



THE VILLAGE
CANADORE
COLLECTIVE IMPACT PROJECT

ANNUAL REPORT 2022

Funded by the Government of
Canada's New Horizons for
Seniors Program

Canada 



INTRODUCTION

Canadore College and The Village exist to help their students maximize their potential, acquire skills for employment, set up a basis for further education, or all three combined. As we evolve, we attract and support a diverse community of learners in a culturally safe environment and we will focus on their success and satisfaction. This includes linking with community support services and networks to create efficient partnerships and student opportunities. We will continue to act as a catalyst for economic development by bringing together employers, agencies, and public and private sector partners to develop responsive and innovative programming to meet industry and community needs. We will continually seek to improve our connection to community through our employees and students being involved with local organizations, fundraising, partnerships and more.

2022 was a big year for the Village CIP as we were able to offer a wide range of in-person programs that support healthy aging in our community. We now have over 30 student-lead and student supported programs that promote healthy aging, including exercise, social connections, music and technology supports. This is a big increase from the two programs we were offering on campus in 2021. We also now support an average of 550 Seniors per month, up from 55-65 a month in winter 2021. We look forward to sharing a few of the initiatives and successes shaped by The Village Collective Impact Project in 2022.

If you have any questions or feedback, we encourage you to reach out. Our doors are always open, and we look forward to staying in touch.

BACKGROUND

Imagine being a young student new to Canada, feeling lonely and scared. In December 2022, an international student from Canadore College shared her story about the impact a group of Seniors has had on her life. On her first day of school, she felt very nervous when she witnessed a group of Seniors participating in an activity at The Village. She was not sure how or if they would engage with her, yet she was pleasantly surprised when she was warmly welcomed with compassion and grace. The Seniors spoke to her with kindness, and she said it meant the world to her when they listened with patience and learned more about her culture. This student, and so many others have had the opportunity to get to know many Seniors through the Collective Impact Project which launched in November 2019. The inter-generational opportunities on campus have helped to foster numerous relationships and friendships among Seniors and students. Students and Seniors have been able to learn from each other in various ways, which have been life changing for both.

This young international student referred to some of the women she met as “Super-Women”. She has been inspired and motivated by engaging with Seniors through The Village. She said she has learned lessons on how to be a good woman and when she thinks of these Seniors, she feels they are showing.

Seniors attending our campuses report they feel a sense of belonging and that they are valued and respected as important members of the community. Seniors are playing an integral role in our college community, by welcoming students on campus and volunteering at various college events.

It is evident the Collective Impact Project has built reciprocal relationships between the generations, and in turn is helping to make a stronger community.



The goal of this project is to reduce the risk of social isolation for Seniors.



HISTORY

The Village – the world-class health and wellness facility located on the College Drive campus of Canadore College – is a unique model in Canada.

The only model of its kind in Canada, the facility is focused on collaborative interprofessional education and the integration of Indigenous, Eastern and Western healing and wellness practices. The Village will integrate seniors' and community care with teaching, experiential skills training and applied research in one facility. The goal of the Village is to be a centre of excellence in healthy aging.

The Village encompasses Canadore's Schools of Indigenous Studies, Human Care, Health Science and Social Services, and Sport and Recreation, which offers a comprehensive suite of student-run clinics, including general health, Eastern medicine, dental hygiene and safe mobility.

Other labs include cognitive stimulation and early childhood education on-site, as well as specialized Indigenous classrooms and ceremonial areas.



FIRST facility
of its kind in Canada



World-class health
and wellness facility



Indigenous, Eastern
and **Western practices**

The Village continues to educate and train the next generation of health and wellness professionals. Theory delivered in the classroom seamlessly becomes practical experience in student-led clinics.





THE VILLAGE COLLECTIVE IMPACT PROJECT

In November 2019, The Village at Canadore College received nearly **\$2 million dollars** in funding through the Government of Canada's New Horizons for Seniors Program. Over five years, The Village Collective Impact Project (CIP) will work collaboratively with Seniors and Indigenous Seniors (60+), their caregivers, stakeholders, regional community organizations and agencies to focus on developing new models of healthy aging and inclusion efforts to improve the health outcomes for Seniors living in the Nipissing-Parry Sound districts.

The Collective has grown to 34 collaborating and partner organizations and has a community network of 75 organizations. The Collective has a shared vision for change in our region that "every Senior is socially connected and engaged in their community."

Our long-term goal is twofold: to use inter-cultural, inter-professional and inter-generational approaches that support an age-friendly and dementia-friendly inclusive community, and to improve our community's connectedness to prevent isolation in the future.

All the work of The Village CIP is supported by a team of students called Community Connectors. The engagement of the students ensures that we build capacity in our community and make sustainable changes in the community that help improve services for Seniors in the region. This work has proven to be a reciprocal relationship where Seniors, in turn, are helping to better prepare students for the workforce.

Students describe their work with the project as a meaningful experience that prepared them for the workforce.

Data to consider from the Nipissing Parry Sound District 1

Our population is nearly
130,000

Majority of people live in
rural areas



Nearly **15%** of those **over 65** have **low income status** compared to 12% in Ontario

Nearly **23%** of our population in the North is over **65 years old** (compared to 17% for the province)



Majority (**92%**) of **seniors live in their homes** and nearly 30% live alone

There are **more women than men**; older women are the fastest growing demographic in the North



1/4 of all seniors are caregivers to other seniors

78% of First Nations communities are located in the North



Our Reach

Since the inception of the Collective Impact Project in November 2019, 661 Community Connector students have connected with over 2669 Seniors including 6% Indigenous Seniors and Elders in the Village. Our Students have provided nearly 66,000 hours of support on campus and with over 25 community organizations. We have built a community network of 75 organizations including a “Collective” of 34 partner organizations representing 13 sectors that support over to 9864 Seniors in our region. We have co-developed with Seniors, over 30 new programs that provide experiential learning opportunities for students and also support healthy aging. Programs include exercise classes, technology classes, music and social connections. Our work for the project is based on a foundation of **valuing** people of all ages and building relationships.

Collaborative Organizations and Partner Organizations

- Moose’s Cookhouse
- St. James United Church - The Mary Street Centre, Parry Sound
- North Bay Golden Age Club
- Callander Public Library
- Shawanaga First Nation Healing Centre
- East Ferris - Club Action 50+
- YMCA of Northeastern Ontario
- Third Age Learning Nipissing
- The North Bay Choral Society
- Home Instead
- Nipissing Serenity Hospice
- AIDS Committee of North Bay
- Parry Sound Friendship Centre
- Miikana
- Christian Horizons
- Human Endeavour
- North Bay Parry Sound District Health Unit
- Women10 - Living Fit Inside Out
- City of North Bay
- Nipissing Wellness Ontario Health Team
- West Nipissing Health Centre
- Canadian Red Cross - Nipissing
- VON - North Bay
- Retired Teachers of Ontario Association - District 43
- Alzheimer’s Society
- North Bay Indigenous Friendship Centre
- Community Living North Bay
- Carelink Advantage
- Barclay House

Our work is built on **valuing** people of all ages and building relationships.



Some highlights of 2022

The project team remains focused on building successful, sustainable community partnerships, and has three areas of focus to achieve its mission:

- Support an innovative, age-friendly and dementia-friendly community;
- Promote social participation and inclusion by addressing barriers; and
- Generate meaningful, intergenerational learning experiences for students, seniors and Indigenous seniors.

In March, the Village CIP launched the second call for grant proposals to help lead change in the community. This led to the identification of one new Indigenous Collaborating organization, the Parry Sound Friendship Centre. We have distributed \$170,000 in grants for new programming across the region.

We co-hosted two community wide events. First, in June, for Seniors Month, The Village co-hosted with our local health unit, the first in-person Seniors' Symposium. This event offered information booths, interactive activities like virtual reality headsets and education sessions followed by a luncheon. The event took place in both Parry Sound and North Bay with 40 vendors representing 12 sectors. Over 250 Seniors attended. The event was free to everyone and transportation supports were provided to reduce the barriers for Seniors to attend. Feedback was extremely positive. 100% of our survey respondents

reported that the information shared was valuable and that the symposium increased their knowledge of community supports available to them. 95% said they would attend the event again in the future. For falls prevention month in November, we hosted a 4-week learning series in 4 communities across our region. The education sessions were on various topics including physical activity, navigating health care, sexual health and healthy eating. The sessions were delivered both in-person and virtual. Over 60 Seniors attended.

In June, we launched the Northern Seniors website <https://www.northernseniors.ca/>. The site which is designed to share all the information and community services and resources that support Seniors to age in their place of choice and to connect to the community socially. This puts all the information for Seniors in one place.

“Collaborating organizations and seed grant partners will help move our community towards the collective vision of having every senior in our region socially connected and engaged. Together we can improve the lives of seniors in our region.” said **Micheline Demers, Project Manager**.

In September, the Village launched our VIP program to integrate Seniors at the Village to promote inclusion and inter-generational activities to prepare for the Long Term Care facility on campus. Our VIPs attend training offered to staff and students, help design programming, support new pilot projects and volunteer on campus. In the fall our VIPs and other volunteers from the rotary club helped welcome students back to campus. We have over 200 VIPs on campus.



Funded projects

- Moose's Cookhouse is developing age-friendly and dementia-friendly dining experiences, gathering perspectives from seniors, their families and caregivers on menu planning, designing accessible and comfortable physical spaces, training staff, and creating social events;
- YMCA offered an 8-week wellness program for seniors;
- The Callander Library is offering a book delivery service for rural seniors, technology lending program and technology support;
- Shawanaga First Nation offered a full day Elders 50+ Health Fair "Aging in the Corridor" for Elders and Seniors in 69 corridor;
- Nipissing Serenity Hospice is developing legacy projects for its residents and grief and bereavement supports for the community.

Additional supported projects

- The AIDS Committee of North Bay leading a 2SLGBTQ+ seniors program;

- Technology support to local long term care and assisted living centres
- The Red Cross – wellness calls programs; and
- The North Bay Golden Age Club – exercise program both in person and online

In partnership with the health unit we support three community wide working groups to address barriers faced by seniors, engage and support seniors experiencing vulnerabilities, and to build capacity in the community to support Seniors and influence future programs. The working groups fall into three main areas for change:

1. Reaching Older Adults (how to reach people not connected to programming);
2. Seniors Annual Community Events (planning committee); and
3. Transportation (top barrier for Seniors in our region)

PHOTOVOICE

A vital part of the Village Collective Impact Project is to better understand the experiences of older adults aging in our community. To gather the voice of Seniors and to evaluate the progress of our project, we are utilizing the Indigenous method of storytelling. PhotoVoice was selected as the modality to share the stories of Seniors. PhotoVoice is a grassroots approach to social change, meaning that change is made by those directly affected by the issue. It is a process by which those with lived experience identify their experiences, both positive and areas needing change using photography. Participants act as catalysts using the immediacy of a picture and accompanying narrative to influence positive change. In Winter 2020, the project began recruiting for our first PhotoVoice group. At that time, the Pandemic situation was developing across the globe. Recruitment was affected by increased barriers experienced by Seniors. Recognizing that this was a historic time, we adapted to the restrictions of the pandemic, and offered the PhotoVoice program using video conferencing. In December 2020, a brave group of fourteen women willing to meet the challenge of technology and the restrictions placed on us by the emergency measures of the first wave of the pandemic stepped forward and PhotoVoice – Aging Unfiltered was born! The goal of Aging Unfiltered, is to share important messages about aging with policy makers and leaders to help influence positive change for Seniors in our community. PhotoVoice can also influence our students and the community to think differently about aging.

After the restrictions were lifted and in-person events were possible, we hosted our first PhotoVoice exhibition for our community leaders in October 2022. With representation from all sectors, the photos and stories were presented. Although PhotoVoice is about capturing an individual's personal views, themes emerged including Nature, Family, Loss, Hope, Health Decline, Joy, and Companionship.

Some of the messages from the participated included “Stay active”; “Be a part of something”; “Have a plan”; “Help others and take help from others”; “Follow your dreams”; “Seniors have so much wisdom to share”; “Learn to take care of your mental, physical and emotional health”. **Jill Shields, one of the participants** said: “This was a meaningful experience for everyone involved. We hope to influence generations to come by sharing the photographs and narratives included in this book. “Don’t be afraid of change, for it is inevitable, embrace it, be playful, be healthy and have fun.”





CONNECTING AT THE VILLAGE

Research shows that regular social contact reduces the risks and anxiety associated with being isolated. That is why The Village was happy to end 2021 with its doors open, welcoming the community back. Within a year of launching in-person programming, we went from two programs to 29 programs all with the input of our older adults and student.

“It’s great. I think we need to be organized with our exercising or else we just do not do it at home,” said **Rona Currie** who participates in both programs. “It’s nice to come out to be with our friends, get out of the house and socialize, as well as exercise.”

“Seniors and family members tell the project team regularly that the Village and the students have changed their experiences in the community” said **Micheline McWhirter, Program Manager**. “We receive regular feedback about the positive effect attending programming has on the lives of the Seniors. It is very rewarding for everyone involved”

Working with older adults is a great learning experience for the students too.

“Because of my placement in the Village and getting to know the Seniors, I decided to stay in North Bay” said **Amanjot Singh, a Canadore Social Service Worker Student**. He developed relationship with some of the older men which made the time away from home and his grandfather easier.”

Mona Lisha Malick, Social Service Worker Student shared that working in the Village help her grow as an international student new to Canada. “I learned so much from the Seniors and I was more connected to my own culture” Mona did not have older adults in her life and this placement changed the way she thought about aging and Seniors.

“The thing I’m impressed with the most is the students,” said **Laurel Brooks**. “We meet them every week, so it’s like meeting our friends. Most of us are living alone. The part of the program with the kids – I call them kids – is we feel young being with them. But, they’re also learning something that is very vital for our future.”



THE FUTURE

Intergenerational Living

The Village has its eyes firmly fixed on the future, as it looks to build capacity in long-term care and affordable housing for seniors.

The COVID-19 pandemic shone a bright light on the need for improved long-term care options for our seniors. The Village is ready and willing to support the province in building new capacity in long-term care that puts residents first.

As part of Phase 2 of The Village, Canadore College is partnering to develop a new world-class, 160 person, seniors living facility in North Bay, where residents

will have access to diverse and client-centric health care options, including a fully functioning pharmacy and a healthcare provider on site.

The shortage of affordable housing units for seniors who require supports contributes to high alternate levels of care in hospitals and long-term care waitlists. Future plans for The Village include affordable housing units for seniors in Northeastern Ontario.

The Village, Phase 2: Canadore College is partnering to create a 160 person, seniors living facility in North Bay. The Village anticipates breaking ground on Phase 2 in 2023.





CONNECT WITH US

The Village Collective Impact Project Team is dedicated to supporting Seniors in our region and student success. This dedication means that we welcome feedback from our community members.

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