

Active Aging

A New Start

ALCOA
Annual Report
2016

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About Us — Our Past and our Future

Our Past

The Active Living Coalition for Older Adults (ALCOA) envisions a society where all older Canadians are leading active lifestyles thereby contributing to their physical and overall well-being.

ALCOA, in partnership with its member organizations, encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activity and active living.

Our Future

Active Aging Canada has 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.

We will continue 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

Executive Summary

ALCOA has spent the last year planning for its future and we are moving ahead ready to work with all those interested in active healthy aging. The Canadian Medical Association has recently published a *National Seniors Strategy for Canada*. The *World Report on Aging and Health* was also released this year from the World Health Organization. Canada will be developing a strategic action plan over the next four years for implementation from 2020 – 2030. ALCOA plans to be an active partner in this strategy.

Planning for our future also involved a thorough review and revision of the name, mission, vision and bylaws for the organization. At the Annual General Meeting held on September 26th, the membership unanimously ratified the motions put forth by the Board. ALCOA will now be known as **Active Aging Canada**, with a mission to support lifelong healthy active aging of adult Canadians through participation, education, research and promotion.

In addition to planning for our future, we have worked hard over the past year to continue to inform, educate, motivate and inspire older adults to take small steps towards an active and healthy lifestyle. The Mall Movers program, funded through the Ontario Trillium Foundation, is operating in seven malls in the Greater Toronto Area. The 110+ participants, from October 2015 – June 2016, have collectively walked 9750 km – the distance from PEI to the Yukon and back. More malls will be joining the program in the upcoming months.

ALCOA has also played a key role in supporting other agencies and organizations to promote and disseminate relevant healthy active aging information. This role of knowledge translation and knowledge transfer is growing every year for the organization. In addition to being a committee or advisory member, our reach to practitioners and older adults continues to expand through mail outs, e-blasts, web articles, surveys, social media boosts etc. We expect that our role in this area will continue to grow in the future.

Last year was good for ALCOA and we are looking ahead to great things in the future.

Report from the ALCOA Chair

Another year has come and gone. We're still here and going strong!

As time passes what was once very in tune with the world we live in, begins to sound off key and we need to retune ourselves to the latest trends and thought processes of the day. To position us to take advantage of new opportunities on the horizon, over the past year the board has worked on developing an updated name, vision and mission for ALCOA. I am very pleased with the work of the board and excited to present our recommendations to the full ALCOA membership for approval at this year's Annual General Meeting.

To that end - I'd specifically like to highlight two recent strategy announcements that may lead to new opportunities for ALCOA to contribute to in support of healthy living for life, and they are:

A Policy Framework to Guide a National Seniors Strategy for Canada

The Canadian Medical Association recently published this framework calling on governments to make the development of a national seniors' strategy an immediate priority. They noted this is not action for governments alone and that a meaningful seniors' strategy must be the work of a broad coalition of stakeholders.

World Report on Aging and Health

The World Health Organization tabled this report last October. The Report emphasises that while some older people will require care and support, older populations in general are very diverse and make multiple contributions to families, communities and society more broadly. They note the health of these older people is the one factor that will play a key role in whether the opportunity for ageing societies to reinvent themselves can be realised. This Global strategy is to be endorsed by all countries and Canada will soon begin developing a strategic action plan for 2020 – 2030.

In closing, this report would not be complete without recognizing the outstanding work of our National Executive Director, Patricia Clark. I always knew Patty was the glue that held us together but after my past year as Chair I now know we'd be completely lost without her.

Sincerely

Rosanne Prinsen

ALCOA Chair



Report from the Executive Director

Preparing this annual report for the ALCOA members reminded me of writing my annual Christmas letter. Each year when I sit down to write my Christmas letter my first thought is “What has our family done in the past year that is noteworthy, interesting or humorous”. For this Annual Report, the same thought came to my mind, “What has ALCOA done this past year that would be of interest to the membership”. When I looked through my notes and my calendar for last year I realized why we have been so very busy. In this Annual Report I don’t have any humorous farm stories to share with you, but I do have lots to noteworthy projects that I hope you will find informative and interesting.

I believe that ALCOA is developing a strong reputation in the area of information dissemination and knowledge translation. We continue to develop a solid database of contacts interested in healthy active aging, both practitioners and older adults. Through our membership, Facebook, websites, and projects, we have the potential to reach over one million older adults in Canada. Our websites continue to have a cumulative total of over 115,000 hits per month. And due to our reach, we are being asked by government agencies and allied health organizations to partner with them in their projects and assist them with their dissemination strategy. As you will see by the list on the following page, last year ALCOA was very active in a partnership role with many agencies and organizations, in addition to our own projects. In the fall of 2016, with funds received from CIHR, ALCOA will host a meeting to discuss a formalized Knowledge Translation Exchange Pathway, to ensure that all the great research conducted in Canada gets into the hands of the practitioners and the public.

ALCOA's Work

Mission/Vision/Name

This has been a time consuming activity, but well worth the effort. I am so excited that we are able to present to the members at the Annual General Meeting the new name, mission, vision, logo and bylaws for their ratification. This has been a long time coming, and I believe that we will be well positioned for the future to better serve older adult Canadians and promote active healthy aging.

Mall Movers

In October 2015 we launched the Mall Movers program in enclosed malls in the Greater Toronto Area. ALCOA received funding from the Ontario Trillium Foundation for this project. We currently have seven malls involved with the program and we hope to have additional malls join us in the fall of 2016. Currently the program is offered at:

Bridlewood Mall

Centerpoint Mall

East York Town Centre

Eglinton Square

Lawrence Square

Woodbine Centre

Yorkgate Mall

Our participation numbers are lower than anticipated but they do continue to grow. We now have 110+ registered walkers and in eight months they collectively have walked 9750 km, which is walking the distance across Canada, from PEI to the Yukon and back!

But more importantly our interim evaluation has confirmed that 100% of the respondents agreed:

- I have fun taking part in the program
- I have been able to socialize with other people more
- The program has helped me to be more active
- The program has helped me to increase my independence
- I feel better since I joined the program

We will continue to support and develop the program this next year with every expectation that the number of participants and malls will continue to increase over the year.

ALCOA Supporting Others:

This past year ALCOA has been busy working with a variety of other agencies and organizations with the end result of promoting active healthy aging. Either as a committee member to ensure the needs of older adults are addressed, or to assist in dissemination of information, ALCOA has become a 'go to' organization when optimal aging is being discussed. This past year ALCOA has been involved with following groups:

Canadian Association of Occupational Therapists

National Blueprint for Injury Prevention in Drivers with Arthritis — project development

Canadian Association of Occupational Therapists

Do Live Well — project development and promotion

Canadian Centre on Disability Studies

Visitable Housing Project — Advisory Committee

Canadian Coalition for Seniors' Mental Health & Canadian Academy of Geriatric Psychiatry

Bold for Old — forum participant

College of Family Physicians

Prevention in Hand — website promotion

Environment Canada

Air Health Check Campaign — promotion

George Brown College

Fitness and Health Promotion Program — Program Advisory Committee Chair

Health Canada

"Is Your Home Healthy?" — booklet dissemination

International Federation on Aging & World Health Organization

meeting delegate for launch of World Report on Ageing and Health

McMaster University

Optimal Aging Portal – partner in dissemination

ParticipACTION

150 Play List — Advisory Committee

University of British Columbia Okanagan

Physical Literacy in Older Adults — Advisory Committee

University of Waterloo & Osteoporosis Canada

Too Fit to Fracture — program promotion

I would like to thank the Board Members for their continued support and dedication to the Coalition and also a sincere thank you to the membership for their belief in ALCOA and valuing the work of the organization. I am looking forward to another successful year ahead of us.

Sincerely



Patricia Clark

ALCOA Executive Director

Planning Process Overview

2013–2016

ALCOA has spent considerable time and energy over the past two years to complete a thorough review of its name, mission, vision and bylaws. As noted in the summary below we had many consultations with the Board, ALCOA members, and key individuals in the aging sector. We are pleased to announce that the Board unanimously approved the motion and the members at the Annual General Meeting unanimously ratified the new name, mission, vision and by-laws.

A sincere thanks to all those who have been involved in this process to make sure that we got it right, and we believe that we did get it right!

<i>Name:</i>	Active Aging Canada
<i>Vision:</i>	Healthy living for life
<i>Mission:</i>	Support lifelong healthy active aging of adult Canadians through participation, education, research & promotion
<i>Target Audience:</i>	Practitioners, general public, members

Chronology

2013 (Jan 10th, April 11th) Discussions with Chairman, Bert Taylor, and ALCOA Executive Director, Patricia Clark, on potential name change and future direction for ALCOA.

2014 (Dec 9th) ALCOA Board Meeting, discussed process in which to initiate a review of the current business, mission, vision and name of ALCOA.

2015 (Jan 12th) Planning Committee met in Toronto

Present: Patty Clark, Jim Hamilton, Brenda Hajdu, Bill Krever, Ward Maxwell, Rosanne Prinsen, Regrets: Bert Taylor

Discussions focused on:

- What is the business we are in and with whom are we in business?
- Who is our target audience?
- Membership fees?
- Mission/Vision – needs revision?
- Funding Sources
- Name – Is the name still appropriate?

2015 (May 11th) Board discussed Jan 12th planning meeting report. Feedback received by May 25th for June meeting.

2015 (June 24th) – Recommendations developed by Planning Committee with feedback from Board members, presented to ALCOA Board Members.

2015 (July) Survey sent out to ALCOA Members – Proposed Recommendations for a New Strategic Direction for ALCOA, 12 responses received.

2015 (Sept 28th) Board discussed recommendations and comments from members. Presentation of draft recommendations to members at Annual General Meeting.

2015 (Dec 15th) Board voted on proposed revised vision/mission/name and revised bylaws.

2016 (Feb- March) Executive Director arranged consultations with key individuals within sector, who had knowledge of ALCOA's work.

Joe Doiron – PHAC (NB)

Peggy Edwards – writer; worked with ALCOA in past (ON)

Don Fletcher – Past ALCOA Chairman (MB)

Gareth Jones – UBC - Faculty of Health and Social Development (BC)

Bill Krever – Ex. Dir – Better Living Health & Community Services; Past ALCOA Chairman (ON)

Michelle Porter – U. Manitoba; Past Board Member (MB)

Mike Sharratt – President RIA; Past Board Member (ON)

Brenda Wong – City of Edmonton; Past Board Member (AB)

2016 (April 6th) Board reviewed comments from external consultations and voted on final version. Executive Director was instructed to conduct a NUANS search for new name and confirm process with Industry Canada and CRA - Charities Directorate.

2016 (May 5th) Board members reviewed and approved new logo.

2016 (September 26th) Presentation of new name, logo, vision, mission, and revised bylaws to members at the Annual General Meeting (conference call) for their ratification.

2016 (Oct) Executive Director filed formal request with Industry Canada and received Certificate of Amendment to confirm the new name. Revised bylaws submitted to Charities Directorate and Canada Revenue Agency.

ALCOA Executive 2015/16

Past Chair **Bert Taylor** Barrie, ON
Professor Emeritus University of Western

Chair **Rosanne Prinsen** Edmonton, AB

Vice-Chair **Holly Schick** Regina, SK
Saskatchewan Seniors Mechanism

Secretary **Jim Hamilton** Winnipeg, MB
University of Manitoba Centre on Aging

Treasurer **Philippe Markon** Ste. Famille, QC
Professor Emeritus University of Quebec
ALCOA Research Chairman

Board of Directors 2015/16

Chair **Rosanne Prinsen** Edmonton, AB

Melissa Anderson St. John, NB
Canadian Physiotherapy Association

Jim Evanchuk Winnipeg, MB
ALCOA MB

Jim Hamilton Winnipeg, MB
University of Manitoba Centre on Aging

Barbara Hood Yellowknife, NT
NWT Seniors' Society

Philippe Markon PhD Ste Famille, QC
ALCOA Research Chairman

Peter Nordland Cornwallis Park, NS
Canada 55+ Games

Holly Schick Regina, SK
Saskatchewan Seniors Mechanism

Liza Stathokostas PhD London, ON
Faculty of Health Sciences University of Western

Bert Taylor PhD Barrie, ON
Professor Emeritus University of Western

ALCOA Membership 2015/16

Round Table Members

Alberta Centre for Active Living
ALCOA Manitoba
Alzheimer Society of Canada
Canadian Association of Occupational Therapists
Canadian Orthopaedic Foundation
Canadian Physiotherapy Association
Canadian Senior Games Association
Canadian Society for Exercise Physiology
Older Adult Centres' Association of Ontario
Saskatchewan Seniors Mechanism
Schlegel-UW Research Institute for Aging
University of Manitoba Centre on Aging
VON Canada
YMCA Canada

Corresponding Members

Better Living Health & Community Services
City of Edmonton
Centres for Seniors Windsor
Good Neighbours Active Living Centre
Greater Edmonton Foundation: Housing for Seniors
Horton Street Seniors Centre
Jewish Child and Family Service
NWT Seniors' Society
Pictou County Council of Seniors / Outreach
Saskatchewan Parks & Recreation Association
Service to Seniors and Swan River Lifeline
Square One Older Adult Centre

Individual Members

Don Fletcher

Sandra Hartley

Charles Keple

Philippe Markon

Bert Taylor

Donors

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

Charles Keple

Philippe Markon – In Memory of Antoinette Markon

ALCOA Champion



Hazel McCallion, retired Mayor of Mississauga, special advisor to the University of Toronto Mississauga (UTM) campus, and was recently appointed the first Chancellor of Sheridan College in 2016.

Committee Members & Consultants

Our organization is strong because of the support from our staff and 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. ALCOA sincerely thanks the individuals for their contribution to the success of the Coalition.

Planning Committee

Jim Hamilton, Executive

Ward Maxwell, Communications and Design

Rosanne Prinsen, Chair

Bert Taylor, Past Chairman

Patty Clark, Executive Director

Mall Mover Reference Group

Jane Arkell, Active Living Alliance for Canadians with a Disability

Shannon Belfry, Canadian Centre for Activity and Aging

Andrea Bertucci, Lawrence Square

Jenna Bouchut, Lawrence Square

Christa Costas-Bradstreet, ParticipACTION

Nancy Dubois, Facilitator

Sue Hesjedahl, Older Adult Centre Association of Ontario

Brian Kellow, Heart and Stroke Foundation

Robb MacDonald, Evaluator

Fawziya Nurmohamed, Toronto Public Health

Laura Surman, Square One Older Adult Centre

Nominating Committee

Chair, **Bert Taylor PhD** Barrie ON

Research Committee

Philippe Markon PhD, Chairman
Professor Emeritus University of Quebec

Michelle Porter PhD University of Manitoba

Mike Sharratt PhD Schlegel-UW Research Institute for Aging

Bert Taylor PhD Professor Emeritus University of Western Ontario

ALCOA Contract Staff & Consultants

ALCOA 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.

Tonia Hearst, Administrative Assistant

Claire Jobidon, French Translation

Sally Lang, Clear Language Editor

Ward Maxwell, Graphic Designer

Andrew Wilczynski, Web Master

Lilia Zaytseva, Translation & Consulting

Mall Mover Fitness Instructors

Lucy Arkell

Anna Azaryan

Yasmina Barria

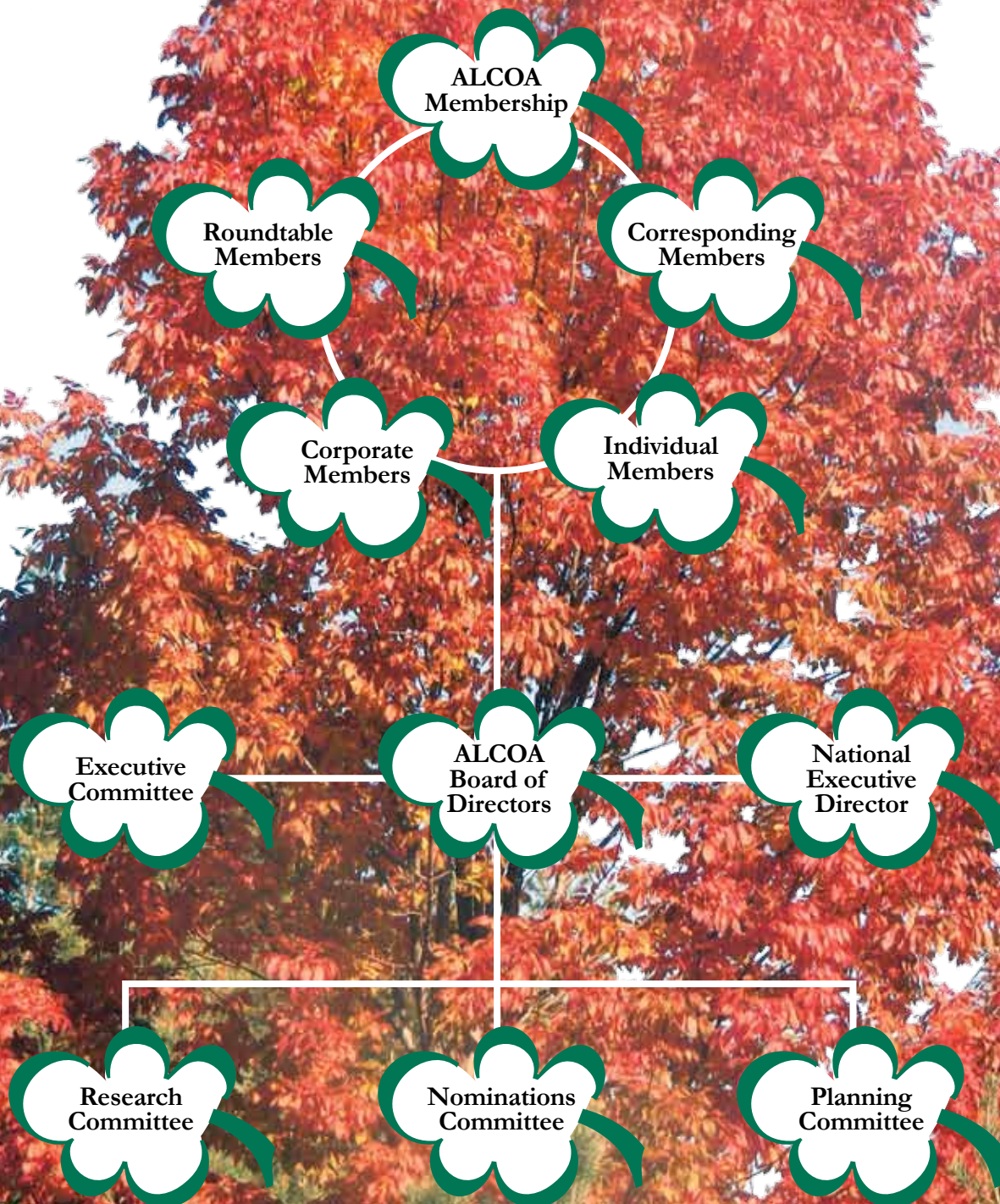
Serena Kim

Cinthya Narvaez

Gina Sorino

Michelle Wu

ALCOA Organizational Structure



REPORT OF THE INDEPENDENT AUDITOR ON THE SUMMARY FINANCIAL STATEMENTS

To the Members, Active Living Coalition for Older Adults/ Coalition D'Une Vie Active Pour Les Aîné(e)s

The accompanying summary financial statements, which comprise the statement of financial position as at March 31, 2016, 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 Living Coalition for Older Adults / Coalition D'Une Vie Active Pour Les Aîné(e)s for the year ended March 31, 2016. We expressed an unqualified audit opinion on those financial statements in our report dated June 23, 2016. 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 Living Coalition for Older Adults / Coalition D'Une Vie Active Pour Les Aîné(e)s.

Management's Responsibility for the Summary Financial Statements

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 Living Coalition for Older Adults / Coalition D'Une Vie Active Pour Les Aîné(e)s for the year ended March 31, 2016 are a fair summary of those financial statements, on the basis described in Note 1.

Cowperthwaite Mehta

Chartered Accountants

Licensed Public Accountants

June 23, 2016

Toronto, Ontario



SUMMARY STATEMENT OF FINANCIAL POSITION

As at March 31, 2016

	2016	2015
TOTAL ASSETS		
Current assets		
Cash	\$ 40,967	\$ 62,770
Accounts receivable	<u>29,357</u>	<u>4,751</u>
	<u>\$ 70,324</u>	<u>\$ 67,521</u>
LIABILITIES AND NET ASSETS		
Liabilities		
Accounts payable and accrued liabilities	\$ 5,521	\$ 9,449
Deferred revenue	<u>48,092</u>	<u>48,430</u>
Total liabilities	<u>53,613</u>	<u>57,879</u>
Net assets	<u>16,711</u>	<u>9,642</u>
TOTAL LIABILITIES AND NET ASSETS	<u>\$ 70,324</u>	<u>\$ 67,521</u>

Note 1.

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

- the information in the summarized financial statements is in agreement with the related information in the complete financial statements; and
- 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 changes in net assets and the statement of cash flows do not provide additional, useful information, and as such have not included them as part of the summary financial statements.

SUMMARY STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS

For the Year Ended March 31, 2016

	2016	2015
REVENUE		
Government contributions	\$ 101,857	\$ 35,308
Membership fees	4,210	6,190
Corporate sponsorship	4,003	23,105
Other	<u>97</u>	<u>1,958</u>
	<u>110,167</u>	<u>66,561</u>
EXPENSES		
Personnel	61,303	44,736
Materials and office supplies	27,102	9,594
Travel and accommodations	2,815	2,815
Evaluation and dissemination	4,361	2,688
Premises	3,579	3,481
Purchased services	<u>2,011</u>	<u>1,513</u>
	<u>103,098</u>	<u>64,827</u>
EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR	7,069	1,734
Net assets, beginning of year	<u>9,642</u>	<u>7,908</u>
NET ASSETS, END OF YEAR	<u>\$ 16,711</u>	<u>\$ 9,642</u>

Growing into our future



**As of January 1, 2017
ALCOA will be
Active Aging Canada**

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www.silvertimes.ca

coming soon: www.activeagingcanada.ca