

1999

Active
Aging
Canada



Vieillir
Activement
Canada

2019

2019 ANNUAL REPORT

**Celebrating
20 years of
success!**

***Thank you
for your support***

1999–2019

2010

Cross Canada Age Friendly Community Forums
Knowledge Translation & Evaluation Strategy
Evaluation Tools for Community Based Primary &
Secondary Type II Diabetes Prevention Program

2009

UW Well-Fit—holistic framework for active living
with cancer and their partners in care
Type II Diabetes project follow up evaluations
Membership Campaign

2008

Cross Canada Consultations
National Recommendations for Actions
(Diabetes project)

2007

Active Living & Diabetes; Building on our Success
(3 yr project initiated)
Research Update

2006

Healthy Policy Project
Research Update

Membership Project
Fabulous for Life Calendar

2005

Research to Action—2 Research Updates published
Ageism Project
Active Living for 80+ — training and presentations

2004

Active Living with Diabetes (3 yr project completed)
Speakers Bureau created
2 Research Updates published

1999

Incorporated, first official Annual General Meeting

1999–2019

2018

Report Card on Physical Activity for Older Adults meeting
Community of Practice launched
Impact survey's with healthy living workshop participants
Mall Movers program continues

2017

Knowledge Translation Framework National Meeting
Leaders Facilitation & Training Workshop
Video series launched
Active Living Tip updated and translated

2016

Active Aging Canada launched
7 malls offer Mall Mover programs in Toronto area
Website revised

2015

Mall Mover program developed
Face Book page launched

2014

Website 1.14 million hits in the year
Workshop Toolkit distributed

2013

Toolkit designed for Healthy Living Workshops
Cdn Physical Activity Guidelines – new posters created
3 Active Living Tips revised and translated

2012

Silver Times website 3 Active Living Tips
New Active Living Tip published
Personal Passport™ & Leaders Guide distributed
You Tube presence

2011

One million older adults can be reached
Silver Times inaugural issue published
“Personal Passport” pilot testing
HT Health Works initiated

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ALCOA
BOARD OF
DIRECTORS
(GUARDIANS)
2007



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 organizations at the national, provincial and local levels, and individuals, all who support and value our vision and mission statements.

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.

Please visit our website activeagingcanada.ca to learn more about our organization.

REFLECTIONS

*Philippe Markon, Université du Québec,
Professor Emeritus*

It was great to be involved with such an organization. First you have to believe in the mandate, then be proud of the realizations, and finally it was nice to work with people with different expertise. From all the meetings we had, a solution was the discussion and the problem therefore could take a second place. Always nice to hear from Active Aging Canada.



EXECUTIVE SUMMARY

Twenty years of promoting active healthy aging. We could not have achieved this milestone without the support of the members and older adult Canadians. We thank you for your ongoing commitment to aging well.

Last year a few projects were completed, as we waited for notification of new grant applications.

We surveyed the members of the newly created *Community of Practice* and confirmed that although researchers strongly believe in knowledge translation, most of their KT work stays within the research setting through journal publications and conferences. This confirmed the need for Active Aging Canada to be in the

forefront of knowledge translation for practitioners and the public.

We wrapped up our post workshop evaluations with the participants in the *Healthy Living Workshops for Older Adults* that were offered in southern Ontario. After three months post workshop, 94% of the respondents who made changes during the course of the program continued with some of them. At the six month follow up, 81% of respondents had continued on with the healthy lifestyle changes they made during the course of the program.



ALCOA
BOARD OF
DIRECTORS
(GUARDIANS)
2008

Active Aging Minute Videos were able to continue to be produced by our summer student, with the financial assistance of the Canada Summer Job Program. A new e-blast is sent out weekly promoting a video relating to functional fitness and healthy active living.

We worked with *Fitness Business Canada* to provide monthly articles which were published in their on-line subscription.

The Mall Mover program continues to operate at Centerpoint Mall in Toronto, thanks to the financial support of the Mall.

We have continued to work with many other organizations and where possible be an active partner in their projects.

We were successful with one of three grant applications for the upcoming year. With financial support of \$1.2 million from Health Canada, we will be developing a health promotion awareness campaign over the next 28 months relating to cannabis and active healthy aging. Once again we will be counting on our membership to assist us with the dissemination of this evidence-based literature, as there is currently nothing available for older adults on this topic.

We look forward to the year ahead of us and once again our sincere thanks to staff, consultants, members and the public for your commitment and support of active healthy aging.

REFLECTIONS

*Jim Evanchuk, Executive Director,
Active Aging in Manitoba*

Sometimes you just know when you are onto something special; I had that feeling from the very first encounter with the Active Living Coalition for Older Adults. The positive influence of ALCOA was significant 20 years ago and remains that way today. I must admit back then, I was one of many who thought it was a good thing to be kind to seniors and approached program & policy development in a rather condescending way. Through the efforts of dedicated and passionate people involved with Active Aging Canada over the past two decades, the need to pay more attention to the health of the growing number of older Canadians has become inescapable. Active Aging Canada has accomplished a great deal in helping to change the way we think about aging in Canada. The organization has cobbled together resources from a variety of sources to advocate for the health and well-being of older Canadians and over the years has produced a plethora of evidence informed information resources that have helped individuals and health



promotion leaders at all levels. I am grateful for having had the privilege of being associated with Active Aging Canada, and the very capable people who have shared their expertise and time to contribute to the health and well-being of Canadians. My gratitude is mixed with admiration of the dedicated staff and the leadership of Patricia Clark, who has been the constant in connecting people across Canada and being a compass for healthy active aging. As we approach the decade of Healthy Aging (2020-2030) may the efforts of Active Aging Canada continue to be recognized and supported.

EXECUTIVE DIRECTOR'S AND CHAIRMAN'S REPORT

Celebrating 20 years, is definitely a milestone. The last few years have certainly had its challenges and it was unclear as to what the future would hold for Active Aging Canada. We continued to operate the best we could with our limited project funding, and also attend meetings, keep the website current, and stay visible and active in the industry. The future looks brighter now for the organization. More information on the next few years is highlighted in this report.

This past year Active Aging Canada continued on with several projects and partnerships.

Community of Practice



With the significant support from our board member, Dr. Liza Stathokostas, the Community of Practice (CoP) was launched on our website, as part of our Knowledge Translation (KT) Framework, and a regular Communique to the members. There have now been four submissions where Active Aging Canada was included as the knowledge broker in a grant proposal.

We will continue to build upon the CoP and stay connected with those who have registered on the site. A survey of the members in the CoP was conducted and the full report is published on [our site](#). Highlights from that report include:

- ✿ Respondents conceptualized KT in several ways, and participated in a variety of KT activities.
- ✿ Physical activity and aging researchers in Canada recognize, value, and participate in KT.
- ✿ Many researchers reported having intermediate or advanced competency in KT, but there still exists a need for training opportunities.
- ✿ Lack of time was the most frequently reported barrier to KT.
- ✿ Researchers felt largely supported at work but there still exists significant room for improvement in supporting researchers in their KT activities.
- ✿ KT practices among researchers largely represent traditional academic or professional outlets and therefore opportunities exist to expand reach to end-users.
- ✿ A degree of utility has been identified by researchers for knowledge brokers in their research activities.



Healthy Living Workshops — Impact Evaluation

The final evaluation and report was submitted to the Ontario Sport and Recreation Community Fund regarding our Leadership Facilitation Training Workshops offered in October 2017.

In addition to the leadership training, the funding also allowed us to follow up with the older adult workshop participants at 1, 3 and 6 months after their participation in the Healthy Living Workshop for Older Adults. The follow up helped us to determine the long term impact of the 6-week workshop on their behaviour modification.

The vast majority of participants benefited from the Healthy Living Workshop in multiple ways immediately after the workshop and 90% of participants who responded noted that they felt motivated to continue to work on their healthy lifestyle changes.

“It has motivated me to exercise more and eat better.”

“I really enjoyed the workshop. Informative. Reinforced that exercise and healthy eating is important to a better life as we get older.”

Three month follow up:

- 94% of the respondents who made changes during the course of the program continued with some of their new healthy lifestyle behaviours
- 68% continued with their improved eating habits
- 77% continued with their increased physical activity

Six month follow up:

- 81% of respondents had continued with the healthy lifestyle changes
- 65% improved their eating habits
- 54% increased their physical activity
- 70% increased their water intake

Overall the workshop proved to have some long lasting health impacts on a significant number of participants. These results will be used for future funding opportunities and consideration of changes to the current workshop format.



LEADERSHIP TRAINING WORKSHOP 2017

Active Aging Minute Videos



Funding from the Canada Summer Job Program has allowed us to hire a remarkable student for the past several years. Mekayla Dionne, now a graduate of the Ontario College of Art and Design University (OCADU) worked with the Executive Director and volunteer guests, John Griffin MSc, and Lora Giangregorio PhD, Dept. of Kinesiology, U. of Waterloo to develop informative and *action oriented videos* relating to functional fitness, self-assessments and progressive exercises. Every Wednesday an e-blast is sent to our data base of contacts promoting the new 2-minute Active Aging Minute video.

Mall Movers at Centerpoint Mall



Centerpoint Mall continues to support the Mall Mover program, with a weekly stretch and strengthen class before the group goes for their walk in the mall. Our thanks to our fitness leader, Serena Kim and Sharon Quigley (Marketing Manager) for their ongoing support and enthusiasm for the program.



CELEBRATING SENIOR'S MONTH 2019

Fitness Business Canada Publication

Monthly articles were written and published in the on-line version of the *Fitness Business Canada magazine*, providing current research and suggested actions for fitness practitioners to encourage and support older adults at their facilities.

Partnerships Continue

Federal Accessibility Legislative Alliance (FALA)

Many organizations including Active Aging Canada worked with *FALA* to develop the proposed legislation for accessibility for all Canadians with a disability. On May 30th, it was announced that the House of Commons passed the Accessible Canada Act.

Physical Activity Report Card for Older Adults

In the previous year, we held a planning meeting to develop a Physical Activity Report Card for Older Adults. Last year we were unsuccessful in securing financial support for Active Aging Canada to pursue this project independently. However, in a very timely discussion with ParticipACTION, we learned that they had just received their annual funding and a Report Card on Physical Activity for Adults was in their plan. It was agreed that although the information gathered would be for adults and older adults, the cover story would focus on older adults. Additional committee members were also recommended to sit on this research committee. The new Report Card will be launched in October 2019, with an update provided every two years.

Planning Meeting with the Canadian Center for Activity and Aging (CCAA)

The CCAA held a planning meeting to consider their future direction. Active Aging Canada was invited to be part of that discussion. With our recent work relating to our Knowledge Translation Framework it was a perfect fit to discuss improved dissemination of their research.

The Future Looks Brighter

In October 2018, Active Aging Canada was invited by Health Canada to attend a Cannabis Symposium in Ottawa. This led to an invitation to make a formal submission relating to cannabis and older adults, as there was currently no information available for that sector of the population. Initially the decision was to be made by March, but due to unforeseen delays, Health Canada announced our successful application in July 2019, with project funding of \$1.2 million over 28 months. The strategy includes literature review, focus groups, expert panel meetings, development and distribution across Canada of awareness and health promotion material relating to cannabis and aging well. At the time of this publication, the office is still waiting for the signed Contribution Agreement from Health Canada, but we expect to start the project in early October 2019.

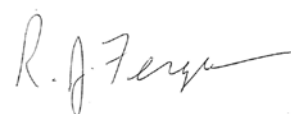
Our Thanks

We hope you find this Annual Report interesting, and enjoy reading about our past accomplishments and reflections from previous board members. We owe our 20 years of success to many people:

- 🌀 **the dedicated staff and consultants** who have always worked very hard to ensure the success of our projects. Many of them have volunteered their time over these past few years when funding was tight, to ensure that Active Aging Canada would continue to see the sun rise another day. We can't thank you all enough for your continued support over the years.
- 🌀 **our members** for their continued support of Active Aging Canada and their assistance in disseminating our resources across Canada. Your support is crucial to our success and we extend our sincere thanks to you all.
- 🌀 **older adult Canadians** for taking up the challenge to remain active, stay healthy and age well. Without them, we would have no reason to exist. Keep up the good work.



Patricia Clark
National Executive Director



Ron Ferguson, PhD
Chairman



MALL MOVERS PROGRAM AT BRIDLEWOOD MALL 2016

EXECUTIVE

Chairman **Ron Ferguson PhD**, Montreal, QC
John Molson School of Business, Concordia University

Vice Chair **Michelle Porter, PhD**, Winnipeg, MB
University of Manitoba Centre on Aging

Treasurer **Liza Stathokostas PhD**, London, ON

BOARD OF DIRECTORS

Chairman

Ron Ferguson PhD, Montreal, QC
John Molson School of Business, Concordia University

Directors

Jim Evanchuk, Winnipeg, MB
Active Aging in Manitoba (AAIM)

Isla Horvath, Toronto, ON
Canadian Orthopaedic Foundation

Michelle Porter PhD, Winnipeg, MB
University of Manitoba Centre on Aging

Liza Stathokostas PhD, London, ON

REFLECTIONS

*Rosanne Prinsen, Faculty of Medicine,
University of Alberta*

I've been happy to hear of the consistent funding you were able to secure for the next 3 years. That was very good news. In my time with ALCOA/AAC the significant changes for the better were the website redesign/video production and the name change. Wishing you all the best.



*Clara Fitzgerald, Program Director,
Canadian Centre for Activity and Aging*
Congratulations. That's a mile stone!

VOTING MEMBERS

Active Aging in Manitoba
Alzheimer Society of Canada
Canadian Association for the Advancement of Women
in Sport
Canadian Association of Occupational Therapists
Canadian Orthopaedic Foundation
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

Active Adult Centre of Mississauga
Aurora Community Tennis Club
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

REFLECTIONS

*Jim Hamilton, Consultant, Member of
National Seniors Council*

Developing a new vision, mission and name for Active Aging Canada was a challenge. The vision of our founding members had served us well. Hopefully the new vision leads us to a 40th anniversary celebration!



HONOURARY MEMBERS

Don Fletcher

Jim Hamilton

Sandra Hartley

Charles Keple

Philippe Markon

Rosanne Prinsen

Charles Rice

Bert Taylor

INDIVIDUAL MEMBER

Ron Ferguson

CORPORATE MEMBER

Urban Poling Inc.



REFLECTIONS

*Don Fletcher, Consultant, Past Chair
ALCOA*

I have been pleased and proud to have been associated with a dynamic, dedicated group of professionals who have significantly contributed to the health, well-being, and life of older adults across this country for the past 20 years. Congratulations to ALCOA/AAC for undertaking and putting an effective spotlight on many issues of physical well-being confronting older Canadians!



PAST BOARD MEMBERS

Our sincere thanks to those who have served on the Board of Directors between 2004 -2019. Many of these board members and other individuals (not named here) also volunteered their time to be a member of a Standing Committee or a Reference Group for individual projects. We would not have reached our 20th anniversary without all of your support and ongoing commitment to active healthy aging. We can all celebrate together on our successful past and look forward to many more years ahead of us.

Anne Skuba	Isla Horvath
Archie MacKeigan	Jack Brownell
Barb Hood	Jennifer Dechaine
Bert Taylor	Jim Evanchuk
Bill Krever	Jim Hamilton
Brenda Hadju	Liza Stathokostas
Brenda Wong	Margaret Barbour
Carol Miller	Mary MacLellan
Charles Keple	Melissa Anderson
Charles Rice	Michelle Porter
Clara Fitzgerald	Mike Sharratt
Darene Toal-Sullivan	Peter Nordland
Denis Drouin	Philippe Markon
Denise Desautels	Ron Ferguson
Don Fletcher	Rosanne Prinsen
Don Wackley	Sandy Hartley
Frank Bellamy	Sharon Purvis
Gabriel Blouin	Sheila Schuehlein
Gareth Jones	Sue Boreskie
Holly Schick	Val Nielsen

STAFF & CONSULTANTS

Our organization is strong because of the support from our staff, consultants, board members, and membership.

Active Aging Canada works 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.

This year more than ever, we have relied on volunteer support from contract staff to keep the organization functioning during difficult financial times. We sincerely thank the all contract staff and consultants for their contribution and dedication to Active Aging Canada.

Kathy Barratt Bookkeeper

Patsy Beattie-Huggan Facilitator

Mekayla Dionne Summer Student Videographer

Nancy Dubois Facilitator

Lora Giangregorio Video Guest Lecturer

John Griffin Video Guest Lecturer

Tonia Hearst Administrative Assistant

Claire Jobidon French Translation

Serena Kim Mall Mover Fitness Instructor

Sally Lang Clear Language Editor

Ward Maxwell Art Director

Nishka Smith Evaluator

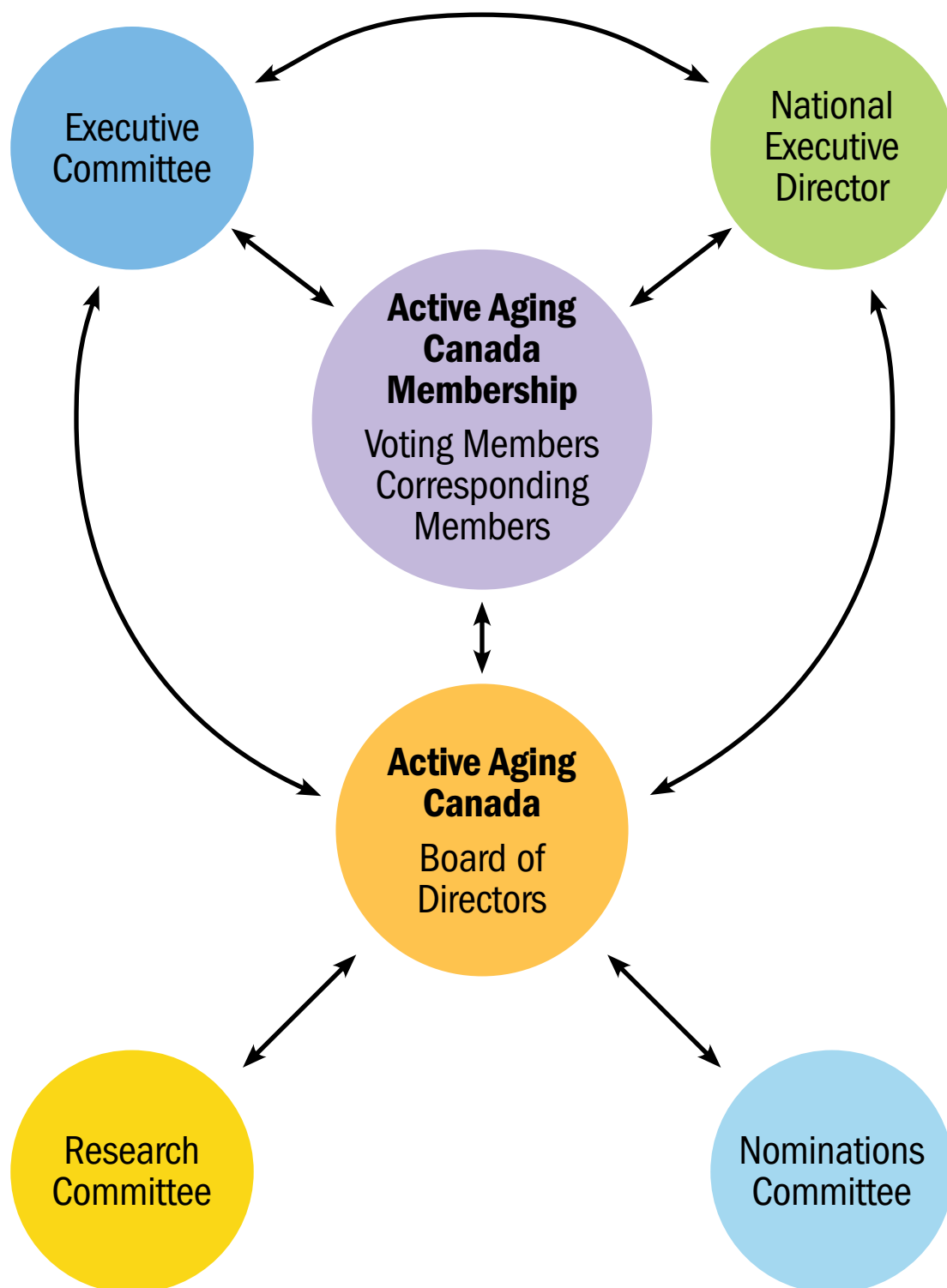
Andrew Wilczynski Web Master

Lilia Zaytseva Translation & Consulting



NATIONAL CONSULTATION 2008

ACTIVE AGING CANADA ORGANIZATIONAL STRUCTURE



REFLECTIONS

*Dr. Sandra J. Hartley, EdD Professor
Emeritus University of Alberta*

Well I could write a book on this... my first thought is that ALCOA in 1999 was celebrating the W.H.O. International Year of the Older Person, and launching Canada's first Physical Activity Guide - with the Older Adult version leading the national charge the previous 5 years in terms of wording and art work. Our goal was to match Canada's Food Guide with 'the other side of the rainbow,' leading to the pot of gold (health promotion). My involvement with older adult active living started in 1985 when fitness classes for seniors started at the University of Alberta with Dr. Art Burgess. They became so popular that I was recruited to run a class and the only place still available was the gymnastics centre. Soon older folks loved the sprung floor and were asking me to try beam balancing and hanging on the bars. Word got out that these seniors were breaking down stereotypes and by 1986, they performed a fitness demonstration to a crowd of 2000 people in Grande Prairie. Momentum continued with the National Film Board producing a documentary titled *Age is no Barrier*, and The U of Agers performed at the 1991 International Conference on Aging in Ottawa. Despite momentum for aging and physical activity as a centrepiece for health, various federal and seniors groups were competing for scant resources. Lead by brilliant women directors from the Canadian Red Cross, and then the Osteoporosis Society of Canada, ALCOA



hung on for years to unite dozens of other Canadian health organizations, struggling for funding year to year, and sometimes month to month. As a researcher on aging and a practicing fitness educator, I was on the Board from 1985 through the 1990's and felt honoured to be able to steer some of the ideas and successes of the organization. So many generous organizations and researchers came together to create a worthy nationwide organization that through sheer volunteerism and grit, refused to die. The ALCOA message has always been undeniable in terms of what Canadians need for healthy aging, and that is the glue that has carried forward, ALCOA and now Active Aging Canada, this past 20 years.

Report Of The Independent Auditor On The Summary Financial Statements

Opinion

The summary financial statements of Active Aging Canada Inc./ Vieillir Activement Canada Inc., which comprise the summary statement of financial position as at March 31, 2019, and the summary statements of operations and changes in net assets for the year then ended, and related notes, are derived from the audited financial statements of Active Aging Canada Inc./ Vieillir Activement Canada Inc. for the year ended March 31, 2019.

In our opinion, the accompanying summary financial statements are a fair summary of the audited financial statements, in accordance with Canadian accounting standards for not for profit organizations.

Summary 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 and the auditor's report thereon, therefore, is not a substitute for reading the audited financial statements and the auditor's report thereon. The summary financial statements and the audited financial statements do not reflect the effects of events that occurred subsequent to the date of our report on the audited financial statements.

The Audited Financial Statements and Our Report Thereon

We expressed an unmodified audit opinion on the audited financial statements in our report dated June 27, 2019.

Management's Responsibility for the Summary Financial Statements

Management is responsible for the preparation of the summary financial statements in accordance with Canadian accounting standards for not for profit organizations.

Auditor's Responsibility

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

Cowperthwaite Mehta
Chartered Accountants
Licensed Public Accountants
June 27, 2019
Toronto, Ontario

Active Aging Canada Inc./ Vieillir Activement Canada Inc.

Summary Statement Of Financial Position

as at March 31, 2019

	2019	2018
ASSETS		
Current assets		
Cash	\$ 3,701	\$ 12,207
Accounts receivable	1,428	8,702
Prepaid expenses	<u>300</u>	<u></u>
TOTAL ASSETS	<u>\$ 5,429</u>	<u>\$ 20,909</u>
LIABILITIES AND NET ASSETS		
Liabilities		
Accounts payable and accrued liabilities	\$ 1,929	\$ 4,983
Deferred revenue	<u>360</u>	<u>7,812</u>
Total liabilities	<u>2,289</u>	<u>12,795</u>
Net assets	<u>3,140</u>	<u>8,114</u>
TOTAL LIABILITIES AND NET ASSETS	<u>\$ 5,429</u>	<u>\$ 20,909</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, 2019

	2019	2018
REVENUE		
Government contributions	\$ 41,304	\$ 89,642
Membership fees	4,500	5,525
Project grants	2,140	7,239
Other income	<u>2,280</u>	<u>1,545</u>
	<u>50,224</u>	<u>103,951</u>
EXPENSES		
Personnel	34,383	37,769
Purchased services	5,609	23,131
Program expenses	4,915	17,480
Office and general	4,204	5,742
Premises	3,191	2,459
Professional fees	1,671	3,109
Travel and accommodations	<u>1,225</u>	<u>18,232</u>
	<u>55,198</u>	<u>107,922</u>
DEFICIENCY OF REVENUE OVER EXPENSES FOR THE YEAR	(4,974)	(3,971)
Net assets, beginning of year	<u>8,114</u>	<u>12,085</u>
NET ASSETS, END OF YEAR	<u>\$ 3,140</u>	<u>\$ 8,114</u>



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