

Coleman NEWS

Celebrating the news & events of The Village of Coleman Care Centre

September 2023

Inside:	
From the Village Office...	2
Schlegel Village Connections	3
SV Connections Continued..	4
SV Connections Continued	5
Upcoming Education	6
Innovation Summit	7
Heat Related Education Poster	8
Quality Improvement Plan (QIP)	9
QIP continued...	10
Athlete of the Month	11
Village Highlights	12
Stories from the Green Bench	13
Health & Safety	14
VAT (Village Advisory Team)	15
Volunteer Centre	16
Mindful Moments w/Michael	17
Resident Council	18
Alternate Menu Poster	19
Family Council	20
Village Celebrations	21
Coleman Care Contacts	22
Ear & Hearing Clinic Poster	23
Research Matters	24



COLEMAN
Care Centre

Mission

Our mission is to provide holistic health care in a home environment, located within an internal neighbourhood design that promotes a caring community, with emphasis on optimal health and life purpose for each Resident.

"It takes a Village to Care..."



Follow us on Twitter:
@ColemanCareCtr



Follow us on Instagram:
ColemanCareCtr



Like us on Facebook:
Coleman Care Centre

Use the hashtag:
#ColemanCares



Up-Coming Events

Sept. 07th - Music w/Zack Wojtala at 6:30pm
 Sept. 11th - Grandparents Day Social at 2:30pm
 Sept. 14th - Music w/Bob Cook at 2:30pm
 Sept. 16th - Oktoberfest Social at 1:30pm
 Sept. 18th - In-House Lunch at 12:00pm
 Sept. 21st - Boat Cruise Outing at 8:00am & Music w/Bill Dickinson at 2:30pm
 Sept. 25th - Dairy Queen Social at 1:30pm
 Sept. 27th - Resident Council Meeting at 1:30pm
 Sept. 28th - Music w/Eric Kidd at 2:30pm

**Did you know that
Coleman Care Centre's
Newsletters & Calendars are
available online at:
[http://schlegelvillages.com/barrie/
village-life](http://schlegelvillages.com/barrie/village-life)**

From the Village Office...

September is wonderful midpoint between the end of summer and the start of Autumn that eases us into the colder months. Saying goodbye to summer season and all its fun.

This summer was a little different with the heat, rain and air quality, but we still were able to do lots of fun activities and outings.

We are welcoming our fall & winter menu with lots of hearty recipes.

In August we held a White Elephant Sale and were able to raise \$359 dollars for the Resident Council account.

September 11-15th is Resident Council Week so make sure to stop by and thank your Resident Council for all they do in the village. Also make sure to refresh yourself on the Residents Rights.

September 10th is Grandparents Day. Hopefully you took advantage of our Why is Your Grandparent the Grandest program and sent them a personalized postcard to be delivered on the 10th!

If you aren't receiving a monthly email update from the General Manager, Michelle Uprichard, please contact the village so we can update your contact information to include your email

Alam Raymon
Director of Food Services

GRANDPARENTS
fill the world
with LOVE

Schlegel Villages – CONNECTIONS

Before we look ahead to September, we'd like to acknowledge all our Villages did to honour the legacy of Wilfred "Grandpa" Schlegel in August.

This was the first year we organized a day in honour of the man who inspired his son and grandsons to work so hard to enhance their community, and our larger Schlegel Villages Family responded in many different ways.

We saw Villages create handmade cards and bake cookies as gifts to first responders and health care workers in hospitals, while others organized park clean-up days. It was all about giving back to the community, and Ron Schlegel noted how proud he was to see this take place. "This is so fitting," Ron told our Chief Operating Officer, Paul Brown, "and my father would be so happy and honoured."



**WILFRED
SCHLEGEL** *Day*
Monday, August 7



September 11-17 Residents' Council Week

Residents' Council Week is an opportunity to celebrate all of our residents and offer gratitude for all they offer us. Our friends at the Ontario Association of Residents' Councils (OARC) help highlight the great value those who volunteer to represent their fellow residents on council bring to a home, and we are grateful for their service.

The focus every day in the Villages is on creating a space where each resident can find meaning, purpose and joy in whatever fashion suits them.

The OARC has designated the third week in September as Residents' Council Week and we hope all Villages find meaningful ways to celebrate. We also encourage residents who may have an interest in serving on their own residents' council to connect with any of the leaders in their Village to find out how they can get involved.

Schlegel Villages – **CONNECTIONS**



National Day for Truth and Reconciliation

The knowledge, experience and wisdom of the First Nations, Inuit and Métis peoples of the land we now call Canada guided the first settlers when they arrived from overseas centuries ago. Without this early sharing of knowledge, the early arrivals to a new and bountiful land would have been directionless. Those earliest of relationships deteriorated over time as dogma and the greed of commerce expanded Westward, ignoring the wisdom that guided the people of this land for centuries before arrivals from across the Atlantic.

As the 19th Century unfolded into the 20th, the deterioration of this relationship grew to its darkest form while a concerted, government- and religiously-sanctioned suppression and theft of culture was maintained.

The lives of countless First Nations, Inuit and Métis peoples were the casualties. On Sept. 30 we'll join millions across Canada to recognize darkness of this past as look ahead to Truth and Reconciliation.

Across the country, federally-regulated businesses will close, as will many others, but at Schlegel Villages, our doors are always open and our teams, residents and families are encouraged to come together in the spirit of learning and education.

The knowledge, wisdom and experience of First Nations, Inuit and Métis peoples must continue to guide the people of Canada, for without them the nation will remain directionless. We must learn from the past, as difficult as it may be, in order to build a more equitable future for all, regardless of age, ability, background or heritage.

Schlegel Villages – CONNECTIONS

BUILD A LEGACY in nature

Support the Schlegel family in the **accessible cabin project** at Shady Pines Campgrounds.



In the rolling meadows and forests north of Ailsa Craig, Ontario there lies a hidden oasis where families have etched memories of outdoor adventure together for more than 40 years.

When Wilfred Schlegel bought the land in the 1970s, he pictured a place where people could escape the bustle of modern life and reconnect with the peace and tranquillity that can only be found in nature.

In 2016, the Schlegel Family once again took ownership of this space with the intention of creating two, fully-accessible cabins and the accompanying infrastructure to ensure that no matter a person's ability, a place in the wonderful outdoors is available to them.

Sponsor levels

Foundation – \$1,000

Boards – \$250

Pathway – \$100

Sponsor names to be recognized on the structure.

Donate

Online or at the Village office.



schlegelvillages.com/givingback





COVID IMMUNITY
STUDY

COVID IMMUNITY STUDY VIRTUAL TOWN HALL



WHERE DO WE GO FROM HERE?

JOIN US AS OUR SCIENTIFIC LEADS FROM MCMASTER UNIVERSITY,
DR. DAWN BOWDISH AND DR. ANDREW COSTA,
SHARE NEWS, REVIEW STUDY RESULTS, AND DISCUSS FUTURE DIRECTIONS.

HOW DO I REGISTER?

- Scan the QR code
- Go to our website:



NEED MORE INFORMATION?

Email: covidltc@mcmaster.ca
Phone: (289) 639-5988

www.covidinltc.com/townhall

DR. ANDREW COSTA, PHD

Study co-lead,
Health Services Epidemiologist,
McMaster University

Wednesday, September 27th

🕒 2:30 p.m - 3:30 p.m

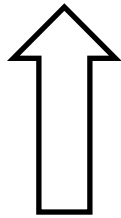


DR. DAWN BOWDISH, PHD

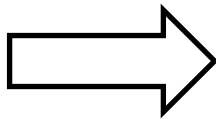
Study co-lead,
Immunologist,
McMaster University

Thursday, September 28th

🕒 6:30 p.m - 7:30 p.m



Upcoming Education



**ATTENTION
TEAM
MEMBERS!**

STARTING SEPTEMBER PAL WILL BE
PROVIDING **BACK CARE CLASSES**
EVERY FRIDAY AT 1:30 PM AND
2:30PM



**SNACKS WILL
BE
PROVIDED!**



Schedule

Friday September
1st, 2023 -The Spine
& What is Back Pain

Friday September
8th, 2023 - What is
Back Care and its
Importance

Friday September
22nd, 2023 -
Preventative
Measures

Friday September
29th, 2023 - Proper
Body Mechanics
with Lifts





innovation summit

spark ideas. ignite change.

October 18-19

DoubleTree by Hilton
30 Fairway Road South, Kitchener

Schlegel Villages and the
**Research Institute for
Aging (RIA)** are excited to
be hosting our 7th annual
Innovation Summit!

This two-day event is an opportunity to learn and celebrate our collective passion for innovation, continuous improvement and research.

Team members, residents and family are welcome to attend this event! If you are interested in attending, speak with your General Manager or Assistant General Manager at your Village as there is a limit to the number of attendees from each Village.

Sessions will include:

- Villages sharing creative solutions and innovations
- Researchers discussing current and future projects
- Innovators demonstrating technologies that have the potential to improve Village Life
- Updates on projects presented at previous Innovation Summits

**We look forward to
seeing you there!**

RIA RESEARCH
INSTITUTE
for AGING
Schlegel • UWaterloo • Conestoga




SCHLEGEL VILLAGES

September can be hot

Keep cool and have fun!

G	F	M	K	L	W	X	S	E	Y	R	T	W	O
L	E	D	Z	I	J	H	F	S	T	U	A	R	N
H	C	K	A	G	S	E	U	V	I	M	H	E	B
Y	N	S	L	H	F	N	L	P	V	T	I	W	G
D	A	E	L	T	S	E	L	C	I	S	P	O	P
R	F	I	E	C	O	K	H	J	T	U	T	H	V
A	S	O	R	L	L	R	E	X	C	N	S	S	C
T	W	E	B	O	V	D	Z	Y	A	G	E	L	U
E	E	R	M	T	A	W	E	G	T	L	R	O	P
N	M	D	U	H	C	A	W	Q	H	A	U	O	I
S	F	Q	S	I	Y	T	A	H	G	S	M	C	C
D	R	T	T	N	H	E	L	A	I	S	Y	L	R
C	T	W	N	G	E	R	K	L	L	E	K	O	P
I	N	D	O	O	R	S	M	E	N	S	A	I	O

INDOORS

REST

SUNSCREEN

HAT

POPSICLES

COOLSHOWER

LIGHTACTIVITY

HYDRATE

FAN

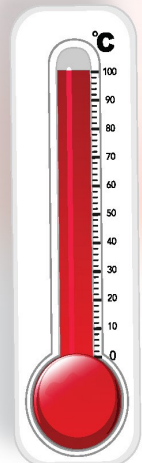
SUNGLASSES

LIGHTCLOTHING

UMBRELLA

SHADE

WATER





CONTINUOUS QUALITY IMPROVEMENT INITIATIVE REPORT 2023-24

DESIGNATED LEAD: Michelle Uprichard, General Manager

QUALITY IMPROVEMENT PRIORITIES 2023-24:

Improving wound care

- Increase team members' awareness and confidence in assessment, implementing interventions that can be initiated upon identifying a wound and understanding factors that contribute to skin breakdown
- Increase auditing on Residents who have stage 2-4 pressure injuries to identify opportunities for improvement.
- Review wound data for trends

Building relationships with Residents

- Use the My Experience (ME) Forms to share residents' life story with team members
- Use the Residents Top 10 frames to obtain and display information to share with care partners.
- Care conference discussion to include the question, "if there was one thing you want people to know about you, what would it be?"

Reduction in antipsychotic use

- Identify all residents receiving antipsychotics.
- Education for all Team Members
- Target residents receiving antipsychotics who are eligible for reduction.

We will strive to decrease the number of antipsychotic medications given to residents without a diagnosis of psychosis. We will offer additional education to Team Members regarding non-pharmacological approaches, as well as the uses and implications of those medications. We will focus on new and recent admissions to identify possible medication changes and timeframes specific to the resident.

PROCESS TO DETERMINE PRIORITY AREAS:

When determining priority areas for quality improvement, we reviewed our performance related to quality of care using CIHI-35 data, and resident experience using quality of life survey results. Performance was compared to benchmarks to identify areas of opportunity. Key areas were presented to Resident Council and the Continuous Quality Improvement Committee to seek their feedback and advice.

PROCESS TO MONITOR AND MEASURE PROGRESS, IDENTIFY AND IMPLEMENT ADJUSTMENTS, AND COMMUNICATE OUTCOMES:

Wounds

- CIHI statistics to be reviewed at quarterly Pharmacy and Therapeutics and Quality Improvement Meetings. Wounds to be review at Registered Team Meeting and Wound Care Committee meetings.

Resident and Team Member Relationships

- Quality of Life Survey results will be reviewed with focus on the question, "Team members knows the story of my life"
- The number of Resident My Experience Forms completed will be reviewed.

Antipsychotics

- Medication usage and CIHI results to be reviewed at quarterly Pharmacy and Therapeutics and Quality Improvement Meetings.
- Team Member participation in education will be monitored

RESIDENT & FAMILY/CAREGIVER EXPERIENCE SURVEYS:

Schlegel Villages measures resident experience using the interRAI Self-Reported Quality of Life Survey. The survey is made up of a number of statements, and participants are asked to respond with how frequently the statement is true for them – Never, Rarely, Sometimes, Most of the Time or Always. The validated surveys are used internationally and allow for benchmarking across organizations and countries.

Resident survey: Residents who are able, are given the opportunity to complete the survey annually, around the anniversary of their move-in date. Surveys are run year-round to help eliminate bias. New residents moving into the Village are ideally offered a survey twice in their first year; three months after moving in and then again around their anniversary.

Family survey: The Village distributed a Family/Resident satisfaction survey at annual care conferences to capture overall satisfaction with services provided in 2022.

Survey results:

Results from the 2022 Family/Resident noted no significant trends, the overall results were positive. Results of the survey will be shared in July 2023 with Resident and Family Councils, as well as with Team Members and the Continuous Quality Improvement Committee, September 2023.

QUALITY IMPROVEMENT IN 2022-2023:

In 2023 For 2022-2023 Coleman purchased varying types of equipment such as lifts, electric beds, slings, blanket warmers, these items contributed to improved care and comfort for our residents. Changes to the menu have enriched the quality of the food served to our residents. The purchase of exercise equipment, multiple radios, a touch to play, expanded on residents' ability to remain active during isolation. Infection Prevention and Control was further enhanced by the introduction of the IPAC Lead, new cleaning and sterilization equipment. The living space at Coleman was also improved with new indoor and outdoor seating for residents to socialize, accessibility for our residents was upgraded with the installation of automatic doors. Our hours of direct care was increased with additional nursing hours.

Program for Active Living: Athlete of the Month

Athlete of the Month

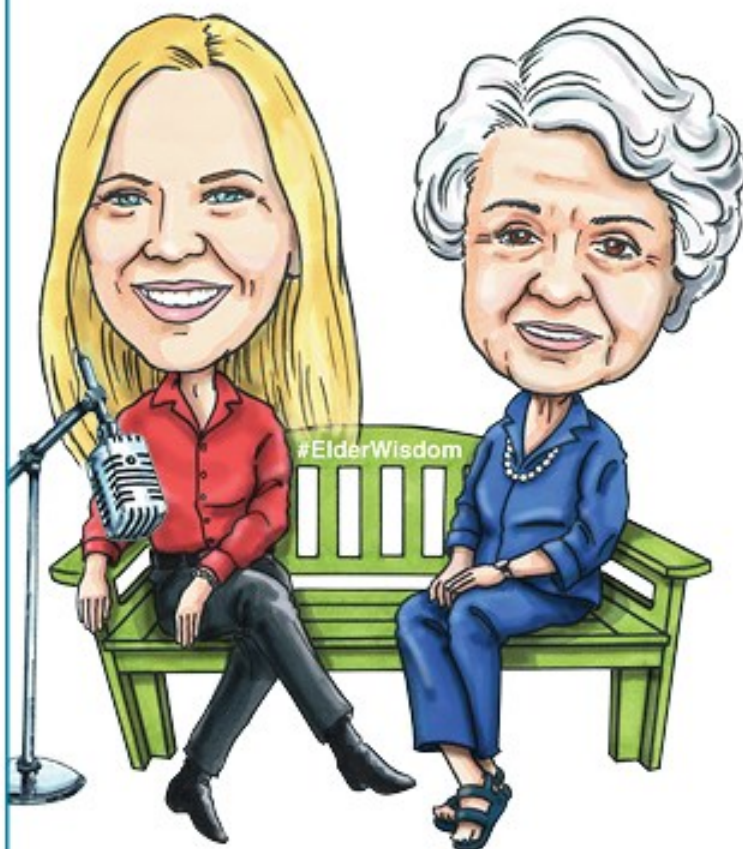


‘The athlete of the month is given to a resident who demonstrates dedication, enthusiasm, effort and perseverance toward their fitness and exercise goals. This month’s athlete is dedicated to exercise to fight against all odds in not being able to walk. She is an active individual who seeks to have a balance in her exercise regime between walks, NuStep and Resistance exercises, coming to the gym and participating 3-5 days a week.

Please join us in applauding **Gizella Szucs of Kempenfelt** as August’s **Athlete of the Month!**’

Village Highlights





Stories from the **GREEN BENCH** Podcast

Join **Kathy Buckworth** and co-host **Evelyn Brindle** as they discuss community, connection, love, life, learning, and more on our **Stories from the Green Bench** podcasts.

Your seat on the green bench is ready and waiting.

Brought to you by:



SUBSCRIBE



ElderWisdom.ca

Health & Safety

Coleman Care Centre's Joint Health & Safety Committee

Chair-Person **Karen Andrews– Certified Member**
Director of Recreation Services

Co-Chair Person **Cindy Angers– Certified Member**
Housekeeping Aide

Committee Members **Sharon Gray**
PCA

Leanne Shears– Certified Member
East Neighbourhood Coordinator

Jim Flear
Maintenance

Andrea Boston
RN

Adam Hall
Dietary

Aimee Dare
ADNC/IPAC Lead/RN

Next Meeting:

Thursday, September 28th, 2023 @ 1:15pm
Skylight Dining Room

VAT– Village Advisory Team

What is the VAT? The purpose of VAT is to promote and advance Schlegel Villages' aspirations as they pertain to your village' operational plan. The VAT acts as an informed and wise council, offering collaborative input to help guide the Village leadership team in resident-centered decision-making. The VAT is not a social committee, nor does it work on projects that are not related to your aspirations and/or operational goals. The VAT does not work in isolation, but takes meaningful steps to thoughtful and strategically coordinate with other Village committees. The VAT's primary purpose is to provide input, feedback and, at times, implementation support related to the action steps and strategies associated with your village's operational planning goals.

Honour Diversity in Village Life

Our Villages are recognized communities of acceptance. Everyone is included and respected in their spirituality, cultural diversity and individual lifestyle. We celebrate diverse living, supporting life purpose within the community.

“Embraced, just as I am.”

How can we live this aspiration out on a daily basis?

- By getting to know residents and team members for who they are and both respecting & supporting individual lifestyle choices.
- By supporting and encouraging residents spirituality and/or religious preferences.
- By supporting and celebrating both residents and team members diverse cultures. By listening to learn about different cultures and being respectful of one another.
- By offering residents the opportunity to learn and engage in diversity and culture.
- By incorporating programming and food to celebrate diversity and culture.
- By being inclusive, accepting and kind to others.



WANTED: **VOLUNTEERS**

COME VOLUNTEER AT THE COLEMAN CARE CENTER!

We are looking for volunteers to join our vilage team!
If you are a highscool student looking to complete your
volunteer hours, a co-op, or you just want to volunteer your
time! We are looking for volunteers to assist with programs,
outings, friendly visits, tuck shop and much more!

For more information contact Karen Andrews
705-726-8691 or karen.andrews@schlegelvillages.com

Made with PosterMyWall.com

Mindful Moments w/Michael

Love and fear -- these feelings shape how we live and what we experience.

Think for a moment about love. It's like a language that helps us understand each other. How would you describe what love is?

On the other hand, fear can make us feel alone, unsure, and cynical. Would you agree?

Now, reflect with me for moment.

Look at your actions this week with curiosity (and gentleness). Have they come from a place of love? Have they led to human connection and happiness? Or have they come from fear, causing you to feel uncertain, worried, and untrusting?

Would you agree that so many of our choices are based on either love or fear?

Think about how love makes you want to connect with others and be kind. At the same time, remember times when fear made you hold back and feel negative. Can you think of specific examples?

See, love helps us find hope; whereas, fear makes us expect the worst.

Let's go deeper. How do love and fear affect your relationships, how you see things, and what you do? How has love helped you to work together and learn from others. How has fear made you compete and not want to try new things?

Our life is really like a dance between love and fear, isn't it?

Take a look at these questions below and see if they give rise to something within you:

- ◇ Do you sometimes think about how your feelings affect what you do?
- ◇ Can you tell when you're doing things because you care or because you're scared?
- ◇ How does being kind help you get along better with people?
- ◇ When does being afraid stop you from getting close to others?
- ◇ Remember a time you did something new because you were curious or happy.
What good things came from that?
- ◇ Can you think of a time fear made you miss out on something new?
- ◇ What things make you feel caring and positive inside?
- ◇ How can you stop fear from making choices for you?
- ◇ Could you decide each day to be kind instead of scared?

How might this help you have better days and relationships?

Grace & Peace,
Michael Kotsopoulos
Spiritual Care Coordinator

In
Loving
Memory

Doreen G
Getulio B
Larry C

Residents' Council

Coleman Care Centre Residents' Council Committee Neighbourhood Members / Executive Members

Kathy Crump

A Message from the President:

There was no August meeting due to the outbreak. The next meeting will be September 20th at 1:30.

In August we sadly were in an outbreak for part of the month so we didn't get to the Baycats game, but we did have a nice New York Fries in-house lunch.

There was also a White Elephant Sale held as a fundraiser for the Resident Council in August. It was a 3 day sale and the donations that were made were incredible! There were so many treasures that were donated and many found new homes. We ended up making \$359.80 that will go in the resident council account. On behalf of all the residents I want to say a huge thank you to all the people that generously donated their items to the sale.

We have also ordered new versions of the Residents Bill of Rights booklet. As soon as those come in they will be available to anyone that would like one.

Kathy C

Residents' Council

Resident's Bill of Rights:

Right to Quality of Care & Self Determination

Right #18-

Every resident has the right to be afforded privacy in treatment and in caring for their personal needs.

**Next Meeting: Wednesday, Sept. 27, 2023
@ 1:30 in the Skylight Dining Room**

The items below are food options that are always available if you don't like the menu choices for that day. Make sure you ask your server!

AVAILABLE MENU ITEMS

Assorted Yogurt

Cheese Omelet

Cheddar Cheese Slice

Western Omelet

Wheat Roll & Butter

Applesauce

Assorted Sandwich on Wheat

Mashed Potatoes

Family Council



Family
Councils
Ontario

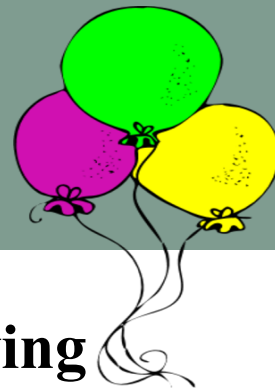
The Family Council meets the last Wednesday of the month at 6:30pm at Coleman Care Center in the Family Room.

If you would like to attend the meeting, or have any questions please send an email to:
colemanfamilycouncil@gmail.com

**Next Meeting
Wednesday, September 27th, 2023
6:30-7:30pm
Family Room**



Village Celebrations



**Happy Birthday goes out to the following
Resident's for the month of September:**

Linda M ~ 09th

Bert Ridd ~ 14th

Joanne M ~ 16th

Ingrid S ~ 23rd

Pam B ~ 28th



Elizabeth "Marilyn" Carlson ~ West

Coleman Care Contacts

For questions, concerns or compliments, see below for contact information:

Coleman Care Centre
140 Cundles Road West
Barrie, ON
L4N 9X8
Coleman

Tel: 705.726.8691
Fax: 705.726.5085
Coleman.Admin@schlegelvillages.com

General Manager/ Director of Environmental Services	Michelle Uprichard	Ext: 104 Michelle.Uprichard@SchlegelVillages.com
Scheduling/Administrative Coordinator	Ashley Bell	Ext: 101 Ashley.Bell@schlegelvillages.com
Administrative Assistant	Jenn Carr	Ext: 105 coleman.admin@schlegelvillages.com
Director of Nursing Care	Rita Dunn	Ext: 112 Rita.Dunn@SchlegelVillages.com
Assistant Director of Nursing Care/IPAC	Aimee Dare	Ext: 119 aimee.dare@schlegelvillages.com
Assistant Director of Nursing Care/RAI	Alyson Hirschfeld	Ext: 109 Alyson.Hirschfeld@SchlegelVillages.com
Director of Recreation Services	Karen Andrews	Ext: 111 Karen.Andrews@SchlegelVillages.com
Interim Director of Food Services	Alam Raymon	Ext: 108 alam.raymon@schlegelvillages.com
West Neighbourhood Coordinator	Tabatha Newman	Ext: 102 Tabatha.Newman@SchlegelVillages.com
East Neighbourhood Coordinator	Leanne Shears	Ext: 107 Leanne.Shears@SchlegelVillages.com
Volunteer & Student Services Coordinator	Karen Andrews/ Tabatha Newman	Ext. 111 Colman.Volunteers@SchlegelVillages.com
PAL Coordinator	Sinthia Gnanachchenthana	Ext. 118 sinthia.gnanachchenthana@schlegelvillages.com
Spiritual Care Advisor	Michael Kotsopoulos	michael.kotsopoulos@schlegelvillages.com
East Neighbourhood Nursing Station		Ext. 106
West Neighbourhood Nursing Station		Ext. 110



Audiology & Hearing Health Services for You and Your Loved Ones

- ✓ Hearing assessments
- ✓ Wax removal
- ✓ Communication strategies
- ✓ Hearing aid dispensing, cleaning, and adjustments
- ✓ Batteries
- ✓ Repairs, molds, tubing, receivers

For more information or to book an appointment at Coleman Care Centre, please call

1-800-745-5550

retirement@earandhearingclinic.com



Ear & Hearing Clinic

JULIANE SHANTZ • DOCTOR OF AUDIOLOGY

www.earandhearingclinic.com

Boosting well-being through arts and creativity

The power of arts and creativity to enhance the lives of older adults is invaluable. From gardening to listening to music, everyone can enjoy the benefits of creativity. We sat down with Kate Dupuis, Schlegel Innovation Leader in Arts & Aging, to discuss how arts-based activities can enrich your life.

What does research tell us about the benefits of arts and creativity?

Participating in arts-based activities has been shown to help older adults feel less lonely and can have a positive impact on their mood, thinking abilities, spirituality and more. You don't have to be actively participating to see benefits, even just attending a ballet performance or listening to your favourite album can help! Over the past few years of the pandemic, being able to connect with others, often virtually, through the arts has been really helpful to combat loneliness.

What are some activities you've seen that have had a positive impact?

There is no one-size-fits-all when it comes to engaging in the arts! People often associate the arts with painting, drawing, dancing, and singing but you can also be creative by baking, sewing, quilting, gardening, or fixing up an antique car. In one of our programs, we bring young children and their parents from the community to connect with older adults at Schlegel Villages through music and movement.



I've never been particularly creative, is it too late to start now?

Some of the individuals we have spoken to hold assumptions about how creative they are - they may have been told from an early age that they couldn't carry a tune in a bucket or that they shouldn't dance because they have two left feet. It's always wonderful to see what happens when we encourage older adults to let go of these limiting beliefs and try something new. They often surprise themselves by how fun and fulfilling it can be to engage in expressive activities.

"Arts and Aging Day Canada" is an annual virtual event dedicated to promoting the connection of art, health and aging. How can older adults and their families participate in this event?

The best way to get involved is to go to the RIA's [Arts and Aging Day Canada website](#). There you will find a toolkit that will provide you with tips and tricks for sharing and connecting on September 24, as well as links to online events you are welcome to participate in for free in the week leading up to the day. Remember to use the hashtag #ArtsAndAgingCA when you post your artwork so we can help spread the word!

Subscribe to updates from the RIA at www.the-ria.ca/enews to stay up-to-date on the latest news, events, and helpful resources.