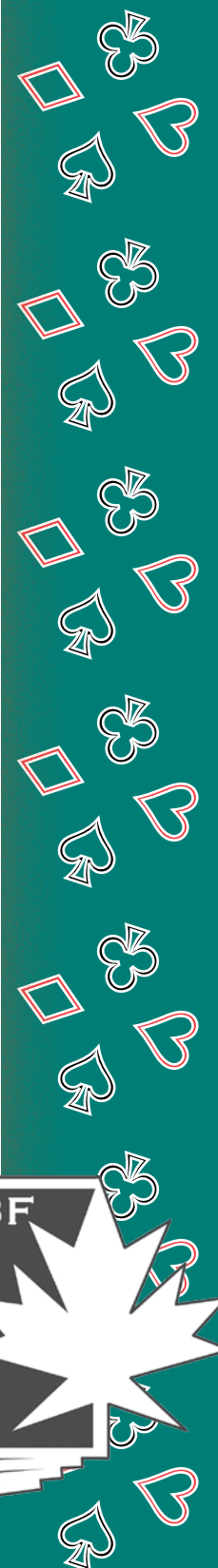
**BRIDGE IS MORE THAN A PASTIME, IT'S A PASSION.**

It is a great mind game where you try to 'beat people up' with your brain, where card sense, and 'strategic smarts' can put a teenager on par with a Grandmaster, or let a bus driver contend with a billionaire. Bridge is experiencing a resurgence with an estimated 25 million players in North America.

Research has shown that an 'active mind' playing bridge boosts the body's immune system and thereby keeps bridge players healthy and wise.

Our franchised bridge clubs across the country run Charity games and we in turn help others. Our Charity focus for 2011 is "Focus on Seniors – organizations that assist and improve the life of Seniors."

Visit our website: [www.cbf.ca](http://www.cbf.ca) for links to information on duplicate bridge clubs in Canada and where you can learn to play bridge.





# Active Living Coalition for Older Adults



**PO Box 143  
Shelburne ON  
L0N 1S0**  
**Phone: (519) 925-1676  
or 1-800-549-9799**  
**Fax: (519) 925-3955**  
**Website: [www.alcoa.ca](http://www.alcoa.ca)**  
**E-mail: [alcoa@ca.inter.net](mailto:alcoa@ca.inter.net)**

ALCOA, a partnership of organizations and individuals having an interest in the field of aging, encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces daily physical activities.

## Programs

ALCOA undertakes a number of activities to further its vision of a society where all older Canadians lead active lifestyles. To this end, ALCOA has also launched a number of specific projects in the past and these include:

- 👍 Your Passport to Healthy Living (2011) - A guide to healthier living designed for older adults and people living with Diabetes. The Passport provides background information, helpful tips, checklists, and charts. It is designed for the older adult to record their lifestyle habits and any changes they make. It may be used as a self-assessment tool or as part of an overall evaluation, if they are participating in a community diabetes program. This resource was made possible with funding from the Public Health Agency of Canada.
- 👍 ALCOA Community Leaders Guide Book (2011) - For leaders to support their work when using the resource "Your Passport to Healthy Living". The Guidebook provides information on references, training, program evaluation, individual measurements, tips, and resources.
- 👍 Active Living for Older Adults in Treatment for Cancer – Framework for Program Design (2009): This 'how-to manual' and DVD provides a step by step approach to developing an exercise program for cancer patients. The project, funded by the Public Health Agency of Canada, was a partnership between ALCOA and the UW WELL-FIT Centre, at the University of Waterloo, Ontario.

## Resources

In addition to membership information and links to useful web sites, the ALCOA web site provides a wide range of resources on aging and active living.

The following resources can be downloaded or viewed on-line. URLs are provided below. Alternatively, to order by phone, please contact ALCOA.

# Active Living Coalition for Older Adults

Resource	Description
<b>Make Physical Activity a Fun and Safe Part of Your Healthy Life</b> © 2009 English and French  <a href="http://www.alcoa.ca/e/cancer_project/pdf/consumer_brochure.pdf">www.alcoa.ca/e/cancer_project/pdf/consumer_brochure.pdf</a>	This brochure was designed in conjunction with the Framework for Program Design for Cancer Patients; however this brochure was written for the older adult cancer survivor, and it promotes the benefits of physical activity for cancer survivors.
<b>Active Living and Diabetes – Building on our Successes</b> © 2008 English and French  <a href="http://www.alcoa.ca/e/diabetes2008/index.htm">www.alcoa.ca/e/diabetes2008/index.htm</a>	This project, funded by the Public Health Agency of Canada, provides a national snapshot of 'leading practices' for programs that are designed for the prevention of type II diabetes in older adults. A DVD showcasing several of these programs was developed in addition to a full document providing details on each program.
<b>Active Living and Diabetes – A Prescription for Change Among Older Canadians</b> © 2005 English and French  <a href="http://www.alcoa.ca/e/diabetes/index.htm">www.alcoa.ca/e/diabetes/index.htm</a>	Promotes awareness of the risk of diabetes among older adults and assists ALCOA member organizations to integrate diabetes health promotion into their programs and services. The project was funded by Health Canada through the Canadian Diabetes Strategy and focuses on the importance of physical activity and healthy eating as a means to help prevent and control adult-onset diabetes. As a result of this project, ALCOA developed guides for the health practitioner and older adult.
<b>Be Active. Eat Well</b> © 2005  Practitioners' guide: 8 pages Older adults' guide: 4 pages English and French  <a href="http://alcoa.ca/e/diabetes/index.htm#guides">alcoa.ca/e/diabetes/index.htm#guides</a>	Developed in response to a needs assessment and resource review on the topics of older adults, diabetes, physical activity, and nutrition, these guides were produced in consultation with the Dietitians of Canada and the Canadian Diabetes Association. They contain facts and figures about Type 2 diabetes and practical tips on how to prevent and control it with physical activity and good nutrition. Two types of guides are available: one is for older adults, and the second is a complementary guide for practitioners and organizations working with older adults.
<b>Older Old Adults</b> © 2005  <a href="http://www.alcoa.ca/e/80plus_project.htm">www.alcoa.ca/e/80plus_project.htm</a>	A project designed to promote the health of the 80+ older adult.
<b>Overcoming Ageism in Active Living</b> © 2005 23 pages, English and French  <a href="http://alcoa.ca/e/ageism_project.htm">alcoa.ca/e/ageism_project.htm</a>	<p>Designed to help counter ageism, this initiative resulted in a special report that examines how ageism can deter active living, how inactivity can undermine good nutrition, the formation of age stereotypes, the challenges of motivating older adults to become physically active, and ways to counter ageism.</p> <p>A special report for the Active Living Coalition for Older Adults. Examines how ageism can deter older adults from active living, how inactivity can undermine good nutrition, the formation of age stereotypes, the challenges of motivating older adults to become physically active, and ways to counter ageism.</p>

## Active Living Coalition for Older Adults

Resource	Description
<p><b>Moving Through the Years: A Blueprint for Action</b> © 1999 26 pages, English and French <a href="http://alcoa.ca/e/projects/movyears.htm">alcoa.ca/e/projects/movyears.htm</a></p>	<p>A comprehensive policy aimed at enhancing the health and independence of Canada's seniors. Provides a framework for governments and organizations that promote healthy, active aging to design, develop, and deliver programs and services to Canada's fastest growing population.</p>
<p><b>Research to Action: Aging, Arthritis and Active Living</b> © 2004 6 pages, English and French</p>	<p>This article describes how proper medication combined with physical activity can help older adults with arthritis control pain, limit disease progression, and better carry out the activities of daily living.</p>
<p><b>Active Living Tips: Active Living Helps Arthritis</b> © 2004 2 pages, English and French <a href="http://alcoa.ca/e/research_to_action.htm">alcoa.ca/e/research_to_action.htm</a></p>	<p>A companion piece for older adults with arthritis. Includes information about the types of activities that are good for people living with this disease, as well as physical activity tips.</p>
<p><b>Research Update (with Active Living Tips)</b> English and French <a href="http://alcoa.ca/e/research_update.htm">alcoa.ca/e/research_update.htm</a></p>	<p>Research Update takes cutting edge and practical research results in the field of physical activity and older adults and presents them in plain language for health practitioners, leaders, and older adults. Each issue is devoted to a single topic and is produced along with a companion piece, called Active Living Tips. Following are the Research Updates/Active Living Tips ALCOA has published to date:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Physical Activity and Cancer: From Prevention to Recovery (September 2007)</li> <li><input type="checkbox"/> Physical Activity and Mental Health (April 2006)</li> <li><input type="checkbox"/> Ageism and Active Living: Recognizing Social Barriers to Older Adult Participation (April 2005)</li> <li><input type="checkbox"/> Physical Activity and Coronary Heart Disease. It Is Never Too Late to Benefit (October 2004)</li> <li><input type="checkbox"/> Exercise Programming for Alzheimer Disease and Related Dementias (March 2004)</li> <li><input type="checkbox"/> Healthy Eating and Regular Physical Activity A Winning Combination for Older Adults (December 2003)</li> <li><input type="checkbox"/> Aerobic Fitness for Older Adults (May 2003)</li> <li><input type="checkbox"/> Monitoring and Evaluating Physical Activity Programs for Older Adults (March 2003)</li> <li><input type="checkbox"/> How to Prevent Falls in Adults Over 65 (November 2002)</li> <li><input type="checkbox"/> The Power of Strength Training for Older Adults (March 2002)</li> <li><input type="checkbox"/> Diabetes and Walking (May 2001)</li> </ul>

## Getting active after cancer treatment

### MAKE PHYSICAL ACTIVITY A FUN AND SAFE PART OF YOUR HEALTHY LIFE

Getting active after cancer treatment

*Surgery, radiation treatment, and chemotherapy can leave you feeling worn out. Once you are done with treatments, you can think about being physically active.*

**Getting more active can help you feel less tired. It is also a safe and fun way to improve your health and well-being. Being active helps all older healthy adults lead healthier lives, including older adult cancer survivors.**

**Being active lets you meet and make friends and create a healthy social routine.**

**Talk to your health care team and get started today!**



**Cancer is primarily a disease of older adults.** Canadian cancer statistics for 2008 indicated that almost 70% of new cancer cases will occur in individuals 60+ years of age. The good news is that the cancer survival rate is also increasing.

Physical activity can play an important role in the quality of life for older adult cancer survivors. Research continues to suggest that physical activity is safe and results in:

- ❁ Improved quality of life
- ❁ Reduction in fatigue
- ❁ Quicker recovery
- ❁ More energy
- ❁ Better posture and balance
- ❁ Weight management
- ❁ Stronger muscles and bones
- ❁ Relaxation and reduced stress
- ❁ Improvements in cardio-respiratory fitness

ALCOA has produced a brochure for older adult cancer survivors, which promotes the benefits of physical activity. Brochures are available, free of charge, from the ALCAO office. If you would like to have these brochures available for your members or clients, please contact the office at [alcoa@ca.inter.net](mailto:alcoa@ca.inter.net) and we will be pleased to send you a supply. The brochure is available in French and English.



# Active Living Coalition for Older Manitobans



1075 Leila Ave.  
Winnipeg MB  
R2P 2W7

Phone: (204) 632-3947

or 1 866-202-6663

Fax: (204) 697-2412

Website: [www.alcoamb.org](http://www.alcoamb.org)

E-mail: [jevanchuk@sogh.mb.ca](mailto:jevanchuk@sogh.mb.ca)

## VISION

ALCOA-MB envisions a society where all older Manitobans are leading active lifestyles thereby contributing to their physical and overall well-being.

## MISSION

ALCOA-MB, a partnership of organizations and individuals having interest in the field of aging, encourages older Manitobans to maintain and enhance their well-being through a lifestyle that embraces daily physical activities.

## Programs & Services

All programs are targeted primarily to older adults in the Province of Manitoba (ages 55+). Secondary targets are adult children and caregivers of older Manitobans.

- 👍 **Peer Leadership Program: "Steppin' Up with Confidence" Training** prepares older adults as peer volunteer leaders to encourage other older adults to be physically and mentally active to benefit their health.
- 👍 **"Steppin' Out with Confidence"** is a peer walking program. Trained volunteers provide leadership in mall or outdoor walking. Walking programs are available in all seasons.
- 👍 **Speakers Bureau:** older adult volunteers enhance their skills and present to older adults on a variety of health and wellness topics: Active Living, Falls Prevention, Medicine Use, Ten Habits for Healthy Living, "Get into the Fun & Games" – promoting participation in the Manitoba Lotteries 55 PLUS Games, and other healthy living related topics, in partnership with ALCOA-MB member organizations.
- 👍 **Age-Friendly for All:** encourage communities to be inclusive of the participation of older adults. ALCOA-MB promotes the planning of programs and activities that engage older adults – activities that benefit older adults and create an age-friendly environment from the youngest to the oldest in the community.
- 👍 **ROOTS (Rural Outreach to Older Trainers for Seniors)** peer leadership program – building capacity at the regional and community level to prepare and support local older adult peer leadership.
- 👍 **ROOTS North** peer leadership program – building capacity in older adult peer leadership in Manitoba communities north of the 53rd parallel (in planning phase).
- 👍 **Healthy Aging Information:** Distribution of information resources on healthy aging such as: the Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Active Living for Older Adults and the Manitoba in motion Older Adults Exercise DVD.

## Active Living Coalition for Older Manitobans

- 👍 **ALCOA-MB Website:** targeted to older adults and active living including: healthy eating, physical activity, research and on-line booking of speakers, equipment loan, membership and information referral. [www.alcoamb.org](http://www.alcoamb.org)
- 👍 **Silver Times:** ALCOA-MB has partnered with (the national organization) Active Living Coalition for Older Adults on the publication entitled "Silver Times" for Older Canadians. The "Silver Times" is available to Retirement Residences and Senior Centres in multiples of 25 and will be shipped directly to the Senior Centres. View the "Silver Times" on-line at: [www.alcoa.ca/e/silver-times/Silver-Times-vol01-issue01-Fall2010.pdf](http://www.alcoa.ca/e/silver-times/Silver-Times-vol01-issue01-Fall2010.pdf)
- 👍 **ALCOA-MB "Research Roundtables":** planning and facilitation of knowledge translation of current research topics related to healthy active aging for older Manitobans. The ALCOA-MB Roundtables provide bi-annual for ALCOA-MB member organizations to identify and discuss issues/concerns and opportunities for collaborative activities that will contribute to the health and well-being of older Manitobans;
- 👍 **2011 Active Aging Week September 25 – October 2, 2011:** ALCOA-MB promotes and coordinates events and activities throughout Manitoba related to healthy active aging for older Manitobans. ALCOA-MB also promotes theme events and promotions that can motivate older Manitobans to participate in regular physical activity, while supporting a positive image of aging and age-friendly communities.
- 👍 **Equipment Loan:** ALCOA-MB loans equipment, such as, the Active Living Gear Kit and healthy lifestyle bingo sets to coordinators of active living programs for Seniors;
- 👍 Coordination of active living for older adults, leadership training events and activities and referral agency for older adults seeking information on healthy active living.

## ALCOA-MB Staff

### Executive Director:

Jim Evanchuk: Phone 632-3947 or toll-free 1-866-202-6663;  
1075 Leila Avenue, Winnipeg, Manitoba R2P 2W7;  
E-mail: [jevanchuk@sogh.mb.ca](mailto:jevanchuk@sogh.mb.ca); Fax: (204) 697-2412.

ALCOA-MB is a not-for-profit organization. All delivery of programs is facilitated by volunteers and through small contracts.

# Alberta Centre for Active Living

The Alberta Centre for Active Living is a key advocate of physical activity and physical activity expertise and a primary source of research and education on physical activity for practitioners, organizations, communities and decision-makers. The Centre's mandate is to improve the health and quality of life for all people through physical activity.

## Active Aging

The Alberta Centre for Active Living supports practitioners and organizations with original, innovative and collaborative resources for the promotion of physical activity for older adults.

The Centre also coordinates training and resources in Alberta for the Home Support Exercise Program.

For more information about our Active Aging resources and publications, click on the Active Aging ikon on the Centre's home page, at [www.centre4activeliving.ca](http://www.centre4activeliving.ca).



**3rd Floor, 11759 Groat Rd.  
Edmonton, Alberta  
T5M 3K6**

**Phone: 780-427-6949**

**Alberta toll-free:  
1-800-661-4551**

**Fax: 780-427-2677**

**Website:**  
[www.centre4activeliving.ca](http://www.centre4activeliving.ca)

**E-mail:** [active.living@ualberta.ca](mailto:active.living@ualberta.ca)

**Twitter:**  
[www.twitter.com/4activeliving](http://www.twitter.com/4activeliving)

**Facebook:** [www.facebook.com/centre4activeliving](http://www.facebook.com/centre4activeliving)

**YouTube:** [www.youtube.com/user/Centre4ActiveLiving1](http://www.youtube.com/user/Centre4ActiveLiving1)

# Alberta Centre for Active Living

## Active Aging Resources

Resource	Description
<b>Rural Route to Active Aging website</b> <a href="http://www.centre4activeliving.ca/older-adults/rural/index.html">www.centre4activeliving.ca/older-adults/rural/index.html</a>	A website for practitioners and leaders wanting to address barriers and other issues related to older adult physical activity.
<b>Preventing Falls Through Physical Activity: A Guide for People Working with Older Adults</b> <a href="http://www.centre4activeliving.ca/older-adults/rural/guides/guide-falls.html">www.centre4activeliving.ca/older-adults/rural/guides/guide-falls.html</a>	This guide is for people who are helping older adults to be active. It offers practical information on falls and physical activity as well as exercises and fun ideas to work on balance and strength.
<b>Rural Route to Active Aging: A Guide for People Who Want to Stay Active as They Age</b> <a href="http://www.centre4activeliving.ca/older-adults/rural/guides/guide-rural.html">www.centre4activeliving.ca/older-adults/rural/guides/guide-rural.html</a>	This guide is for people who know they should be active but are not sure where to start. People who are currently active but who want more ideas about how to be active will also find the guide useful.
<b>Preventing Falls Through Physical Activity: A Guide for People Working with Older Adults (2009)</b> <a href="http://www.centre4activeliving.ca/older-adults/rural/guides/guide-falls.html">http://www.centre4activeliving.ca/older-adults/rural/guides/guide-falls.html</a>	This Guide is for people who know they should be active but are not sure where to start. People who are currently active but who want more ideas about how to be active will also find the Guide useful. The guide encourages year-round activity and suggests different ways to address the barriers people face living in rural areas.
<b>Active Independence: Home Support Exercise Program in Alberta</b> <a href="http://www.centre4activeliving.ca/older-adults/active-independence.html">www.centre4activeliving.ca/older-adults/active-independence.html</a>	Trains health care staff, practitioners and volunteers working with seniors in Alberta to deliver an evidence-based physical activity intervention for homebound, frail older adults.
<b>Fact Sheets on various aspects of physical activity.</b> <a href="http://www.centre4activeliving.ca/our-work/factsheets.html">www.centre4activeliving.ca/our-work/factsheets.html</a>	Some of these include: <ul style="list-style-type: none"> <li><input type="checkbox"/> Active Living: It's Your Choice. This tip sheet offers ways to overcome barriers to physical activity.</li> <li><input type="checkbox"/> Facts on Older Adult Physical Activity. Information about the benefits of active living for older adults and tips for getting started.</li> <li><input type="checkbox"/> Making Active Living Part of Your Day. Use this tip sheet to find ways to incorporate active living into your day.</li> <li><input type="checkbox"/> Tips for Older Adult Physical Activity. Includes information on the benefits of physical activity, the components of fitness, and tips to becoming and staying physically active.</li> </ul>
<b>Active Living FAQs</b> <a href="http://www.centre4activeliving.ca/our-work/faq/index.html">www.centre4activeliving.ca/our-work/faq/index.html</a>	A collection of responses to 25 frequently asked questions about physical activity and active living. The FAQs are written in plain language and answer questions such as: <ul style="list-style-type: none"> <li><input type="checkbox"/> I've been inactive. Why should I start now that I'm older?</li> <li><input type="checkbox"/> How do I prevent injury while being physically active?</li> <li><input type="checkbox"/> How can we make our communities more walkable?</li> </ul>



## Alberta Centre for Active Living

<p><b>Feature Articles</b>  <a href="http://www.centre4activeliving.ca/our-work/feature-articles/index.html">www.centre4activeliving.ca/our-work/feature-articles/index.html</a></p>	<p>A collection of magazine-style articles covering topics such as being active indoors, active living and mental health, community gardening, and many more.</p>
<p><b>WellSpring</b>  <a href="http://www.centre4activeliving.ca/publications/wellspring.html">www.centre4activeliving.ca/publications/wellspring.html</a></p>	<p>This popular bimonthly publication for practitioners provides information on best practices, topical issues, recent research, and policy related to active living and physical activity.</p>
<p><b>Research Update</b>  <a href="http://www.centre4activeliving.ca/publications/research.html">www.centre4activeliving.ca/publications/research.html</a></p>	<p>This respected quarterly publication summarizes recent research in physical activity and health promotion in a brief, easy-to-understand format.</p>
<p><b>Physical Activity Information Round-Up</b>  <a href="http://blog.centre4activeliving.ca">blog.centre4activeliving.ca</a></p>	<p>Information Round-Up tracks physical activity research and other news from the world of active living. Visit our website and subscribe to our RSS Feed to receive Information Round-Up weekly.</p>
<p><b>Alberta Survey on Physical Activity</b>  <a href="http://www.centre4activeliving.ca/publications/surveys.html">www.centre4activeliving.ca/publications/surveys.html</a></p>	<p>Every other year, we conduct the Alberta Survey on Physical Activity to monitor the physical activity levels of adult Albertans. This is a popular tool for practitioners, decision-makers, advocates and others.</p>
<p><b>Annual Physical Activity Forum</b>  <a href="http://www.centre4activeliving.ca/physical-activity-forum/index.html">www.centre4activeliving.ca/physical-activity-forum/index.html</a></p>	<p>Each year, we invite a prominent speaker to discuss an important physical activity topic. Forums have been held in Edmonton, Calgary and Lethbridge. Vodcasts of past presentations are available on our website.</p>



# The best way to live a healthy life is to never let it pass you by.


At Pfizer, we believe to be truly healthy, it takes more than medication. Introducing [morethanmedication.ca](http://morethanmedication.ca) – a website devoted to the everyday pursuit of health and wellness.

Working together for a healthier world™

[morethanmedication.ca](http://morethanmedication.ca)



# Alzheimer Society of Canada

Behind every person with Alzheimer's disease or a related dementia, there are hundreds of people dedicated to helping. The Alzheimer Society is the leading not-for-profit health organization working nationwide to improve the quality of life of Canadians affected by Alzheimer's disease and related dementia and advance the search for the cause and cure. We are located in every province across Canada and in over 150 local communities.

## Programs

Since 1978, we've been dedicated to providing help for people with Alzheimer's disease and related dementia and their caregivers. That help comes in many ways.

- 👍 is the leading not-for-profit health organization working nationwide to help Canadians living with Alzheimer's disease or related dementia;
- 👍 provides support, information and education to people with dementia, families, caregivers, physicians and other health-care providers;
- 👍 is a major funder of Alzheimer research and research training in Canada, both in the search for a cure as well as in improvements in care;
- 👍 is located in every province across Canada and in over 150 local communities;
- 👍 operates the Safely Home® program that helps find a person with Alzheimer's disease who may be lost and assists in a safe return home;
- 👍 holds a nationwide fundraising event, Alzheimer Coffee Break™, each September, to raise funds to support local Alzheimer Society programs and services;
- 👍 receives most of its funding from individuals.

## Resources

### How we can help — Support Services

The Alzheimer Society offers a range of services including support groups that provide a safe place to share information, feelings and experiences both for people with the disease and caregivers.

### Finding out more — Information Resources

The Alzheimer Society provides a wealth of information — in print, DVDs, videos, audiotapes, and on the web — on Alzheimer's disease, warning signs, diagnosis and treatment, caregiving, risk factors, research and other related topics. The Society has resources designed specifically for the person with the disease, as well as materials for families and healthcare professionals. Information meetings and workshops are also offered.

Alzheimer Society  
Soci t  Alzheimer

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Fax: (416) 322-6656

Website: [www.alzheimer.ca](http://www.alzheimer.ca)

E-mail: [info@alzheimer.ca](mailto:info@alzheimer.ca)

# Alzheimer Society of Canada

Resource	Description
<b>Safely Home®</b> <a href="http://www.safelyhome.ca">www.safelyhome.ca</a>	As Alzheimer's disease affects each area of the brain, certain functions can be lost. These may include the ability to recognize familiar places, the ability to remember one's own name or address, or the ability to communicate. For example, a person may leave home, become confused and get lost. Safely Home® is a nationwide program developed by the Alzheimer Society of Canada in partnership with the Royal Canadian Mounted Police. People with Alzheimer's or a related dementia may be registered with the program.
<b>The Progression Series</b> <a href="http://www.alzheimer.ca/english/disease/progression-intro.htm">www.alzheimer.ca/english/disease/progression-intro.htm</a>	This five-part series on the stages of Alzheimer's disease is written for the person with the disease, their family and caregivers. Detailed information on each of the stages, including suggestions for living with the disease, can be found in separate sheets entitled The Progression of Alzheimer's Disease – Overview; Early Stage; Middle Stage; Late Stage; and End of Life. No matter what stage of the disease the person is experiencing, information and support are important in understanding and living with the disease..
<b>Heads Up for Healthier Brains</b> <a href="http://www.alzheimer.ca/english/brain/brain_intro.htm">www.alzheimer.ca/english/brain/brain_intro.htm</a>	Based on the current research, "Heads Up for Healthy Brain" provides practical action steps to make healthy lifestyle choices now, which you can take to improve your brain health. Will it prevent Alzheimer's disease? There are no guarantees, but healthy lifestyle choices will help keep your brain as healthy as possible as you age. And since a healthier brain can withstand illness better, it's important to take action on the things you can control -- lifestyle choices.
<b>Rising Tide: The Impact of Dementia in Canada</b> <a href="http://www.alzheimer.ca/english/rising_tide/rising_tide.htm">www.alzheimer.ca/english/rising_tide/rising_tide.htm</a>	Over the next 30 years, the number of people living with dementia is projected to more than double, with the total economic costs increasing ten-fold. In short, our aging population is fueling a rising tide of dementia that threatens to overwhelm our health and social support systems. The time to act is now.
<b>Coffee Break™</b> <a href="http://www.alzheimercoffeebreak.ca">www.alzheimercoffeebreak.ca</a>	Coffee Break is the Alzheimer Society's major annual fundraiser where friends, co-workers and customers gather in communities across Canada to raise funds for local Alzheimer Societies. Participants at these events make a donation in exchange for a cup of coffee. The money raised stays in the community to help support local programs and services.
<b>Person-centred care of people with dementia living in care homes</b> <a href="http://www.alzheimer.ca/english/care/guidelines-care-intro.htm">www.alzheimer.ca/english/care/guidelines-care-intro.htm</a>	The overarching goal of this initiative is to improve the quality of care of people with dementia in care homes through a person-centred philosophy. The Alzheimer Society believes that people with dementia have the right to enjoy the highest possible quality of life and quality of care by being engaged in meaningful relationships which are based on equality, understanding, sharing, participation, collaboration, dignity, trust and respect.



# Canada 55+ Games Association



**PO Box 235  
Cornwallis Park NS  
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**Phone: (902) 638-8009**

**Fax: (902) 638-3090**

**Website:**  
[www.canada55plusgames.com](http://www.canada55plusgames.com)

**E-mail:**  
[info@canada55plusgames.com](mailto:info@canada55plusgames.com)

Through both physically and mentally challenging games, the mission of the Canada 55+ Games Association (C55+GA) is to influence personal behaviour and social supports that encourage healthy, active living for older adults in Canada.

## Programs

The Canada 55+ Games is a nation-wide initiative to sponsor wellness – that is, the spiritual, mental, and physical well-being – among Canadians 55 years of age and older. Our goal is to help individuals celebrate their lives and provide a venue that allows them their ability to remain competitive among their peers as well as the opportunity to meet new friends and rekindle old friendships.

- 👍 Provincial games are staged annually or bi-annually in different provinces and territories, and some offer both summer and winter games.
- 👍 The National Games take place every two years. The first took place in 1996, and since then have occurred every two years (with the exception of 2000) in various communities across the country.
- 👍 The number of participants continues to grow over the years. The first games in 1996 attracted approximately 350, the most recent games in Dieppe, NB in 2008 and Brockville, ON in 2010 attracted over 1500. Sydney, NS, the host for the 2012 Games, is hoping for close to 2000 participants.
- 👍 The Games should not be categorized as sporting events, as they span a wide range of physical and mental challenges, from slow-pitch softball to bridge, from darts to lawn bowling, and from cribbage to track and field.
- 👍 These events bring together individuals who participate for the sheer joy of competition, for the opportunity to visit other parts of Canada, and for the camaraderie and social interaction that these national games are designed to offer.

## Canada 55+ Games Association

### Resources

The Association's web site offers a history of the Games; with sections dedicated to past and future Games; a records page; and links to several provincial 55+ Games Associations/Societies. The site also includes some additional resources to familiarize the visitor with the Association and the Games themselves. Included is a list of all the activities that the bi-annual games might include (the Host Community is limited to offering a minimum of 20 and a maximum of 24 of these activities), and detailed rules for each activity are also given. The site also provides information about age and residency eligibility, scoring and results, defaults, event jury, and protests.

The following material can be downloaded or viewed on-line.

Resource	Description
<b>Games Rules</b> English only <a href="http://www.canada55plusgames.com/rules.html">http://www.canada55plusgames.com/rules.html</a>	Includes information about age and residency eligibility, scoring and results, defaults, event jury, and protests. Soon to be available in French.



# Canadian Association for the Advancement of Women and Sport and Physical Activity



**N202 – 801 King Edward Avenue  
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**Phone: (613) 562-5667  
Fax: (613) 562-5668  
Website: [www.caaws.ca](http://www.caaws.ca)  
E-mail: [caaws@caaws.ca](mailto:caaws@caaws.ca)**

The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) is a national non-profit organization dedicated to creating an equitable sport and physical activity system in which girls and women are actively engaged as participants and leaders. CAAWS provides a number of services, programs and resources to a variety of clients, including sport and physical activity organizations, teachers, coaches, health professionals and recreation leaders. Since 1981 CAAWS has worked in close co-operation with government and non-government organizations on activities and initiatives that advocate for positive change for girls and women in sport and physical activity communities.

## Programs And Resources

### CAAWS Website ([www.caaws.ca](http://www.caaws.ca))

One of the most comprehensive online resources in Canada for girls and women and sport and physical activity. Currently averaging more than 80,000 visitors/month, the site provides information on CAAWS programs and resources, as well as highlighting accomplishments of local, national and international female athletes.

### Women and Leadership Network

To commemorate CAAWS' 30th anniversary in 2011, CAAWS launched the Women and Leadership Network to support the development and involvement of women leaders – present and future - in sport and physical activity across Canada. The Network has been designed as the go-to place for women to connect, build their skills, share ideas, discuss issues, find solutions and take action. CAAWS has also created a resource for men, who are important allies in increasing opportunities for girls and women. The “What Men Can Do” section on the CAAWS website provides practical ideas for men, whether it is encouraging their daughters to stay active, or supporting women's active involvement around the board table.

For more information, visit [www.womenandleadershipNETWORK.ca](http://www.womenandleadershipNETWORK.ca)

## Canadian Association for the Advancement of Women and Sport and Physical Activity

### Women and Leadership Program: Developing the Leadership Skills of Women Involved in Sport and Physical Activity

The CAAWS Women and Leadership Program was developed to provide professional development and networking opportunities for women working or volunteering in Canada's sport system. Developed by women for women, the workshops blend theory and practice to engage participants in learning new skills, sharing ideas and experiences, and applying new knowledge to real-life scenarios. Great as stand-alone events or combined with conferences, training events or AGMs, the following workshops are available for delivery: Communication, Conflict Resolution, Influencing Change, Networking and Work-Life Balance. Targeted workshops for Aboriginal Women and Youth (young women aged 15-20) are also available.

For more information visit [www.caaws.ca/e/leadership/boards](http://www.caaws.ca/e/leadership/boards)

### Women on Boards

Women, through participation on governing boards and in senior roles of organizations, can have a significant impact on sport in Canada from the grassroots level to elite international competitions. Women, however, are often under-represented in leadership at the board level, leaving a void in discussions, perspectives and decision-making.

Women on Boards: A Guide to Getting Involved, produced by CAAWS in partnership with 2010 Legacies Now, provides both organizations and women who are interested in serving on boards with practical resources to ensure strong representation and leadership from women at the board level. The Women on Boards presentation brings the content to life, providing comprehensive information about boards and how they operate. The presentation is suitable for women who have never served as a board member as well as those with experience on boards; and for organizations looking to increase the number of women in leadership positions within their association.

For more information visit [www.caaws.ca/e/leadership/boards](http://www.caaws.ca/e/leadership/boards)

### On the Move – Increasing Opportunities for Inactive Girls and Young Women in Physical Activity and Sport

On the Move is CAAWS' national initiative to increase opportunities for inactive girls and young women (ages 9-18) to participate in sport and physical activity. On the Move workshops are half-day, interactive, issue-based sessions that provide an overview of the initiative, share best practices from across Canada, and provide “how-to” tips to increase the participation of girls and young women. Appropriate for everyone from practitioners to policy makers, the workshops also provide an opportunity for participants



## Canadian Association for the Advancement of Women and Sport and Physical Activity

to network and discuss collaboration and local action to make a difference in the lives of girls and young women in their community. For more information visit [www.caaws.ca/onthemove](http://www.caaws.ca/onthemove).

### Mothers in Motion

Mothers in Motion is a national initiative aimed at increasing physical activity and healthy eating opportunities for mothers and their families. The website was designed to support Canadian women and their families pursue healthy, active lifestyles. Web-based tools and resources encourage active living, through physical activity and/or sport and healthy eating habits for three target groups: Mothers of new babies and toddlers, Mothers of preschoolers; and Mothers of school-age children.

Research shows that socioeconomic status (e.g. income, education, occupation, family structure and social support) is a strong predictor of health. Low socioeconomic status (LSES) mothers and their families are often at a disadvantage with respect to accessibility of physical activity and healthy eating opportunities, and are therefore in need of more targeted and unique services and programs. Based on findings from cross-Canada multicultural focus groups, CAAWS developed tools to assist practitioners and service providers in understanding specific community issues in the areas of accessibility, availability and affordability of services and programs and to better support LSES mothers and their families in leading healthy lives. For more information, visit [www.caaws.ca/mothersinmotion](http://www.caaws.ca/mothersinmotion)

### Physical Activity and Women Aged 55-70+

Physical Activity and Women Aged 55-70+ provides information about the barriers to involvement in physical activity for this target group, and solutions and best practices for multisectoral practitioners to increase the participation of women 55-70+. Based on cross-Canada focus groups with active women, less-active women and community stakeholders across the country, a number of resources have been developed to assist in increasing physical activity opportunities for older women:

- 👍 Focus Group Report and Summary – A comprehensive report that provides plenty of ideas on how to modify facilities, programs, communication materials and more. A 4-page summary assists stakeholders in their efforts to increase awareness of the importance of physical activity for women aged 55-70+.
- 👍 Making the Case: Physical Activity and Women 55-70+ – A business case document that builds the rationale for stakeholders to seek funds/commitments from decision-makers to develop initiatives specifically targeted for women aged 55-70+.
- 👍 Women 55-70+ in Sport & Physical Activity Images – A DVD of 230 physical

## Canadian Association for the Advancement of Women and Sport and Physical Activity

activity photos of women aged 55-70+ to use on marketing materials, websites or other communications.

- 👍 Women 55-70+ and Physical Activity Fact Sheets – A series of fact sheets with helpful hints and examples, based on focus group findings. Topics include hosting focus groups and community consultations, program and service delivery, marketing and communication, developing partnerships, and program evaluation.

For more information visit [www.caaws.ca/women55plus](http://www.caaws.ca/women55plus).

### Addressing Homophobia in Sport: “Seeing the Invisible, Speaking about the Unspoken”

Homophobia is an irrational fear or intolerance (either conscious or unconscious) of lesbians and gay men. The fear of homosexuality is used to scare both homosexuals and heterosexuals away from sport. Homophobic attitudes and actions are also hurtful and damaging to lesbians (and gay men) involved in sport. CAAWS’ work in this area has initiated discussions with sport organizations at all levels to address homophobia in sport; an important step in a longer-term strategy to reduce homophobia in Canadian sport and making sport an inclusive and safe place for all participants.

A discussion paper, presentations and workshops are available to educate leaders in the sport community about homophobia and how it hurts an organization’s athletes, coaches, officials and other participants, regardless of their sexual orientation. The sessions allow for open and honest conversations about homophobia and the important role sport leaders can play in making sport more accepting of sexual diversity. The various workshops can be targeted to specific groups (e.g. coaches, athletes, officials, sport leaders); the half-day workshop uses case studies and other resources to help develop a more in-depth understanding of homophobia.

For more information visit [www.caaws.ca/homophobia](http://www.caaws.ca/homophobia).

### Other CAAWS Resources (available for FREE download from [www.caaws.ca](http://www.caaws.ca))

- 👍 Trail Considerations for Engaging Girls and Women – Provides insight into making running and walking trails more “female-friendly”, from policy and programming, to design, promotion, signage and language.
- 👍 Success Stories: Increasing Opportunities for Girls and Women in National and Multi-Sport Organizations – A sampling of the many programs, projects and strategies from National and Multi-Sport Organizations that have been successful in encouraging opportunities for girls and women in sport.
- 👍 Disordered Eating in Sport: Taking a new direction – Many active girls and women fall into disordered eating habits due to lack of education and subsequently delay effective treatment due to myths and fears that hold them back from recovering a healthy weight. This resource provides practical tips to support someone struggling with disordered eating.

## Canadian Association for the Advancement of Women and Sport and Physical Activity

- Self-Esteem, Sport and Physical Activity** – The younger years in a child’s life are critical for producing positive self-esteem and may be influenced by personality, parenting techniques and role modeling. This resource provides tips to help coaches, physical education teachers and active living leaders positively influence self-esteem and provide girls and women with ongoing incentive to participate and personally succeed in physical activity endeavours.
- Positive Messaging for Girls and Young Women** – While some girls and women excel at sport and physical activity, others face barriers to their participation including inadequate opportunities to participate and develop their skills, little support and encouragement from parents, teachers and coaches, and a lack of positive role models. This resource provides five simple and easy things that you can do to make a difference in the lives of girls and young women.

Resource	Description
<b>In Her Voice: An Exploration of Young Women’s Sport and Physical Activity Experiences</b>	In Her Voice provides insight into the sport and physical activity experiences of girls and young women. The resource is based on focus groups conversations with young women, aged 13-17, from five diverse communities across Canada. The information gathered offers program providers and decision-makers in the sport and active living, health, education, and social service sectors a better understanding of the diverse needs, interests and experiences of young women, supporting the creation of better programs and more responsive health promotion initiatives.
<b>Sex Discrimination in Sport: An Update</b>	This report presents seven real-life discrimination scenarios that have set the stage for the legal analysis of sex discrimination in sport. Contradictory legal decisions can leave sport administrators scratching their heads about what might, and what might not, constitute sex discrimination in sport. Federal and provincial jurisdiction is described, along with some of the unique circumstances of the Canadian sport system that make a jurisdictional analysis somewhat challenging.
<b>Active and Free: Young Women, Physical Activity and Tobacco</b>	Practical tool to support practitioners and service providers encouraging a healthy lifestyle for young women by keeping them physically active and tobacco-free...for life. The resulting book, Active & Free, along with the Take 5 action primer were designed to be used by people who care about young women’s health – teachers, recreation leaders, parents, coaches, and health promoters. CAAWS has developed new resources that speak directly to girls and young women to help them stay Active & Free; these resources are only available online.
<b>Seeing the Invisible, Speaking about the Unspoken: A Position Paper on Homophobia in Sport</b>	CAAWS prepared this paper to initiate a discussion about homophobia in sport. This paper is not intended to provide an answer to the problem of homophobia in sport – but to start a discussion that will hopefully lead to future solutions. This paper only addresses the concerns of lesbians and gays in sport.
<b>Women on Boards: A Guide to Getting Involved</b>	This resource provides both organizations and women who are interested in serving on boards with practical resources to ensure strong representation and leadership from women at the board level.

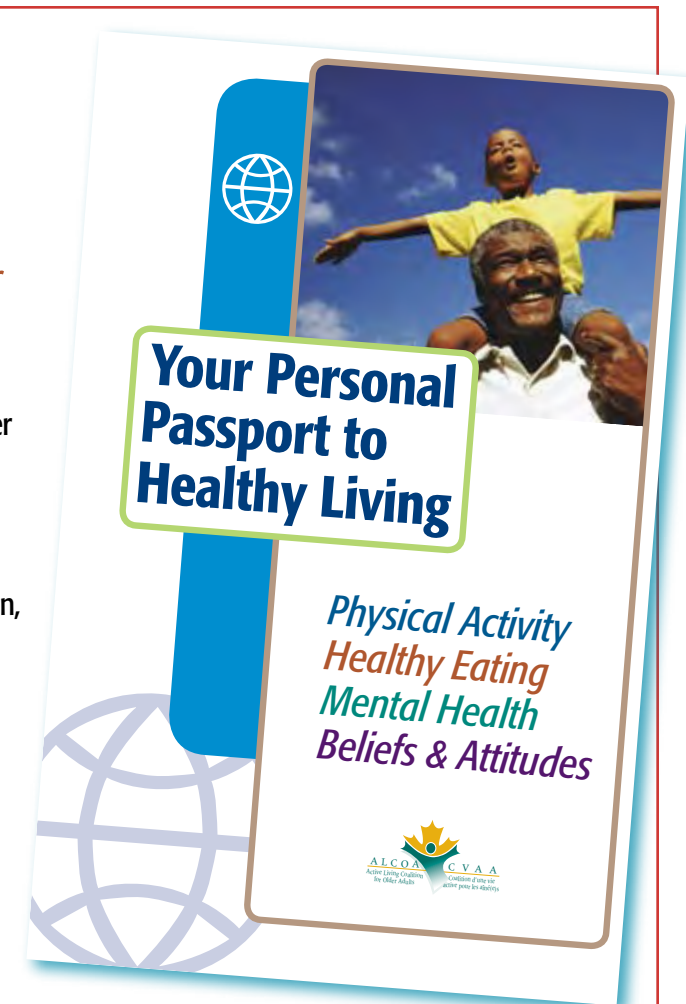
## Your Passport to Healthy Living

*A Guide to Healthier Living designed for older adults living with Diabetes.*

The journey to a healthier lifestyle can be challenging for older adults. The Passport is designed to educate and motivate older adults. It encourages and supports behaviour change, be it big or small, so that over time those changes will add up to having a significant effect on the prevention or management of type 2 diabetes or other chronic diseases. It contains information, tips, checklists and charts.

Within the 40-page booklet, there are several sections on healthy living including;

- Physical activity
- Strength Training
- Lifestyle habits
- Nutrition
- Mental health
- Beliefs and attitudes



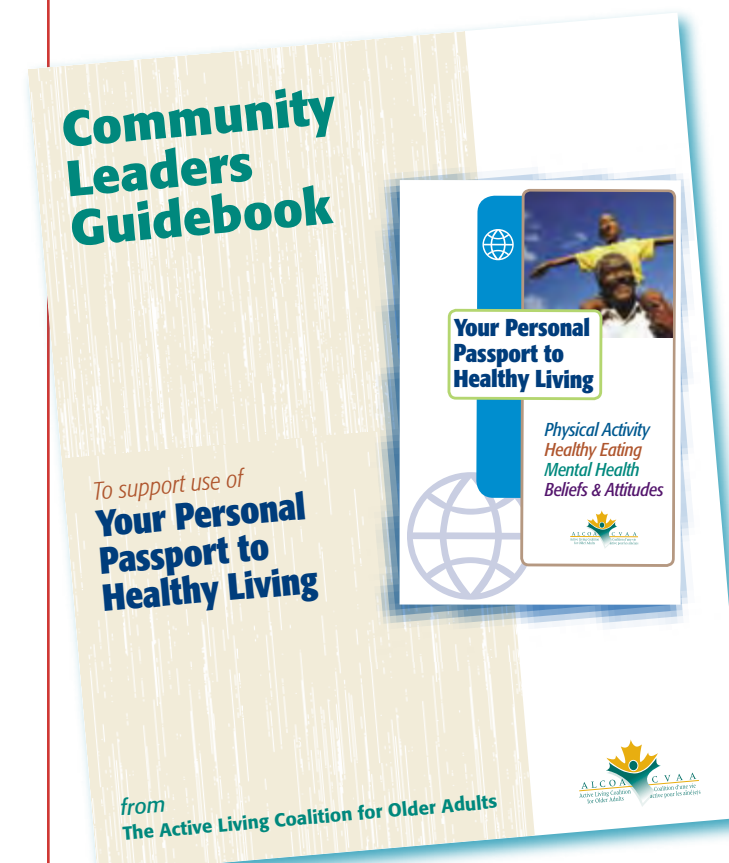
The Passport is designed to be an educational resource for older adults, to assess their current lifestyle, record their behaviour changes over time, and celebrate in their successes.

## Community Leaders Guidebook

To support Leaders in the use of the ‘Passport’ by providing information on references, training, program evaluation, individual measurements, tips, and resources.

Available from ALCOA, Fall 2011

*Production of this publication was made possible through a financial contribution from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.*





# Canadian Association of Cardiac Rehabilitation



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To provide leadership in clinical practice, research, education, and advocacy in cardiovascular disease prevention and rehabilitation for the enhancement and maintenance of cardiovascular health of Canadians.

## Programs

In addition to providing professional education for health professionals in cardiac rehabilitation and CVD prevention and encouraging and fostering research in cardiac rehabilitation, CACR supports a number of programs aimed at promoting awareness and understanding of cardiac rehabilitation among the public. Following is a brief description of one such program.

- 👍 The Walk of Life for Cardiac Rehabilitation: This fundraising event is open to cardiac rehabilitation programs with at least one CACR member. All events are organized locally with assistance from the Canadian Health Foundation of Canada (CHFC), and all funds raised in the local community stay with the local program(s). The Walk of Life is a joint effort between the CACR and the CHFC.

To participate in an event in your community, e-mail [cmellos@cardiahealth.ca](mailto:cmellos@cardiahealth.ca). For up-to-date details on participating sites, visit [www.cardiahealth.ca](http://www.cardiahealth.ca).

## Resources

CACR's web site provides useful links to research and information about cardiac rehabilitation for professionals and public, as well as to North American organizations devoted to the advancement of cardiac health. Visit <http://www.cacr.ca/resources/links.cfm> to see the complete list of links.

## Program Directory

Find a Cardiac Rehabilitation program in your community easily at [www.cacr.ca/information\\_for\\_public/directory.cfm](http://www.cacr.ca/information_for_public/directory.cfm)

You can also view or order several CACR publications on-line.

For order information, please see the relevant entry below.

# Canadian Association of Cardiac Rehabilitation

Resource	Description
<p><b>Canadian Guidelines for Cardiac Rehabilitation and Cardiovascular Disease Prevention</b></p> <p>© 2009 (third edition)</p> <p>Book and/or web versions</p> <p>English only</p> <p>To order, visit <a href="http://www.cacr.ca/resources/guidelines.cfm">www.cacr.ca/resources/guidelines.cfm</a></p>	<p>The most current, most scientifically validated, and safest clinical pathways to successful patient care for cardiologists, general practitioners, and health professionals in cardiac rehabilitation, primary and secondary prevention clinics. Consolidates into one reference a wealth of current information regarding cardiovascular disease risk factor management, and reviews the importance of cardiac rehabilitation from both physiological and psychosocial perspectives.</p>
<p><b>Current Issues in Cardiac Rehabilitation and Prevention</b></p> <p>Free for members; \$35 annually for health professionals</p> <p>Download or view some of the articles on-line at <a href="http://www.cacr.ca/information_for_public/index.cfm">http://www.cacr.ca/information_for_public/index.cfm</a></p>	<p>Published three times a year, this newsletter presents focused and in-depth reviews of topics relevant to cardiac rehabilitation. Regularly appearing sections include profiles of Canadian programs, descriptions of ongoing or recently completed research projects, and comprehensive reviews of select references.</p>



# Canadian Association of Occupational Therapists



CAOT - ACE

Canadian Association of Occupational Therapists  
Association canadienne des ergothérapeutes

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or 1-800-434-2268**

**Fax: (613) 523-2552**

**Website: [www.caot.ca](http://www.caot.ca)**

**E-mail: [communication@caot.ca](mailto:communication@caot.ca)**

The Canadian Association of Occupational Therapists (CAOT) provides advocacy, resources, and national leadership to actively develop and promote the client-centred profession of occupational therapy in Canada and internationally. In addition, CAOT provides services, products, and events to help occupational therapists achieve excellence in their professional practice.

## Programs

While most programs are designed for members and focus on such issues as accreditation, continuing education, and practice concerns, CAOT has also undertaken several initiatives to increase public awareness about occupational therapy, some of which concentrate on seniors:

- 👍 **Helping Older Drivers** – The Canadian Association of Occupational Therapists (CAOT), launched the National Blueprint for Injury Prevention in Older Drivers in February 2009. The Blueprint strives to enhance the capacity of older adults to maintain their fitness to drive and ability to drive safely for as long as possible. In partnership with the Public Health Agency of Canada, CAOT has continued to work diligently on this initiative and is pleased to launch an Older Driver's Safety website ([www.olderdriversafety.ca](http://www.olderdriversafety.ca)) and a series of informational brochures. This information will communicate the impact of normal aging and prevalent health conditions on safe driving and provide useful tips based on scientific evidence of high risk situations and risk-reducing strategies.
- 👍 **Public forums:** CAOT frequently partners with other organizations to provide public forums on various topics relevant to occupational therapy, including planning a barrier-free home.
- 👍 **Stable, Able and Strong** was sponsored jointly by the Canadian Association of Occupational Therapists (CAOT) and the Occupational Therapy Program, University of Ottawa. The project was funded by the Population Health Fund, Public Health Agency of Canada, from September 2005-June 2008. The Stable, Able and Strong project developed a Post-Fall Support Model and component strategies for older adults who have experienced a fall, to enable them to maintain or resume engagement in meaningful activities in the context of home and community. For more information, please visit [www.caot.ca](http://www.caot.ca).

# Canadian Association of Occupational Therapists

## Resources

CAOT publishes a variety of textbooks, workbooks, and other learning materials to help advance the knowledge of occupational therapy. Following are some of the CAOT publications that focus on seniors.

To order, visit CAOT's on-line store at [www.caot.ca/default.asp?pageid=1042](http://www.caot.ca/default.asp?pageid=1042).

Resource	Description
<b>Living at Home with Alzheimer's Disease and Related Dementia</b> © 2011 \$49.99	A manual of resources, references, and information, this document assists health care professionals to validate the essential role of caregivers, acknowledge caregivers as case managers, and develop a collaborative intervention plan with caregivers.
<b>National Blueprint for Injury Prevention in Older Drivers</b> <a href="http://www.olderdriversafety.ca">www.olderdriversafety.ca</a>	This document and related materials are available as free downloads in French and English.
<b>Tools for Living Well Toolkit</b> English and French Also available as a free download at <a href="http://www.caot.ca">www.caot.ca</a>	Aims to increase acceptance of assistive devices (canes, hip protectors, bath/shower seats, etc.) among older adults, veterans, caregivers, and community stakeholders, and to make these devices more visible and readily available to those who need them. Provides comprehensive advice on working with businesses to increase assistive device accessibility and offers consumer-friendly fact sheets about home and travel safety, grab bars, canes, non-slip bathmats, bath seats, and hip protectors.



# Canadian Centre for Activity and Aging



1490 Richmond St.  
London ON  
N6G 2M3

Phone: (519) 661-1603

Fax: (519) 661-1612

Website: [www.uwo.ca/actage](http://www.uwo.ca/actage)  
[www.ccaa-outreach.com](http://www.ccaa-outreach.com)

E-mail: [ccaa@uwo.ca](mailto:ccaa@uwo.ca)

Facebook:  
[www.facebook.com/actage](http://www.facebook.com/actage)

The Canadian Centre for Activity and Aging (CCAA) is dedicated to developing, encouraging, and promoting an active, healthy lifestyle for Canadian adults that will enhance the dignity of the aging process.

## Programs

National Leadership Training

An important mandate of CCAA is to expand community programs for older adults. Accordingly, the organization supports a number of initiatives designed to promote active living and train people who work with older adults:

- 👍 **Restorative Care Education and Training Program:** Designed to help staff in long-term care environments to work with residents in helping them achieve the best quality of life possible by maximizing their existing abilities. Common threads throughout the program include information on creating a restorative environment and the impact of learned helplessness. Training is offered throughout the province and is usually provided two or three days a week over two. For more information, visit: [www.ccaa-outreach.com](http://www.ccaa-outreach.com)
- 👍 **Home Support Exercise Program:** An evidence-based in-home exercise program consisting of 10 simple, yet progressive exercises designed to enhance and maintain functional fitness, mobility, balance and independence. This 4-hour workshop is designed for front-line service providers, caregivers and family members in a position to help the frail, homebound older adult. The 8-hour facilitator training prepares educators, managers or supervisors to deliver the HSEP workshop. For more information, visit: [www.ccaa-outreach.com](http://www.ccaa-outreach.com)
- 👍 **Get Fit for Active Living:** Get Fit for Active Living is an eight week education and exercise program designed to introduce older adults to the benefits of exercise and an active lifestyle. Each participant begins with a complete a health assessment. The program consists of two aerobic exercise classes, one weight-training class and a one-hour education class each week. Participants learn how to get started on a regular exercise program, and about the importance of a healthy, active lifestyle for maintaining independence. Training for Facilitators is also available to Certified Senior Fitness Instructors. For more information, visit: [www.ccaa-outreach.com](http://www.ccaa-outreach.com)
- 👍 **Functional Fitness for Older Adults (FFOA):** This 16-hour workshop is designed for staff working in long-term care facilities, retirement residences and adult day programs who want to learn how to instruct appropriate physical activity programs for residents/clients; emphasis is on maintaining or improving balance, leg and arm strength and mobility of the frail older adult. For more information, visit: [www.ccaa-outreach.com](http://www.ccaa-outreach.com)

## Canadian Centre for Activity and Aging

- 👍 **Seniors Fitness Instructor Course (SFIC):** The SFIC was developed to address a need for training and information about appropriate physical activity programs for older adults. It is a certification program for anyone (older adults, young adults and volunteers) who want to learn how to design and lead effective fitness classes for seniors. Consists of 36 hours of in-class training, 16 hours field experience, take-home assignment, practical evaluation and annual certification renewal. For more information, visit: [www.ccaa-outreach.com](http://www.ccaa-outreach.com)
- 👍 **Seniors Fitness Instructor Course Fast Track Version (SFIC-FT):** This 18 hour course is recommended to those with a background in fitness and a post secondary education in physiology and anatomy. This instructs the participant how to instruct a community dwelling well older adult group fitness classes. The same requirements for SFIC certification apply following the course. For more information visit: [www.ccaa-outreach.com](http://www.ccaa-outreach.com)
- 👍 **Post Rehab Exercise for Stroke (PRES):** This one day workshop will instruct guidelines for fitness and mobility exercise programming for community based group exercise programs for stroke survivors. One of the following courses is highly recommended to be completed before taking this workshop: RCET, FFOA, FFADP, SFIC. For more information visit: [www.ccaa-outreach.com](http://www.ccaa-outreach.com)
- 👍 **Functional Fitness for Adult Day Programs (FFADP):** Developed for adult day centre staff. This course focuses on exercise design and delivery of safe and effective exercise programs for their clients. Those who are already leading exercise programs will learn to incorporate important exercise principles and techniques as well as exercises that improve strength, balance, flexibility and posture. For more information visit: [www.ccaa-outreach.com](http://www.ccaa-outreach.com)
- 👍 **Functional Fitness for Falls Prevention (FFFP):** This one day workshop was created for frontline staff working in various seniors care settings (LTC, RC, ADP) to understand and promote the use of physical activity as part of a falls prevention initiative. Participants are provided with the skills and knowledge to Assess residents' functional mobility levels, screen for residents with increased fall risk, use appropriate exercise programming guidelines to design, implement and evaluate, outcome based, functional fitness programs for residents and facilitate resident improvements in strength, balance, flexibility and overall mobility. For more information please visit [www.ccaa-outreach.com](http://www.ccaa-outreach.com).
- 👍 **Functional Activity Measures Workshop:** This workshop will focus on measuring functional abilities of older adults and the special needs and considerations of this population. Using a combination of lectures, labs, demonstrations, and active participation, participants will gain skills and knowledge in conducting functional fitness assessments of

## Canadian Centre for Activity and Aging

older adult fitness parameters. The goal of this workshop is to provide the participant with the tools to develop and implement effective functional assessments for the older adult population.

- 👍 **Get Fit for Active Living (GFAL) – Facilitator Training:** The 8-hour facilitator training prepares SFIC Certified Instructors to deliver the GFAL 8 week workshop to older adults in community centres, fitness clubs or anywhere there is access to resistance training equipment and space for the fitness class and theory session.

### Workshops & Conference

- 👍 The Canadian Centre for Activity and Aging continues to support Canadians providing older adult fitness programs by providing continuing education, workshops and conferences. These educational opportunities facilitate knowledge, review specific skills and engage the participants in new ideas for their workplace and personal fitness programs.

### Resources

Apply upon request: [ccaa@uwo.ca](mailto:ccaa@uwo.ca).

- 👍 National Leadership Guidelines for Physical Activity in Long Term Care, Home Care and the Community
- 👍 International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults
- 👍 Recommended Practice Guidelines: Outcome-Focused Physical Activity Programming in Long Term Care Homes



## Help Your Coalition Grow

**ALCOA is only as strong as the members who are part of the Coalition.**

Do you know of other local clubs, or provincial or national organizations, that should join ALCOA?

If so, please contact the ALCOA office at [alcoa@ca.inter.net](mailto:alcoa@ca.inter.net) and we will be pleased to contact them and send them a membership package.

Annual membership fees range from \$50 – \$250 depending on the type of organization. Membership in ALCOA provides benefits for both the member and the coalition:

*Be a part  
of a growing  
national  
coalition*



- 🌐 Participate in national projects that support a vision of a healthy aging society
- 🌐 Be an advocate on issues that affect a healthy aging society
- 🌐 Stay informed with current research and activities of the coalition through various Research Updates, newsletters, directories, email updates etc.
- 🌐 Promote your organization to like-minded national, provincial, and local groups
- 🌐 Communicate with other like-minded groups



*Commit to the vision  
of active living for  
older adults*

Some of ALCOA's recent projects include:

- 🌐 Active living and the prevention of type II diabetes
- 🌐 Air Quality Health Index – Environment Canada
- 🌐 Physical activity for cancer patients and survivors
- 🌐 Age Friendly Communities initiative
- 🌐 Cross Canada consultation on access to active living



# Canadian Healthcare Association

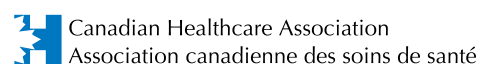
The Canadian Healthcare Association has been an active champion of Canada's health system for 80 years. We are the only federation of provincial and territorial health associations and organizations representing the breadth of the health system. Learn more about our solutions to health system challenges at [www.cha.ca](http://www.cha.ca).

## CHA Vision

The Canadian Healthcare Association is the recognized champion for a sustainable and accountable quality health system that provides access to a continuum of comparable services throughout Canada, while upholding a strong, publicly-funded system as an essential, foundational component of this system.

## CHA Mission

The Canadian Healthcare Association is a leader in developing, and advocating for, health policy solutions that meet the needs of Canadians.



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E-mail: [tneuman@cha.ca](mailto:tneuman@cha.ca)

# Canadian Healthcare Association

## Resources

For order information, please see the relevant entry below.

Resource	Description
CHA Learning	For 58 years, CHA Learning has been providing education programs to healthcare professionals from across Canada. Each year, between 500 and 600 adult learners take advantage of CHA's distance learning offerings to broaden their knowledge base, explore new career paths and improve their employment opportunities. Course offerings include Food Service and Nutrition Management, Health Information Management, Health Services Management, Long Term Care Management, Risk Management and Safety in Health Services, and Cultural Competence and Cultural Safety in Health Services. To register or to find out more about the courses offered by CHA Learning, go to <a href="http://www.learning.cha.ca/">http://www.learning.cha.ca/</a> .
Building Awareness of Safe Use of Medicines Among Family Caregivers of Seniors and Chronically Ill Children (Safe Use Project)	The Safe Use Project is a partnership between the Canadian Healthcare Association, the Canadian Pharmacists Association and the Victorian Order of Nurses Canada. The project is aimed at raising awareness about the safe use of medicine and the prevention of medication misuse. The Safe Use Project - Caregivers of Seniors is for anyone caring in any capacity for a senior. Log onto <a href="http://www.von.ca/safemedicinesproject/english/cg_seniors/index.cfm">www.von.ca/safemedicinesproject/english/cg_seniors/index.cfm</a> to learn more about the project and to download a free copy of the caregiver's guide.
Guide to Canadian Healthcare Facilities	Published annually since 1953 by the Canadian Healthcare Association, the <i>Guide to Canadian Healthcare Facilities</i> is a valuable resource for healthcare professionals. The Guide contains 6,810 facilities, 25,000 key professional contacts and numerous statistics such as operating budgets and bed counts. Visit <a href="http://www.cha.ca">www.cha.ca</a> or contact <a href="mailto:guide@cha.ca">guide@cha.ca</a> to learn more.
Policy briefs: <i>Home Care in Canada from the Margins to the Mainstream and New Directions for Facility-Based Long Term Care</i>	CHA's policy briefs provide timely analysis and thoughtful solutions to key health system issues.  <i>New Directions for Facility-Based Long Term Care</i> reminds governments that facility-based long term care should be included in the pan-Canadian health policy agenda to ensure the principle of access to quality health care for Canadians now and in the future.  Home care is a key part of our health system and has the potential to affect all Canadians. <i>Home Care in Canada: From the Margins to the Mainstream</i> surveys the home care landscape across Canada and internationally, celebrating successes and highlighting areas where improvement is still needed.  Download these and other CHA briefs at no cost from <a href="http://www.cha.ca">www.cha.ca</a> .

# Canadian Institute of Planners



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**Phone: (613) 237-7526  
or 1-800-207-2138**

**Fax: (613) 237-7045**

**Website: [www.cip-icu.ca](http://www.cip-icu.ca)**

**E-mail: [general@cip-icu.ca](mailto:general@cip-icu.ca)**

The Canadian Institute of Planners (CIP) is a collaborative national federation that advances professional planning excellence through the delivery of membership and public services in Canada and abroad. "Planning" refers to the scientific, aesthetic, and orderly disposition of land, resources, facilities, and services with a view to securing the physical, economic, and social efficiency, health, and well-being of urban and rural communities.

## Programs

The Canadian Institute of Planners has been dedicated to the advancement of responsible planning throughout Canada since 1919. In its capacity as the national professional institute and certification body for the planning profession in Canada, the CIP has a mandate from its membership to:

- 👍 Champion and lead progress and change in the planning practice;
- 👍 Act as the authoritative voice and the primary information and knowledge sharing network for planners;
- 👍 Address issues of importance to the planning profession and/or the public interest
- 👍 Institute national standards for training, certification and best practices achieved through continued professional development of its membership; and
- 👍 Deliver relevant and contemporary benefits and services to its members

Working on behalf of planners and the planning profession, CIP serves as the national voice of Canada's planning community. More than half of the CIP's 7,800 members are government employees, mainly working for municipal/local planning offices.

## Institute Services

- 👍 The Institute provides the following core services to its members:
- 👍 Plan Canada, a quarterly magazine that keeps members up-to-date on current planning issues and topics of interest
- 👍 Awards for planning excellence
- 👍 An annual national conference
- 👍 Online information and services
- 👍 Timely information on professional development and career opportunities

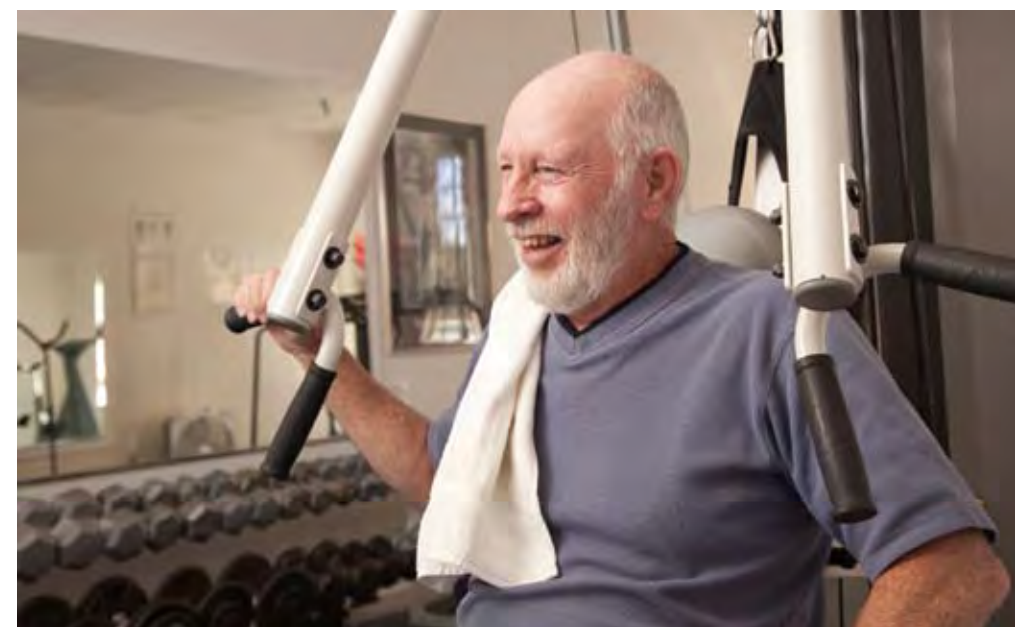
# Canadian Institute of Planners

## Resources

CIP's web site provides information for members and students interested in planning, as well as links to government and non-governmental planning agencies and organizations.

A number of publications are also available to view or order on-line. For order information, please see the relevant entry below.

Resource	Description
<p><b>Towards a Canadian Urban Strategy</b></p> <p>© 2002</p> <p>7 pages, English only</p>	<p>A policy paper submitted to the Government of Canada that addresses Canada's urban challenges. These include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Economic competitiveness</li> <li><input type="checkbox"/> Environmental degradation</li> <li><input type="checkbox"/> Decay of urban infrastructure</li> <li><input type="checkbox"/> Inadequacy of transportation systems</li> <li><input type="checkbox"/> Housing</li> <li><input type="checkbox"/> Meeting the needs of vulnerable groups</li> </ul>
<p><b>Plan Canada</b></p> <p>\$70.00</p> <p>English only</p> <p>To order, visit <a href="http://www.cip-icu.ca/web/la/en/pa/D2D68FE39D474449846582D2F1AE6AB2/template.asp">www.cip-icu.ca/web/la/en/pa/D2D68FE39D474449846582D2F1AE6AB2/template.asp</a></p>	<p>Canada's only national professional planning magazine. A number of articles have appeared on planning for an aging society, all of which are searchable on-line through the consolidated index.</p>





# Canadian Orthopaedic Foundation

Founded in 1965, the Canadian Orthopaedic Foundation is Canada's only charity dedicated solely to helping people maintain and restore their bone and joint health. By providing educational resources and support by phone, in print and on-line, the Foundation strives to help Canadians become knowledgeable, active participants in their surgical treatment and return to mobility.

## Programs

- 👍 **Ortho Connect:** A free, telephone-based peer support program through which people newly referred for bone and joint surgery are matched with trained volunteers who have already undergone similar surgical treatment. Volunteers are trained to listen, support, and encourage, and to refer clients to community resources for information and assistance based on individual client needs and desires. Ortho Connect enables patients to learn, understand, and become comfortable with their upcoming surgery, supported by a person who knows what they're going through. Ortho Connect was developed by the Canadian Orthopaedic Foundation. Information and volunteer support are available in both English and French.
- 👍 **Research Grants:** Each year, the Foundation accepts applications for research grants that explore different aspects of orthopaedic science, from diagnostic techniques to new surgical procedures. Applications are judged according to their scientific merits and ultimate clinical benefits to patients.
- 👍 **Canadian Orthopaedic Research Legacy (CORL):** A program through which the Foundation enables surgeons to make designated gifts, the CORL giving program is governed exclusively by surgeons and creates a lasting endowment for the future of orthopaedic research in Canada.



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**Fax: (416) 352-5078**

**Website: [www.orthoconnect.org](http://www.orthoconnect.org)**

**E-mail: [mailbox@canorth.org](mailto:mailbox@canorth.org)**

# Canadian Orthopaedic Foundation

## Resources

For order information, please see the relevant entry below.

Resource	Description
<a href="http://www.orthoconnect.org">www.orthoconnect.org</a>	An online community and resource that provides patients and caregivers with up-to-date information to increase comfort with their treatment. Reviewed by health care professionals and tested by Canadians, this website features: <ul style="list-style-type: none"> <li>· Content views customized to the visitor's surgery and stage in their care path;</li> <li>· Personalized profiles with diaries that help patients track their treatment and progress;</li> <li>· Reliable, surgeon-approved information about surgeries, preparations, and recovery;</li> <li>· Online community providing peer support;</li> <li>· Expert Q&amp;A; and</li> <li>· Videos with commentary by surgeons and patient-volunteers</li> </ul>
<a href="http://www.canorth.org">www.canorth.org</a>	The Foundation's website that provides Canadians with information about the Canadian Orthopaedic Foundation, bone and joint health, patient testimonials, media articles, volunteer opportunities, and donation capabilities.
<a href="#">Planning for Maximal Results: Preparing for your surgery</a>	This 42-page booklet is available in English and French and guides patients from referral through surgery and restored mobility. Geared predominantly for hip and knee surgery patients, it features how to prepare a medical history, questions to ask your surgeon, a diary of progress, and more. It is available free of charge in hard copy or electronic format.
<a href="#">Planning for Your Best Results: From Your Foot and Ankle Surgery</a>	This 40-page booklet is available in English and French and provides an in-depth and informative educational resource for foot and ankle surgery patients. This booklet is designed to help patients become more informed, active participants in their care decisions and assist them as they work to regain mobility. It is available free of charge in hard copy or electronic format.
<a href="#">Get Moving: Maximizing Your Activity After a Hip or Knee Replacement</a>	This 56-page booklet is available in English and French and provides an in-depth and informative educational resource for patients who have undergone hip or knee replacement. It helps to optimize their functional recovery and their activity post-surgery to improve quality of life and maximize health benefits. It is available free of charge in hard copy or electronic format.
<a href="#">A Parents' Guide to Clubfoot</a>	This 33-page booklet is available in English and French and is intended for parents of children born with clubfoot to be treated with the Ponseti Method of correction. It features information about clubfeet, the Ponseti Method, the important role of the parents, what to expect from and how to prepare for treatment, and what to plan, prepare, and know that will help you and your child throughout the years of your child's treatment. It is available free of charge in hard copy or electronic format.

# Canadian Physiotherapy Association

The Canadian Physiotherapy Association is the national voluntary professional association for physiotherapists in Canada. The mission of the Canadian Physiotherapy Association is to advance the profession of physiotherapy in order to improve the health of Canadians.

## Programs

In addition to offering a number of services to members (including advocacy, professional development, and leadership and community), the CPA provides programs that benefit the general public and older adults. Following are two examples.

- 👍 CPA public website ([www.thesehands.ca](http://www.thesehands.ca)) has a wealth of information about what physiotherapists do for consumers, covering what physiotherapists do, the conditions physiotherapists treat, and resources to find a physiotherapist across Canada.

## Resources

The following material can be downloaded or viewed on-line at [www.physiotherapy.ca](http://www.physiotherapy.ca).



**955 Green Valley Crescent  
Suite 270  
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K2C 3V4**

**Phone: (613) 564-5454  
or 1-800-387-8679**

**Fax: (613) 564-1577**

**Website: [www.physiotherapy.ca](http://www.physiotherapy.ca)**

**E-mail: [information@physiotherapy.ca](mailto:information@physiotherapy.ca)**

# Canadian Physiotherapy Association

Resource	Description
<b>Information Sheets</b> English and French <a href="http://thesehands.ca/index.php/site/information_sheets/">http://thesehands.ca/index.php/site/information_sheets/</a>	These fact sheets can help you get – and stay – mobile. They cover a range of topics, including: <ul style="list-style-type: none"> <li><input type="checkbox"/> Physiotherapy for cardiac and respiratory conditions</li> <li><input type="checkbox"/> Physiotherapy for orthopaedic conditions</li> <li><input type="checkbox"/> Physiotherapy for women’s health conditions</li> <li><input type="checkbox"/> Physiotherapy for neurological conditions</li> </ul>
<b>Provincial Directories</b> English only <a href="http://thesehands.ca/index.php/site/Finding_a_physiotherapist/">http://thesehands.ca/index.php/site/Finding_a_physiotherapist/</a>	Search CPA’s provincial directories to find a physiotherapist near you.
<b>CPA Position Statements</b> English and French <a href="http://www.physiotherapy.ca/public.asp?WCE=C=47 K=222537 RefreshT=222559 RefreshS=LeftNav RefreshD=2225591">www.physiotherapy.ca/public.asp?WCE=C=47 K=222537 RefreshT=222559 RefreshS=LeftNav RefreshD=2225591</a>	CPA position statements reflect the considered, official perspective of the national association on important issues, ranging from political and ethical, to social issues affecting patient welfare or the association and its members. Following are some of the subjects covered: <ul style="list-style-type: none"> <li><input type="checkbox"/> Obesity</li> <li><input type="checkbox"/> Foot orthoses</li> <li><input type="checkbox"/> Wait times</li> <li><input type="checkbox"/> Access to physiotherapy</li> <li><input type="checkbox"/> Health Human Resources planning</li> </ul>
<b>Physiotherapy Canada</b> English and French Free for members <a href="http://www.physiotherapy.ca/public.asp?WCE=C=11 K=223368 RefreshS=Container RefreshT=223368 A=Body">www.physiotherapy.ca/public.asp?WCE=C=11 K=223368 RefreshS=Container RefreshT=223368 A=Body</a>	Physiotherapy Canada is the official, scholarly, refereed journal of the Canadian Physiotherapy Association, giving direction to excellence in clinical science and reasoning, knowledge translation, therapeutic skills and patient-centred care.



The Red Cross is a non-profit humanitarian organization dedicated to improving the lives of vulnerable people in Canada and around the world.

## Programs

In addition to providing disaster recovery services in Canada and around the world, violence and abuse prevention programs, water safety and first aid education, the Canadian Red Cross offers several other programs that benefit older adults in Canada.

**Home Care Services:** The Canadian Red Cross provides in-home community services to help individuals in Ontario, New Brunswick and the greater Halifax area of Nova Scotia live as independently as possible. The services enhance people's well-being and dignity, be they frail or elderly, people with disabilities, or palliative patients. The services are provided by trained, knowledgeable staff who will provide the personal care assistance you or your loved one require. This can include assistance with activities of daily living such as personal care, home management, medication reminders, or respite care. For more information, please visit [www.redcross.ca](http://www.redcross.ca).

**Health Equipment Loan Programs:** For more than 50 years, the Canadian Red Cross has been offering Health Equipment Loan Programs to help people recover from injury or surgery in their home. These programs vary across the country according to types of health and medical equipment provided, length of loan, cost of the loan, access procedures, and type of service. For more information, please visit [www.redcross.ca/help](http://www.redcross.ca/help).

## Resources

On the Red Cross web site you'll find the latest news and information about the organization's work in Canada and around the world. You'll also find a useful Red Cross directory and a list of Red Cross publications. Following are highlights of two of the resources that may be of interest to seniors.

The following material can be downloaded or viewed on-line. URLs are provided below.

Resource	Description
<b>In Your Community</b> English and French <a href="http://www.redcross.ca">www.redcross.ca</a>	Links to all Red Cross offices across Canada. A great way to find the Red Cross locations, services and programs nearest you.
<b>Emergency preparedness</b> English and French <a href="http://www.redcross.ca">www.redcross.ca</a>	A guide to help you plan for emergencies. Provides information about what you need to know and do before, during, and after an emergency to ensure your safety. Includes checklists for an emergency food and water kit, an emergency survival kit, and a car kit.

# Available late fall 2011

Soon to be released — updated versions of three of ALCOA's Active Living Tips:

**Exercise for your heart's sake: It's never too late**

Author: Dr. Mike Sharratt

**Aerobic Fitness for Older Adults**

Author: Dr. Gareth Jones

**The Power of Strength Training for Older Adults**

Author: Dr. Michelle Porter

And a new Tip Sheet:

**Brain Fitness for Older Adults**

Author: Dr. Mike Sharratt

In addition to French, these four documents will also be translated into other languages to increase the reach of these resources to older adults of other ethnicities.

Check out the ALCOA website in the late fall and download these new resources for your members and clients.

**These resources are made possible with financial assistance from the Canadian Institutes for Health Research and significant volunteer contributions from the authors.**



# Canadian Society for Exercise Physiology



**370-18 Louisa St  
Ottawa ON  
K1R 6Y6**

**Phone: (613) 234-3755**

**or 1-877-651-3755**

**Fax: (613) 234-3565**

**Website: [www.csep.ca](http://www.csep.ca)**

**E-mail: [info@csep.ca](mailto:info@csep.ca)**

The Canadian Society for Exercise Physiology (CSEP) is the principal body for physical activity, health and fitness research and personal training in Canada. We foster the generation, growth, synthesis, transfer and application of the highest quality research, education and training related to exercise physiology and science. We are the GOLD STANDARD of health and fitness professionals dedicated to getting Canadians active safely by providing the highest quality customized and specialized physical activity and fitness programs, guidance and advice based on extensive training and evidence-based research.

## Programs

The CSEP Health and Fitness Program oversees two industry leading health and fitness certifications including:

- 👍 1) the CSEP Certified Personal Trainer®; and,
- 👍 2) the CSEP Certified Exercise Physiologist®.

Each designation has a specific Scope of Practice based on the level of training, knowledge, and practical experience.

### CSEP Certified Personal Trainer® (CSEP-CPT)

The CSEP-CPT has received formal post-secondary academic and practical preparation for safe and effective personal training for health. CSEP-CPTs are qualified to assess health-related physical fitness, provide general lifestyle counselling, and act as a personal trainer in a health-related setting. This training allows CSEP-CPTs to provide individual physical activity/exercise prescription(s) to apparently health individuals. This is the only personal training certification in Canada with formal post-secondary training.

### CSEP Certified Exercise Physiologist® (CSEP-CEP)

The CSEP-CEP is the most advanced health and fitness practitioner certification in Canada allowing certified members to work with high performance athletes, the general population, and varied clinical populations. Individuals in this category will have completed a four year degree in Physical Activity/Exercise Sciences/Kinesiology/Human Kinetics, with a specialization in health-related fitness plus work- and sport-related fitness applications for asymptomatic and symptomatic populations. The CSEP-CEP will also have passed a national board examination

# Canadian Society for Exercise Physiology

and engaged in regulated annual professional development activities. The Scope of Practice of the CSEP-CEP is based on evidence-based best practices for health and fitness for apparently health and clinical populations. The CSEP-CEP performs assessments, prescribes conditioning exercise, as well as exercise supervision, counselling and healthy lifestyle education in apparently healthy individuals and/or populations with medical conditions, functional limitations or disabilities associated with musculoskeletal, cardiopulmonary, metabolic, neuromuscular, and aging conditions.

For more information about the program and the certifications offered, please e-mail: [dmercier@csep.ca](mailto:dmercier@csep.ca).

## Resources

On the CSEP web site you'll find an archive of press releases, information about the organization's activities and research, and a number of resources that can be viewed or ordered on-line. For order information, please see the relevant entry below.

Resource	Description
<b>Canadian Physical Activity Guidelines for Adults 65 years and Older</b> <i>English and French</i> English: <a href="http://www.csep.ca/guidelines">www.csep.ca/guidelines</a> (downloadable PDF for all age groups) French: <a href="http://csep.ca/directives">csep.ca/directives</a> Printed copies — pads of 50, \$9.00 each: can be ordered by calling <b>1-877-651-3755 x226</b>	The Canadian Physical Activity Guidelines are relevant to all apparently healthy adults aged 65 years and older, irrespective of gender, race, ethnicity or socio-economic status. Older adults are encouraged to participate in a variety of physical activities that are enjoyable and safe.
<b>PAR-Q &amp; You</b> <i>English and French</i> 2 pages To download or view on-line, visit <a href="http://www.csep.ca/forms">www.csep.ca/forms</a>	The Physical Activity Readiness Questionnaire (PAR-Q) is a form you can fill out to help you determine whether you should check with your doctor before becoming much more physically active.
<b>Applied Physiology, Nutrition, and Metabolism (APNM)</b>  <a href="http://www.nrcresearchpress.com/journal/apnm">www.nrcresearchpress.com/journal/apnm</a>	APNM publishes original research articles, reviews, and commentaries, focusing on the application of physiology, nutrition, and metabolism to the study of human health, physical activity, and fitness. The published research, reviews, and symposia will be of interest to exercise physiologists, physical fitness and exercise rehabilitation specialists, public health and health care professionals, as well as basic and applied physiologists, nutritionists, and biochemists.
<b>The Canadian Physical Activity, Fitness &amp; Lifestyle Approach (CPAFLA): CSEP-Health &amp; Fitness Program's Health-Related Appraisal and Counselling Strategy (3rd edition)</b> <i>English and French</i> 300 pages plus 21-page insert Order online from <a href="http://www.csep.ca/forms">www.csep.ca/forms</a> or by phone at <b>1-877-651-3755 x 226</b>	The CPAFLA is a straightforward and systematic approach outlining the proper procedures for the assessment and counselling of persons aged 15 to 69, emphasizing health benefits of physical activity. Topics covered: understanding behaviour change, helping people change, healthy physical activity participation, healthy lifestyle, basic exercise physiology, and health-related fitness. This manual outlines the background material required for certification as a CSEP Certified Personal Trainer® (CSEP CPT).



# National Indian & Inuit Community Health Representatives Organization



**P.O. Box 1019  
1 Roy Montour Road  
Kahnawake, QC  
J0L 1B0**

**Phone: (450) 632-0892**

**Fax: (450) 632-2111**

**Website:**  
[www.niichro.com/2004/](http://www.niichro.com/2004/)

**E-mail:** [niichro@niichro.com](mailto:niichro@niichro.com)

The mission of the National Indian & Inuit Community Health Representatives Organization (NIICHRO) is to upgrade the quality of health care of First Nations and Inuit people to the standard enjoyed by the rest of the population of Canada.

## Programs

To further its goal of upgrading the quality of health care of First Nations and Inuit people, NIICHRO relies on a network of Community Health Representatives (CHRs) to provide a range of services. These include health delivery (immunization, screening clinics, emergency treatment), medical administration, counseling and home visits, education, and community development. NIICHRO develops culturally appropriate training tools and holds national training sessions to help CHRs implement its programs. Two such programs are outlined below.

- 👍 **Coming Full Circle:** Designed to help the Aboriginal frail elderly attain healthy living, this program encourages family involvement, supports changes to a healthier lifestyle, and involves and motivates frail elders in activities to keep them moving.
- 👍 **Spirit in Motion:** Designed to raise awareness and to sensitize and equip CHRs and other front-line workers with tools to promote active living among older adults.

For more information about the training resources developed to support these programs, see the “Resources” section below.

For more information about the programs themselves, please call (450) 632-0892, ext. 221 or e-mail [niichro@niichro.com](mailto:niichro@niichro.com).

## Resources

To order, please call (450) 632-0892 or e-mail [niichro@niichro.com](mailto:niichro@niichro.com).

In addition to providing news and information of interest to CHRs, the NIICHRO web site [www.niichro.com](http://www.niichro.com) provides a range of additional resources.

# National Indian & Inuit Community Health Representatives Organization

Resource	Description
<b>In Touch Newsletter</b> English and French \$5.00 each  To download or view on-line, visit <a href="http://www.niichro.com/2004/?page=intouch&amp;lang=en">http://www.niichro.com/2004/?page=intouch&amp;lang=en</a>	A journal published one to four times a year containing researched articles on various subjects affecting the health of First Nations and Inuit people. Several issues deal specifically with Aboriginal elders.
<b>Aboriginal Healing Perspectives: Weaving Science and Traditions</b>  © 2007	This 118-page manual is a resource to raise awareness of prescription drugs abuse and misuse within First Nations and Inuit communities. It provides education and cultural implications and helps in finding ways to address the problem and to effect change in the area of treatment and philosophy which is culturally appropriate and relevant to these communities.
<b>Taking the Lead for Change</b>  © 2005	This training package contains a 103-page manual on tobacco cessation strategies, a community empowerment tool and a visual aid aimed at guiding an Aboriginal health worker through implementing smoking cessation programs within their communities.
<b>Come Meet the Challenge</b>  © 2005	This is a 90-page resource guide developed to assist community workers in planning and implementing physical activity programs within First Nations and Inuit communities.
<b>Coming Full Circle</b>  © 2003	A training kit which includes an 85-page training manual that incorporates safe exercises, or “movements,” that frail elders can do to improve their overall physical and psychological health, as well as a 27-minute video that captures an integral part of Aboriginal life through the eyes, ears, and voices of the frail and elderly in First Nations and Inuit communities.
<b>Spirit in Motion</b>  © 2000	A training kit of a 165-page manual, video, booklet & poster. It aims at raising awareness and sensitizing front line workers on the importance of being active while providing them with tools to promote active living among the aging population. The 30-minute video demonstrates fifteen (15) safe exercises set to Aboriginal music; an exercise booklet demonstrating the exercises; and a stretching poster.
<b>Diabetes and Aging In Aboriginal Communities</b>  © 1998	This training kit includes a 132-page manual providing information on the physical, mental-emotional, social, and spiritual dimensions of diabetes and methods for addressing these issues; a 28-minute video to raise awareness about Type 2 diabetes among elders in First Nations communities; and researched articles on diabetes and change.
<b>Our Nation's Elders Speak</b>  ©1997	This training kit includes a 127-page manual designed for the treatment and care of seniors experiencing unwanted isolation; a 28-minute video produced by NIICHRO to celebrate the lives of elders from First Nations, Inuit, and ethno-cultural minority communities; and researched articles on aging, cultural diversity, and developing an active healthy lifestyle.

# Older Adult Centres' Association of Ontario

Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés

**30 Amberhill Trail  
Brampton ON  
L6R 2R7**

**Phone: (905) 497-8122**

**or 1-866-835-7693**

**Fax: (905) 497-8066**

**Website: [www.oacao.org](http://www.oacao.org)**

**E-mail: [lbloom@oacao.org](mailto:lbloom@oacao.org)**

The OACAO provides resources, expertise and leadership for older adult centres and seniors groups through advocacy, education, networking and innovative direction.

## Programs

The bulk of the OACAO's membership is made up of more than 130 centres representing more than 150,000 seniors across Ontario. One of the organization's major goals is to help these centres improve the quality of life for older adults. To that end the OACAO provides a number of programs and services:

- 👍 Ongoing liaison and advocacy with government and other provincial associations in matters that affect older adult centres and older adults;
- 👍 Education programs for members through workshops;
- 👍 A newsletter that promotes the exchange of information and ideas among members;
- 👍 An annual provincial conference with speakers, workshops, and resources; and
- 👍 List Serve (email) service with up to date information
- 👍 Business Partners that provide services to centres and centre members
- 👍 Awards program that recognizes outstanding achievement in the field of Older Adults

In turn, member centres provide a range of programs dedicated to ensuring that older adults in their communities live healthy, active lifestyles. These programs can include nutrition, foot care, computer lessons, aquafit, book clubs, ceramics, woodworking, badminton, darts, and more. As well, many centres provide Community Support Programs to help members stay in their homes or apartments and maintain their independence and quality of life.

## Resources

Resources on the OACAO web site include a list of publications in the field of aging; a list serve designed for staff, volunteers and members of older adult centres to discuss current issues related to seniors and senior centres in Ontario; and information about the OACAO awards program. Other resources include the following.

For order information, please see the relevant entry below.

# Older Adult Centres' Association of Ontario

## Building Bridges to Tomorrow – OACAO Research Project

In December of 2007, the OACAO received a 3 year grant from the Ontario Trillium Foundation to develop a research project the results of which were to assist older adult centres in planning for the future.

The study involved 28 older adults centres of different sizes and from varying communities across the province with over 4000 individuals completing the survey instrument. Both members of centres and non members were surveyed by the over 300 seniors who conducted the survey.

The results contained within the 130 page document provide an Overview of the Research Methodology, a Profile of the Members of the OACAO, Membership Patterns, Marketing, Volunteerism, Programs & Participation, Membership Satisfaction, Health Status, Motivation and Non Members results.

Copies are available from the OACAO for \$25.00 (which includes mailing and handling).

Resource	Description
<b>Standards for Older Adult Centres</b> <i>English only</i> To order, e-mail <a href="mailto:lbloom@oacao.org">lbloom@oacao.org</a>	The OACAO has developed a Self-Assessment and Peer Review Manual. It provides direction on governance, organizational structure, reports and records, services, and evaluations. The cost of the manual including mailing is \$25.00.
<b>Senior Centres Bring It Together Video</b> <i>English only</i> Free for members; VHS \$20.00; DVD \$30.00 To order, please e-mail <a href="mailto:lbloom@oacao.org">lbloom@oacao.org</a>	Developed by the OACAO to increase awareness about older adult centres in Ontario, this eight-minute video highlights the centres' role in the community, providing viewers with a glimpse of what makes the centres so important.
<b>Membership Directory</b> <i>English only</i> <a href="http://www.oacao.org/2009-10_OACAO_Membership_by_Community.htm">www.oacao.org/2009-10_OACAO_Membership_by_Community.htm</a>	A directory of all the members of OACAO, listed by community member centres, individual/agency/association/service providers members, and business partners.
<b>Business Partners</b> <i>English only</i>	A directory of Business Partners of OACAO with a brief listing of the services that they provide and website contact information



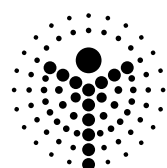
# Osteoporosis Canada

Osteoporosis Canada is the only national, not-for-profit organization serving Canadians with, or at risk of developing, osteoporosis. Its vision is a Canada without osteoporotic fractures. The organization works to educate, empower and support individuals and communities in the risk reduction and treatment of osteoporosis.

## Programs

Osteoporosis Canada offers a number of services to help Canadians take care of their bone health, including information for individuals, informational and educational opportunities for healthcare professionals, and individual and group support. Following are highlights of some of these services and programs.

- 👍 A bilingual toll-free information line (1-800-463-6842 for English and 1-800-977-1778 for French): Provides access to knowledgeable and understanding people who will answer your questions and refer you to the resources you need.
- 👍 Support and self-help groups: Helps individuals living with osteoporosis to help each other by exchanging information in a supportive environment. For the Osteoporosis Canada Chapter nearest you, visit [www.osteoporosis.ca](http://www.osteoporosis.ca) and click on OC Chapters, under Quick Links.
- 👍 Education sessions for the public: Usually offered at little or no charge, these sessions are a great way to keep up to date with the latest in osteoporosis information. Visit the online calendar of events to see what's happening in your community: [www.osteoporosis.ca](http://www.osteoporosis.ca), click on Event Calendar.
- 👍 Speakers' Bureau: Speakers are available in many communities to address your group about osteoporosis for only a nominal fee. For the Chapter nearest you, visit [www.osteoporosis.ca](http://www.osteoporosis.ca) and click on OC Chapters, under Quick Links.
- 👍 Membership with Osteoporosis Canada: A one-year membership is \$25, \$45 for two years. For more information, visit [www.osteoporosis.ca](http://www.osteoporosis.ca) and click on Get involved, under Quick Links or call 1-800-463-6842.
- 👍 Canadian Osteoporosis Patient Network (COPN): COPN is a virtual network of patients that communicates by e-mail. A bi-weekly e-newsletter is delivered to one's in-box or quarterly to those who do not have email. It was designed by Osteoporosis Canada to provide opportunities for people living with osteoporosis to share experiences and strategies, to deliver patient insights wherever and whenever necessary, and to provide the patient perspective in research. To become a member, please visit [www.osteoporosis.ca](http://www.osteoporosis.ca) and click on COPN Patient Network, under Quick Links.



Osteoporosis Canada

Ostéoporose Canada

**1090 Don Mills Rd.  
Suite 301  
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M3C 3R6**

**Phone: (416) 696-2663  
or 1-800-463-6842  
(English)  
or 1-800-977-1778  
(French)**

**Fax: (416) 696-2673**  
**Website: [www.osteoporosis.ca](http://www.osteoporosis.ca)**  
**E-mail: [info@osteoporosis.ca](mailto:info@osteoporosis.ca)**

# Osteoporosis Canada

## Break Through

Designed for adults over 50, this program is being carried out through various organizations throughout Ontario such as Toronto Parks and Recreation, YMCA Canada and a wide variety of community seniors' and fitness facilities throughout Ontario. Participants in the program will receive interactive information about bone health and reducing their risk of osteoporosis and osteoporotic fractures, along with an exercise program designed to further increase strength, coordination, balance and flexibility, thus reducing the risk of falls, fractures and further bone loss.

To find out more visit the Break Through section of Osteoporosis Canada's web site at [www.osteoporosis.ca](http://www.osteoporosis.ca), click on the Programs and resources tab, or call Osteoporosis Canada at 1-800-463-6842 or your local Toronto Parks & Recreation or YMCA for program availability and schedules.

## Resources

Osteoporosis Canada offers a range of resources to the general public. The organization's web site provides easy-to-understand information about the risk reduction, diagnosis, and treatment of osteoporosis, as well as updates on osteoporosis and the work of the organization. A wealth of current research is also available for online viewing or downloading at [www.osteoporosis.ca](http://www.osteoporosis.ca) and click on For Health Professionals.

Following are additional resource highlights

Resource	Description
<b>Osteoporosis: Meeting the Challenges DVD</b>  English and French \$20.00 Order online.	This DVD is a source of general information about osteoporosis and its management, along with inspirational stories.
<b>COPING</b>  English and French	The e-newsletter of the Canadian Osteoporosis Patient Network (see the "Programs" section above).

# Reh-Fit Centre



**1390 Taylor Avenue  
Winnipeg MB  
R3M 3V8**

**Phone:** (204) 488-8023  
**Fax:** (204) 488-4819  
**Website:** [www.reh-fit.com](http://www.reh-fit.com)  
**E-mail:** [reh-fit@reh-fit.com](mailto:reh-fit@reh-fit.com)

The Reh-Fit Centre is a not-for-profit organization with a mission to enhance the health and well-being of its members and the community by providing innovative health and fitness services through assessment, education, and exercise in a supportive environment.

## Programs

Membership at the Reh-Fit Centre is open to the community at large. The Centre is fully accessible and has the latest medical and exercise equipment and a variety of programs.

As a medically integrated fitness centre, the Reh-Fit Centre has a Medical Advisor and other credentialed staff available including nurses, dietitians, physiotherapists, lab staff, kinesiologists, and psychologists.

The Centre offers educational programs for its members and the general public throughout the year. Topics are chosen based on current interests and needs of the audience.

All members are offered a personalized health and fitness assessment that measures specific fitness levels, provides blood analysis, and identifies risk factors for health concerns.

The Reh-Fit Centre offers one of the largest indoors tracks in Manitoba and the latest in exercise equipment. In addition, the Reh-Fit has a spacious group fitness studio, yoga and pilates studios, a teaching kitchen, and a number of seminar rooms.

The Reh-Fit Centre offers one of the foremost Cardiac Rehabilitation programs in the country. The program has been offered at the Reh-Fit since the Centre opened in 1979. It helps reduce - and in some cases eliminate - risk factors for heart disease. This is particularly important for those who are at risk of having a heart attack or are recovering from a heart attack. The program runs for four months and includes exercise, education, nutrition counseling, and access to dedicated professionals.

The Reh-Fit Centre strives to make membership accessible to all and financial assistance is available based on individual need.

The Centre is a charitable organization and relies on efforts of the Reh-Fit Foundation to raise funds and advance the Reh-Fit's mission.

## Reh-Fit Centre

### Programs and services include:

- 👍 Group Fitness
- 👍 Yoga and Pilates
- 👍 Weight Management
- 👍 Health Education
- 👍 Nutrition and Culinary
- 👍 Specialty Fitness
- 👍 Personal Training
- 👍 Nutrition Counseling
- 👍 Massage Therapy
- 👍 Cardiac Rehabilitation

### Resource

[www.reh-fit.com](http://www.reh-fit.com)

### Description

The website provides information on the Centre and its programs and services.





# Research Institute for Aging



**325 Max Becker Drive.  
Suite 202  
Kitchener ON  
N2E 4H5**

**Phone:** (519) 571-1873,  
ext. 130  
**Fax:** (519) 571-0947  
**Website:** [www.the-ria.ca](http://www.the-ria.ca)  
**E-mail:** [kate@uwaterloo.ca](mailto:kate@uwaterloo.ca)

The overall goal of the Schlegel-UW Research Institute for Aging (RIA), a joint venture among Ron Schlegel, the University of Waterloo and Conestoga College, is to enhance the care of seniors in both community-based and institutional living environments

## Programs

The establishment of the Institute was approved by the University of Waterloo senate in 2005, even though foundation programs in dementia and cognitive ability have been ongoing for over a decade. RIA plans to meet its goal through the promotion of research relevant to the aging process, in both community and institutional settings, within a continuum of seniors' accommodation (3,000 beds) and health care services, and by the translation of research findings into coping and care-giving strategies.

The Schlegel Villages provide physical campuses for independent and care-giving accommodation where residents are part of a voluntary "living research environment". Some of the eleven Villages also include "living classrooms" where Community College students (e.g., PSW, RPN, etc.), actually take classes and interact with residents on-site. Current research involves collaboration with five Universities, four Community Colleges, and a Centre for Family Medicine.

For more information, please call (519) 571-1873, Ext. 103 or e-mail [kate@uwaterloo.ca](mailto:kate@uwaterloo.ca)

## Resources

RIA is involved in research related to optimal nutrition, falls prevention, cerebrovascular blood flow, dementia, quality of life, spirituality, optimal medication, evaluation of best practices, plasticity of aging, building environment, and geriatric medicine.

# A Framework For Program Design

*EXERCISE AND CANCER TREATMENT ARE A GOOD COMBINATION.*

**Cancer is primarily a disease of older adults. Canadian cancer statistics for 2008 indicated that almost 70% of new cancer cases will occur in individuals 60+ years of age.**

Exercise for older adult cancer patients helps to reduce the severity of the symptoms and side effects from cancer treatments, which leads to an improvement in the quality of life |  
for cancer patients.

In conjunction with the University of Waterloo and the UW Well-Fit Centre, ALCOA recently published Active Living for Older Adults in Treatment for Cancer. This 60-page document takes you through the step by step process, and includes everything you need to know from how to get started, to staffing, equipment, costs, safety, etc, and samples of all the forms you will need.

The publication is available on line at:  
[www.alcoa.ca/e/cancer\\_project/pdf/alcoa\\_exercise\\_manual.pdf](http://www.alcoa.ca/e/cancer_project/pdf/alcoa_exercise_manual.pdf)

A short and very motivational video is also available to view on line at:  
[www.alcoa.ca/e/cancer\\_project/cancer\\_project\\_dvd.htm](http://www.alcoa.ca/e/cancer_project/cancer_project_dvd.htm).  
Copies of the video are also available from the ALCOA office.

**CONSIDER THIS AS A PROGRAM THAT YOU COULD OFFER TO MEMBERS OR CLIENTS.**



# Saskatchewan Seniors Mechanism



The mission of Saskatchewan Seniors Mechanism (SSM) is to bring together Saskatchewan seniors' organizations for the purpose of contributing to a better quality of life for seniors.

We do this by:

- 👍 Research and action on issues affecting seniors;
- 👍 Being a unified voice advocating for seniors;
- 👍 Giving direction and support to member organizations;
- 👍 Partnering with member organizations and others;
- 👍 Creating awareness and co-ordination of resources and services for seniors.

The 16 provincial and local seniors' groups which are members of the SSM are composed of more than 100,000 seniors throughout the province.

## Programs

SSM offers a number of programs to further its goal of improving the well-being of its members. Following are some highlights:

- 👍 SSM offers a 1-888 **Information Line** that references a database of information about many types of services available for seniors throughout Saskatchewan.
- 👍 Development of a **Fraud Awareness Toolkit**: This three-year program is funded by the New Horizons for Seniors Program through HRSDC. We have now completed work on a toolkit that will teach community-based organizations how to educate seniors about how to avoid being a victim of frauds and scams. This resource is presently available in English and is being translated into French. We have also created a version of the toolkit for individuals.
- 👍 **Elder Abuse Network**: A two-year project funded by the New Horizons for Seniors Program through HRSDC which will facilitate establishing a provincial network of service providers in the this field.
- 👍 **Century Club**: was formed to honour seniors who have reached the age of 90 and are determined to continue living in as full and active a style as possible to the age of 100 and beyond. The Club provides a network for nonagenarians who wish to establish new friendships and provide mutual support.
- 👍 Host annual **Conferences** around issues of concern to Seniors. The 2011 conference theme is Aging in Place.
- 👍 Publish a Newsletter, "**Gray Matters**" four times per year directed at issues and topics of interest and concern to older adults.
- 👍 Continuing distribution of publication of "**Precious Memories of Prairie War Heroes**", a collection of stories about Saskatchewan and Alberta WWII veterans that served overseas.

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Regina SK  
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**Phone: (306) 359-9956**

**Fax: (306) 359-6922**

**Website:**  
[www.skseniormechanism.ca](http://www.skseniormechanism.ca)

**E-mail:**  
[ssm@skseniormechanism.ca](mailto:ssm@skseniormechanism.ca)

# Saskatchewan Seniors Mechanism

- 👍 Act as an **Advocate** for seniors issues in Saskatchewan.
- 👍 **Celebrating Seniors**: SSM is planning the second annual Saskatchewan Senior Volunteer Awards, to be held in the fall. Any Saskatchewan resident who is 55+ is eligible for nomination in a variety of categories.
- 👍 **Century of Memories**: We are collecting memories and stories from Saskatchewan people age 90+ with a view to publishing these in a book.

For more information about these programs, please call (306) 359-9956 or visit our web site at [www.skseniormechanism.ca](http://www.skseniormechanism.ca).

## Resources

SSM is developing an on-line database of services available to seniors throughout the province. Visit [www.skseniormechanism.ca](http://www.skseniormechanism.ca) and enter your search criteria. Searchable categories include advocacy, bereavement, care centres, disease, disabilities, financial advice, legal advice, transportation, and more. Following are examples of the resources available.

For order information, please see the relevant entry below.

Resource	Description
<b>Elder Abuse Manual/Protocol</b> English only To view on-line and search the database by category, visit <a href="http://www.skseniormechanism.ca">www.skseniormechanism.ca</a>	A comprehensive manual designed to help professionals, community workers, families, and interested persons in addressing the needs of abused older adults. Provides a comprehensive overview of services and programs available across a continuum of physical and mental health services that support the health, well-being, and quality of life for older adults. Categories include educational resources, health, legal/justice, material/financial, neglect (intentional and unintentional), psychological, and research resources.
<b>Gray Matters</b> English only To download or view on-line, visit <a href="http://www.skseniormechanism.ca">www.skseniormechanism.ca</a>	The quarterly newsletter of the Saskatchewan Seniors Mechanism, mailed to 10,000 seniors centres, hospitals, businesses, government health districts, nursing homes, and individuals throughout Saskatchewan.
<b>Precious Memories of Prairie War Heroes</b> English only To order, please call SSM at (306) 359-9956 or visit <a href="http://www.skseniormechanism.ca">www.skseniormechanism.ca</a>	The book reflects a personal history of SK and Alberta veterans of WWII. It is divided into two sections: Veterans of SK and Veterans of Alberta. At the end of a section, there is an extensive list of veterans from that province who served overseas in WWII. Experiences of both men and women are included to offer as many perspectives as possible.



# University of Manitoba, Centre on Aging



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**University of Manitoba**  
**338 Isbister Building**  
**Winnipeg MB**  
**R3T 2N2**

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**Website:** [www.umanitoba.ca/centres/aging/](http://www.umanitoba.ca/centres/aging/)

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The Centre on Aging is a university-wide research unit reporting through the Vice-President (Research) to the President at the University of Manitoba. Established on July 1, 1982, The Centre has developed and established a national and international reputation for research excellence in aging.

## Vision statement

To be a recognized leader in research in aging, to improve the lives of older adults, their caregivers and families, and to enhance communities within and outside of Manitoba.

## Mission statement

The Centre on Aging conducts, stimulates and promotes research on aging, provides an interdisciplinary focus for the research activities in aging at the universities in Manitoba, and supports the teaching of students in aging. The Centre serves as the focal point for the integration and dissemination of research on aging in Manitoba.

## Presentations and events

### Spring Research Symposium

The Centre on Aging, University of Manitoba highlights research and topics in aging during the Spring Research Symposium held annually on the first Monday in May. The symposium promotes dialogue between university researchers and the community-at-large.

### Research seminars

Throughout the year, the Centre on Aging hosts a research seminar series where the Centre's research affiliates present their current research findings. Research seminars are held at both the Fort Garry and Bannatyne campuses; the general public is welcome to attend.

### Research forum

Traditionally held in spring, the Centre on Aging invites a guest speaker for the research forum to provide researchers and experts to meet with their colleagues, discuss current activities, and identify others with similar interests for possible future, collaboration. The general public is welcome to attend.

## University of Manitoba, Centre on Aging

### Resources

The Centre on Aging's Web site provides information on the Centre's events and activities, publications, research interests of over 60 research affiliates, age-related research, and links to useful Web sites. The following resources can be downloaded in PDF format from [www.umanitoba.ca/centres/aging](http://www.umanitoba.ca/centres/aging).

Resource	Description
<a href="#">Centre on Aging News</a> English only	The Centre on Aging publishes their newsletter three times a year. Articles include reports on the Centre's activities and events, research updates from any of the Centre's 60 plus affiliates, and related aging news. The newsletter is available on our Web site or by request.
<a href="#">Weekly updates</a> English only	Each week the Centre on Aging compiles and distributes news items relating to gerontology and aging via weekly updates to the academics, government, various organizations, and the general public. A one month archive of the weekly updates is available online or by request (inclusion on our mailing list).
<a href="#">Profile of Manitoba's Seniors 2010</a> English only	The Profile was developed as a reference book highlighting a wide variety of statistical information on Manitoba's seniors using federal and provincial public use files. The Profile is organized into 11 sections and includes information on demographics, the older worker, social connections and leisure activity, etc.
<a href="#">Showcasing Services and Programs for Seniors in Manitoba</a> English only	The Showcasing services report highlights examples of unique and successful services, programs, policies and organizational structures that affect seniors around the province, as identified by Senior Resource Coordinators. The report focuses on age-friendly features in communities. It is based on age-friendly research currently conducted by the Centre's Director, Dr. Verena Menec.
<a href="#">Age-Friendly Cities Project: Portage la Prairie, Manitoba, Canada</a> English only	The Age-Friendly Cities Project was published using age-friendly research conducted by the Centre's Director, Dr. Verena Menec, for the World Health Organization's (WHO) global age-friendly cities study. Portage la Prairie was selected to represent Manitoba; research was collected through focus groups with primarily seniors, and also caregivers, professional staff in public or regional services, business people, and representatives from volunteer organizations, and compiled in the WHO's published report.

# VON Canada (Victorian Order of Nurses)



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At VON, we believe in treating the whole person, not just their ailment.

Our more than 13,000 staff & volunteers through a network of 52 sites serving thousands of communities know the importance of creating the capacity for healing in each person. It's how we're helping to build healthy communities across Canada, one person at a time.

VON is dedicated to being a leader in the delivery of innovative comprehensive health and social services and to influencing the development of health and social policy in Canada.

We are a national health organization and registered charity offering a wide range of community health care solutions that meet the needs of Canadians from coast to coast. VON is committed to quality improvement and is accredited by Accreditation Canada.

## Programs

To achieve its goal of ensuring a healthier society, VON Canada offers over 75 different programs and services.

Following are some highlights:

- 👍 Home support services: VON provides home support to millions of Canadians each year. Our workers deliver caring services such as personal care and companion services, light housekeeping, respite care, meal preparation, adult and Alzheimer's day programs, supportive housing, and retirement education.
- 👍 Community support services: Community support services are offered through a variety of professional and volunteer programs, including Meals on Wheels, transportation, volunteer visiting, and home maintenance.
- 👍 Home health care services: VON health care professionals provide palliative and respiratory care, physiotherapy, occupational and speech therapy, dietician services, and social work.
- 👍 Health promotion: VON is committed to taking a leadership role in health promotion through the delivery of programs such as immunization, wellness clinics, and caregiver education.

## VON Canada (Victorian Order of Nurses)

- 👍 The VON SMART (Seniors Maintaining Active Roles Together)® Program empowers older adults, enabling them to reach and maintain optimal functional fitness through volunteer-facilitated functional fitness programs designed to accommodate different levels of ability and various health conditions. Since 2002, VON Canada has established SMART Group and In-Home Programs in 20 sites across the country.
- ➡ The VON SMART (Seniors Maintaining Active Roles Together)® Program Leading Practice Guide is based on the findings of five external evaluations of the program completed between 2002-2010. For more information please go to contact Sheila Schuehle, National Manager at [Sheila.Schuehle@von.ca](mailto:Sheila.Schuehle@von.ca).
- 👍 Canadian Caregiver Coalition: VON is a founding member of this coalition, a bilingual alliance composed of individuals, groups, and organizations committed to creating a voice for caregivers and prioritizing caregiving issues in health care policy, education, and program development. To learn more about the Canadian Caregiver Coalition, visit [www.ccc-ccan.ca](http://www.ccc-ccan.ca).
- 👍 The VON Caregiving Program: The mandate of this program is to provide authoritative caregiving information and program support to caregivers, community-based organizations, health and social service professionals, and others with caregiving information needs in Canada. The main focus of the program is to support Canadian activities in the area of caregiving support, education, and respite.
- 👍 Caregiver Connect...from Caring to Sharing/De l'entraide au partage... aidants en réseau." VON Canada launched a groundbreaking new tool for Canada's nearly three million caregivers. This innovative bilingual web portal will provide access to information and resources that caregivers need to care for themselves, to provide better quality care to their family members and/or friends, and to connect and share with other caregivers through a virtual discussion forum. Please visit [www.caregiver-connect.ca](http://www.caregiver-connect.ca).

For more information about the other programs, visit [www.von.ca](http://www.von.ca).



# YMCA Canada



YMCA

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The YMCA in Canada is dedicated to the growth of all persons in spirit, mind, and body, and in a sense of responsibility to each other and to the global community. A federation to which all 48 YMCAs and 9 YMCA-YWCAs in Canada belong, YMCA fosters and stimulates the development of strong member associations and advocates on their behalf regionally, nationally, and internationally.

## Programs

YMCA Canada works with YMCA associations to help strengthen the capacity of each YMCA so that it can reach out to more people and explore new fields or services. Following are the services the organization provides.

- 👍 Tracking trends and issues: YMCA Canada monitors the external and internal environment of YMCA associations on a continuous basis, identifying relevant issues to keep associations briefed; mounts campaigns and initiatives relevant to all associations; and works to build stronger relationships with leaders in other sectors.
- 👍 Creating resources: To help YMCA associations invest in national strategies to improve their own performance and effectiveness, YMCA Canada produces management and program resources for YMCA leaders and develops best practices, program standards, success measures, and evaluation practices.
- 👍 Harnessing innovation: YMCA Canada pilots innovative projects and initiatives that allow associations to test new models or reach new groups of people. Through lead associations, YMCA Canada delivers a national response to common local issues.
- 👍 Building relationships: YMCA Canada represents associations on national coalitions and networks like the National Voluntary Organizations Coalition and the Canadian Council for International Cooperation. The organization also works with Human Resources and Development Canada, Health Canada, and the Canadian International Development Agency to mount collaborative programs and initiatives.

## YMCA Canada

### Resources

The YMCA web site provides information about the YMCA in Canada, including a historical booklet, YMCA milestones, and a photo gallery. Also included is a “Find Your YMCA” page. Visit [www.ymca.ca/eng\\_findy.htm](http://www.ymca.ca/eng_findy.htm) to search alphabetically or by province for the local YMCA or YMCA-YWCA nearest you.

The following material can be downloaded or viewed on-line. URLs are provided below.

Resource	Description
<p><b>Be H.I.P.P.: Have Influence on Public Policy</b></p> <p>84 pages</p> <p>English and French</p> <p>To download or view on-line, visit <a href="http://www.ymca.ca/downloads/Be_Hipp_manual.pdf">www.ymca.ca/downloads/Be_Hipp_manual.pdf</a></p>	<p>A manual and toolkit on how voluntary organizations can influence public policy. Designed by YMCA Canada to help YMCA leaders and voluntary sector leaders increase their understanding of the structure, processes, priorities, and key players of local, provincial, and federal governments, and to provide tools for developing and influencing public policy strategy.</p>
<p><b>Supporting e-learning module</b></p> <p>English only</p> <p>To view on-line, visit <a href="http://www.ymca.ca/behipp/hipp.html">www.ymca.ca/behipp/hipp.html</a></p>	<p>This two-hour, self-guided e-learning module will assist voluntary sector leaders and future voluntary sector leaders in increasing their knowledge and understanding of public policy.</p>
<p><b>Interactive YMCA Time Tour</b></p> <p>© 2001</p> <p>English only</p> <p>To download or view on-line, visit <a href="http://www.ymca.ca/html/welcome.htm#">www.ymca.ca/html/welcome.htm#</a></p>	<p>A web-based interactive YMCA history tour, this easy-to-use tour shows how ordinary citizens helped shape communities and our country in response to the social issues of the day. The tour also highlights key Canadian events, along with the YMCA legacy of building strong kids, strong families, and strong communities, which continues today.</p>

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# **Active Living Coalition for Older Adults**

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# **ALCOA**

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