

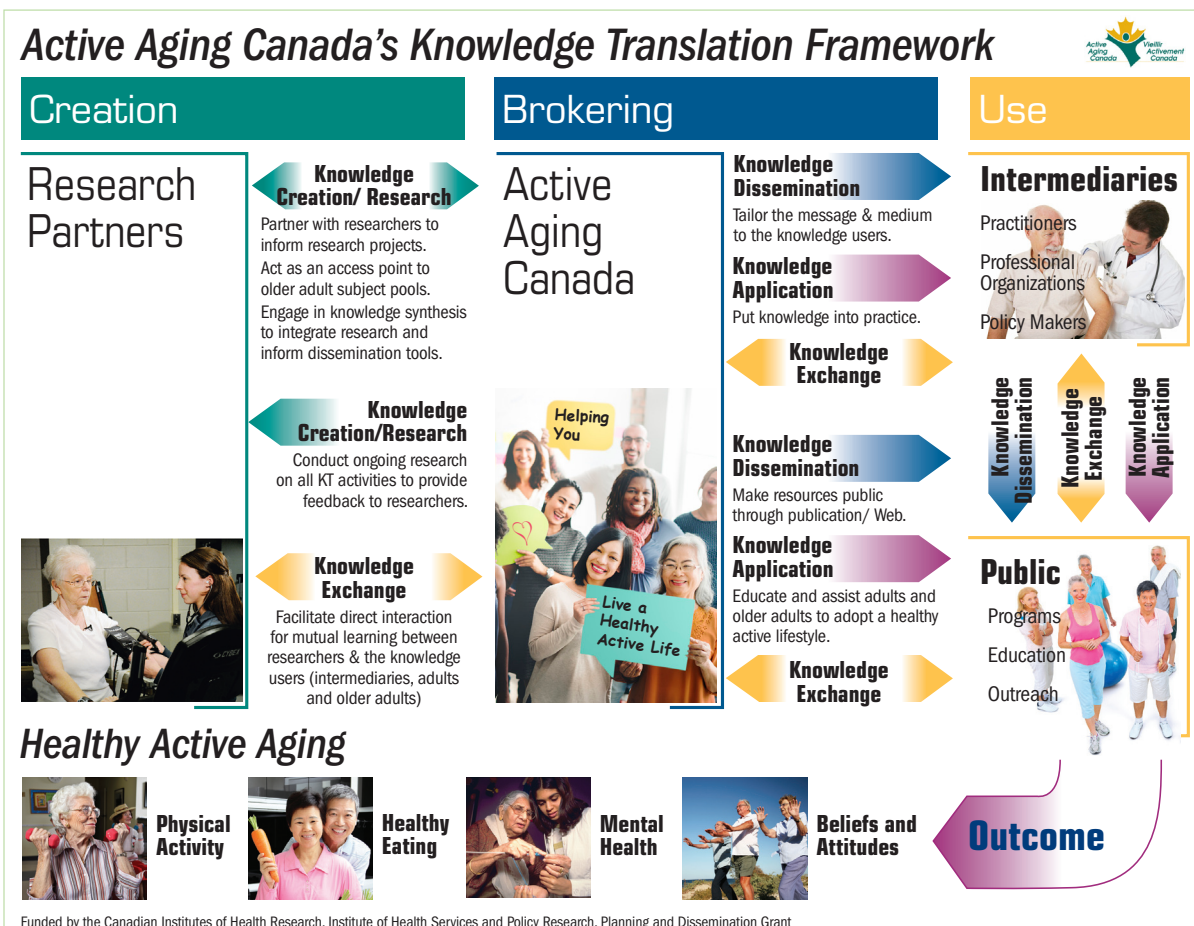


KNOWLEDGE TRANSLATION



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This Knowledge Translation Framework has been our guide in developing our new Active Aging Community of Practice, recently launched on our website.

About Us

Active Aging Canada, a national charity, incorporated in 1999, exists to promote healthy active aging with a vision of healthy living for life. Our mission is to support lifelong healthy active aging of adult Canadians through participation, education, research, and promotion.

The organization consists of both organizations at the national, provincial and local levels, and individuals, all who support and value our vision and mission statements. Through the organization and our membership we have a reach to over one million Canadians, both practitioners and the public.

As a voice for active living among older adults, Active Aging Canada works to:

- **Foster communication**, collaboration and coordination for active aging amongst its members and other related organizations and individuals
- **Facilitate knowledge translation** of research to practice related to older adults and active aging
- **Promote** older adults and active aging as a priority on the political, health and social agendas within Canadian society by conveying consistent, persuasive key messages developed by its members to prominent and influential individuals and organizations.



Mall Movers at Lawrence Square enjoy their strength and balance class before their walk around the mall.

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In keeping with its role, Active Aging Canada is committed to upholding and advocating the following principles:

- **Respect** the experiences, contributions and resources of older Canadians by recognizing and integrating them
- **Inclusion** of older adults in all planning and decision making
- **Diversity** is embraced by respecting all points of view
- **Meaningful partnerships** are formed to work together with other individuals and organizations
- **Consensus** is strived for in decision-making
- **Access** to all older adults inclusive of socio-economic status, Aboriginal peoples, ethno-cultural background, geographic locations, and ability
- **Equity** by recognizing that everyone, regardless of present level of ability, capability and economic status, can improve their well-being through active living

Executive Summary

Knowledge Translation (KT) is a term that has become very popular in the last few years. Since its inception in 1999, Active Aging Canada has undertaken this work even before the term “KT” was developed. Reflecting back on last year’s projects and the upcoming projects, it reinforces that fact that this organization continues to be at the forefront of Knowledge Translation.

Our Knowledge Translation Framework has now been operationalized into a Community of Practice, just recently launched on the [Active Aging Canada website](#). We have high hopes that it will evolve into a very productive Community.

Our very successful planning meeting brought together 19 experts from across Canada to discuss the possibility of creating a Report Card on Physical Activity for Older Adults. Funding for the project is the challenge for 2018-19.

The 1.5 day Facilitation Training Workshop offered to 18 community leaders in Southern Ontario, provided the leaders with the opportunity to enhance their facilitation skills as it relates to leading a Healthy Living Workshop for Older Adults. Several Healthy Living Workshops have now been offered and positive feedback has been received from the participants. In 2018-19 we will follow up with the participants with a survey at 1, 3, and 6-month post workshop, to determine their success at maintaining those new lifestyle behaviours. This research will provide evidence as to the longer term impact of the workshop on the lives of older adults.

There are more seniors in Canada now, than there are children. Given that more and more people are living longer, the older adult population continues to grow every year. In 2017, there were 8,230 Canadians over the age of 100. We have a large target market to reach and it is only through the support of our member organizations and partners that we will be able to make a difference in the lives of many older adult Canadians.

We thank you for your continued support of our mission and we look forward to an exciting year ahead.



The Mall Movers program at Centrepoint Mall continues to be offered to local residents.

Report from the Chairman & Executive Director

The writing of this report provides us with an opportunity to reflect on our successes and challenges in the past year, and helps us to crystalize our vision for this upcoming year.

Reflecting back on the projects last year, reinforces the fact that the organization is continuing to work towards our vision of 'healthy living for life' through our mission of 'supporting lifelong healthy active aging of adult Canadians through participation, education, research, and promotion.'

PROJECTS IN 2017-18

Our funding issues continue to be a strain for the organization, but we are able to adjust our budget to respond to those constraints. We were successful with several grants both federally and provincially (Ontario) to allow us to continue to provide health promotion information and knowledge translation.

REPORT CARD ON PHYSICAL ACTIVITY FOR OLDER ADULTS

Funding from CIHR was provided for a one-day planning meeting with experts from across Canada to discuss the possibility to develop a report card examining the programs, policies and services available for older adults relating to physical activity. The project initiative is very timely with the acceptance by Canada of the WHO Report on Ageing and Health, as the foundation for their work towards a healthy aging society. The report from the planning meeting was accepted by the Board and funding options are currently being investigated.



Experts from across Canada gathered together to discuss the development of a Report Card on Physical Activity for Older Adults. See list of participants on page 10.

COMMUNITY OF PRACTICE (CoP)

Two years ago, we created a [Knowledge Translation Framework](#) and it is now posted on our web site. This past year, CIHR provided funding to operationalize this framework, by creating a Community of Practice, recently launched on our website. It is an online community of Canadian practitioners, facilitators, administrators and researchers with a shared interest in sharing, disseminating, and applying knowledge of the key role of active aging in lifelong healthy aging. You are welcome to join our Community, by [registering on our website](#).

FACILITATION TRAINING & HEALTHY LIVING WORKSHOPS

With funding from the Ontario Sport and Recreation Community Fund, we were able to provide a 1.5 day facilitation training for eighteen community leaders in Southern Ontario in October. The workshop provided the leaders with the opportunity to enhance their facilitation skills as it relates to leading a Healthy Living Workshop for Older Adults.

**Initial results show
dramatic success for our
Healthy Living Workshops**

Many leaders have conducted their first workshop. Our Evaluator has provided us with a summary of the evaluations received from the participants. We are very pleased with the response.

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Community leaders came together to develop facilitation skills to offer Healthy Living Workshops for Older Adults back in their communities.

As a result of the program, 96% of survey respondents noted that they made some type of healthy lifestyle change, with the most common outlined below:

- Increased physical activity (77%)
- Improved eating habits (64%)
- Increased water consumption (50%)
- Reduced stress levels (23%)

A total of 87% of survey respondents noted that they feel motivated to continue on with the healthy lifestyle changes they made after the program.

The funding from OSRCF also allows us to conduct surveys with the older adult participants of the Healthy Living Workshops at 1, 3 and 6 months post workshop, to determine their success at maintaining their new healthy lifestyle behaviours. Those results are yet to be tabulated, however a full report will be made available when the research is completed.

MALL MOVERS PROGRAM

The project funding from the Ontario Trillium Foundation is spent, however there continues to be two Mall Mover Programs still being offered in the Greater Toronto Area. Centrepoint Mall is funding the program for their participants, and the leader at the Woodbine Centre is

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Mall Mover participants at Centrepoint Mall celebrating Seniors Month proudly display Certificates of Achievement provided by Active Aging Canada.

volunteering her time to offer the class to her Movers. We are very grateful for this support to allow the program to continue in two of the locations. Several funding options were investigated but we were not successful in garnering financial support for the other mall locations.

The response from the participants was very positive regarding the program:

SURVEY RESPONSES FROM PARTICIPANTS

I feel better since I joined the program than I did before	100%
I have fun taking part in the program	100%
Having the program in the mall is convenient	100%
The mall is a good place to walk or wheel because it is flat and without barriers	100%
Taking part in the program has helped me to be more active	98%
I have made new friends because of the program	98%
Having the program in the mall allows me to shop after the program session	96%
Taking part in the program has helped increase my independence	94%
I have been able to socialize with other people more	93%
I am in the mall more often because of the program	92%

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PARTNERSHIPS

In addition to our own projects, Active Aging Canada has developed several partnerships and provided support for many projects last year.

Age Well – partner to support their initiatives

Canadian Access and Inclusion Project – Partner Council Member

Environment Canada – promotion and distribution of AQHI brochure

Health Canada – distribution of Extreme Heat brochure

McMaster University – Occupational Therapy Dept. Do Live Well project

McMaster Portal for Optimal Aging – partner to support and promote their portal

ParticipACTION Play 150 – Advisory Committee Member

University of Saskatchewan – recruited members for research study

University of Waterloo – promote ‘Too Fit to Fracture’

OUR COMMITMENT FOR 2018-19

We are hopeful that the follow up research with the Healthy Living Workshops will provide us with solid data to support grant proposals for ongoing training of additional leaders and the opportunity to offer Healthy Living Workshops across Canada.

The Community of Practice is in its infancy, and will take time to grow, however over this year we hope that Researchers will include Active Aging Canada in their grant proposals, as their KT partner to share and disseminate the findings of their research. There is a great deal of information that can be gleaned from the current research being conducted on healthy aging. We hope to become the knowledge broker with Canadian researchers and disseminate their findings to both practitioners and the public.

We are currently looking at strategic partners who could work with us to develop the Report Card on Physical Activity for Older Adults. Should we be successful, this would provide the government and practitioners with a baseline of the services, programs and policies currently available, and determine where our focus should be in the upcoming years.

There are more seniors in Canada now, than there are children. The older adult population will continue to grow every year. More and more, people are living longer. In 2017, there were 8,230 Canadians over the age of 100. This number will also continue to grow in the coming years. We have a large target market to reach and it is only through the support of our member organizations and partners that we will be able to make a difference in the lives of many older adult Canadians.

We thank you for your continued support of our mission and we look forward to an exciting year ahead.



Patricia Clark
National Executive Director



Ron Ferguson, PhD
Chairman

Executive

Past Chair	Rosanne Prinsen, Edmonton, AB
Chairman	Ron Ferguson PhD, Montreal, QC John Molson School of Business, Concordia University
Treasurer	Liza Stathokostas PhD, London, ON
Secretary	Barbara Hood Yellowknife, NT NWT Seniors' Society

Board of Directors

Chairman	Ron Ferguson PhD, Montreal, QC Concordia University
	Rosanne Prinsen, Edmonton, AB
	Liza Stathokostas PhD, London, ON
	Barbara Hood, Yellowknife, NT NWT Seniors' Society
	Charles Rice PhD, London, ON University of Western
	Melissa Anderson, Ottawa, ON Canadian Physiotherapy Association
	Isla Horvath, Toronto, ON Canadian Orthopaedic Foundation
	Michelle Porter PhD, Winnipeg, MB University of Manitoba Centre on Aging

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Donors

Active Aging Canada is a charitable, not-for-profit organization. Our sincere thanks to the following individuals for their generous donations:

Jim Hamilton
Charles Keple



Mall Movers at Lawrence Square stretch using Therabands and exercise balls provided by the Mall Movers program.

Members

VOTING MEMBERS

ALCOA Manitoba
Alzheimer Society of Canada
Canadian Association for the
Advancement of Women in Sport
Canadian Association of
Occupational Therapists
Canadian Orthopaedic Foundation
Canadian Physiotherapy Association
Canadian Senior Games Association
Canadian Society for Exercise Physiology
NWT Seniors' Society
Older Adult Centres' Association of Ontario
Saskatchewan Seniors Mechanism
Saskatchewan Parks &
Recreation Association
Schlegel-UW Research Institute for Aging
University of Manitoba Centre on Aging
YMCA Canada

CORRESPONDING MEMBERS

Better Living Health & Community Services
Centres for Seniors Windsor
City of Edmonton
Greater Edmonton Foundation:
Housing for Seniors
Horton Street Seniors Centre
Jewish Child and Family Service
Pictou County Council of Seniors/Outreach
Service to Seniors and Swan River Lifeline
Square One Older Adult Centre

HONOURARY MEMBERS

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Don Fletcher
Jim Hamilton
Sandra Hartley
Charles Keple
Philippe Markon
Bert Taylor

CORPORATE MEMBERS



STEPS – Specialized
Training Exercise
& Participation
Services

Urban Poling Inc.

Committees and Consultants

Our organization is strong because of the support from our staff, consultants, board members, membership and volunteers. Together individuals have provided hundreds of hours of volunteer support to sit on committees, organize events, and share their wisdom and knowledge. We sincerely thank the individuals for their contribution to the success of Active Aging Canada.

PARTICIPANTS IN THE PLANNING MEETING FOR THE REPORT CARD ON PHYSICAL ACTIVITY FOR OLDER ADULTS

Christine Cameron PhD, Canadian Fitness & Lifestyle Research Institute
Patricia Clark, Active Aging Canada Executive Director
Christa Costas-Bradstreet, Independent Consultant
Nancy Dubois, Du-b-fit Consultant (Facilitator)
Mary Duggan, Canadian Society for Exercise Physiology
Peggy Edwards, Consultant, Writer
Jim Evanchuk, Active Aging in Manitoba
Ron Ferguson PhD, Concordia University (AAC Chairman)
Laura Garcia, Alzheimer Society of Canada
Sue Hesjedahl, Older Adult Centres' Association of Ontario
Gareth Jones PhD, UBC Okanagan
Natasha Kuran, Aging & Seniors Unit, Division of Seniors, Aging and
Dementia, Public Health Agency of Canada
Gunita Mitera, College of Family Physicians of Canada
Simone Powell, Division of Seniors, Public Health Agency of Canada
Michelle Porter PhD, University of Manitoba Centre on Aging
Charles Rice PhD, University of Western Ontario
Liza Stathokostas PhD, Consultant
John C. Spence PhD, University of Alberta
Bert Taylor PhD, Professor Emeritus University of Western Ontario

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NOMINATING COMMITTEE

Chair Rosanne Prinsen, AB
 Patricia Clark, ON

RESEARCH COMMITTEE

Chair Charles Rice PhD, University of Western
Philippe Markon PhD, Professor Emeritus University of Quebec
Michelle Porter PhD, University of Manitoba
Liza Stathokostas PhD, London ON
Bert Taylor PhD, Professor Emeritus University of Western Ontario

CONTRACT STAFF & CONSULTANTS

Active Aging Canada continues to work with a variety of contract staff on all its projects. They bring many years of experience and expertise, and are an essential component to the success of every project.

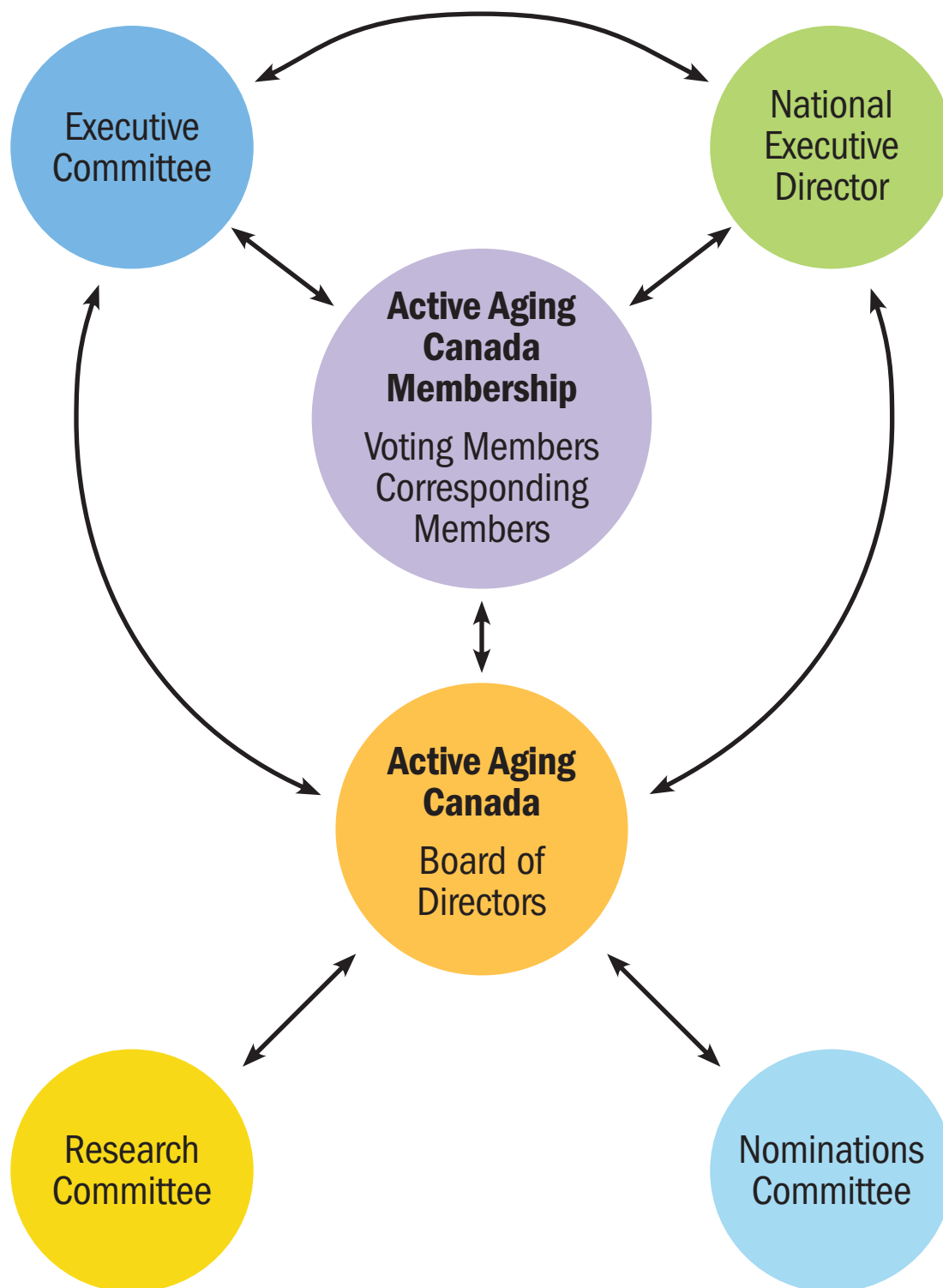
Patsy Beattie-Huggan, Facilitator
Mekayla Dionne, Summer Student & Videographer
Nancy Dubois, Facilitator
John Griffin, Video Guest Lecturer
Tonia Hearst, Administrative Assistant
Claire Jobidon, French Translation
Sally Lang, Clear Language Editor
Ward Maxwell, Graphic Designer
Nishka Smith, Evaluator
Andrew Wilczynski, Web Master
Lilia Zaytseva, Translation & Consulting

II

MALL MOVER FITNESS INSTRUCTORS

Lucy Arkell
Anna Azaryan
Yasmina Barria
Luisa DiSimone
Serena Kim
Chris Moffett
Cinthya Narvaez
Gina Sorino

ACTIVE AGING CANADA ORGANIZATIONAL STRUCTURE



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Report Of The Independent Auditor On The Summary Financial Statements

To the Members,

Active Aging Canada Inc./ Vieillir Activement Canada Inc.

The accompanying summary financial statements, which comprise the statement of financial position as at March 31, 2018, and the statement of operations and changes in net assets for the year then ended, and the related note, are derived from the audited financial statements of Active Aging Canada Inc./ Vieillir Activement Canada Inc. for the year ended March 31, 2018. We expressed an unqualified audit opinion on those financial statements in our report dated May 14, 2018. Those financial statements, and the summary financial statements, do not reflect the effects of events that occurred subsequent to the date of our report on those financial statements.

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not for profit organizations. Reading the summary financial statements, therefore, is not a substitute for reading the audited financial statements of Active Aging Canada Inc./ Vieillir Activement Canada Inc..

Management's Responsibility for the Summary Financial Statements

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Management is responsible for the preparation of a summary of the audited financial statements on the basis described in Note 1.

Auditor's Responsibility

Our responsibility is to express an opinion on the summary financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, "Engagements to Report on Summary Financial Statements."

Opinion

In our opinion, the summary financial statements derived from the audited financial statements of Active Aging Canada Inc./ Vieillir Activement Canada Inc. for the year ended March 31, 2018 are a fair summary of those financial statements, on the basis described in Note 1.

Cowperthwaite Mehta

Chartered Accountants
Licensed Public Accountants

May 14, 2018
Toronto, Ontario

Active Aging Canada Inc./ Vieillir Activement Canada Inc.

SUMMARY STATEMENT OF FINANCIAL POSITION

as at March 31, 2018

	2018	2017
ASSETS		
Current assets		
Cash	\$ 12,207	\$ 28,865
Accounts receivable	<u>8,702</u>	<u>1,801</u>
TOTAL ASSETS	<u>\$ 20,909</u>	<u>\$ 30,666</u>
LIABILITIES AND NET ASSETS		
Liabilities		
Accounts payable and accrued liabilities	\$ 4,983	\$ 6,412
Deferred revenue	<u>7,812</u>	<u>12,169</u>
Total liabilities	<u>12,795</u>	<u>18,581</u>
Net assets	<u>8,114</u>	<u>12,085</u>
TOTAL LIABILITIES AND NET ASSETS	<u>\$ 20,909</u>	<u>\$ 30,666</u>

Note 1.

The criteria applied by management in the preparation of these summary financial statements are as follows:

- a) the information in the summarized financial statements is in agreement with the related information in the complete financial statements; and
- b) the summarized financial statements contain all the information necessary to avoid distorting or obscuring matters disclosed in the complete financial statements, including the notes therein.

Management determined that the statement of cash flows does not provide additional, useful information, and as such have not included them as part of the summary financial statements.

Active Aging Canada Inc./ Vieillir Activement Canada Inc.

SUMMARY STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS

For the year ended March 31, 2018

	2018	2017
REVENUE		
Government contributions	\$ 89,642	\$ 88,305
Project grants	7,239	2,125
Membership fees	5,525	3,825
Other income	<u>1,545</u>	<u>4,083</u>
	<u>103,951</u>	<u>98,338</u>
EXPENSES		
Personnel	37,769	46,056
Purchased services	23,131	29,164
Travel and accommodations	18,232	8,936
Program expenses	17,480	6,319
Office and general	5,742	6,840
Professional fees	3,109	3,269
Premises	<u>2,459</u>	<u>2,380</u>
	<u>107,922</u>	<u>102,964</u>
DEFICIENCY OF REVENUE OVER EXPENSES FOR THE YEAR	(3,971)	(4,626)
Net assets, beginning of year	<u>12,085</u>	<u>16,711</u>
NET ASSETS, END OF YEAR	<u>\$ 8,114</u>	<u>\$ 12,085</u>

ACTIVE AGING CANADA
P.O. Box 143, STN. MAIN
SHELBURNE ON
L9V 3L8

Toll Free
1-800-549-9799
Phone
519-925-1676

Email
info@activeagingcanada.ca
Web
www.activeagingcanada.ca
www.silvertimes.ca

