

## 2023 COMMUNITY PROGRESS REPORT

2021-2026

# HAMILTON'S PLAN FOR AN AGE FRIENDLY COMMUNITY



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## FORWARD

We are pleased to share with you the 2023 Community Progress Report, highlighting our progress and achievements as we continue to work towards making Hamilton an Age-Friendly community.

Since 2007, Age-Friendly Hamilton has been dedicated to promoting positive aging and supporting older adults in our community. The 2021-2026 Hamilton's Plan for an Age-Friendly Community has guided our efforts to achieve progress.

### Highlights from 2023 include:

- A 60% increase in survey submissions compared to 2022, resulting in 81 success stories from diverse stakeholders.
- Collaboration with the Hamilton Public Library and the Redbook to enhance our local information and referral system, ensuring improved access to community resources.
- Developing our Equity, Diversity, and Inclusion (EDI) initiative with extensive community outreach to foster inclusivity and community engagement.
- Increased outreach and engagement with older adults and diverse stakeholders contributing to our Age-Friendly Hamilton vision.

We extend our sincere gratitude to our partners, the Hamilton Council on Aging, City of Hamilton, Seniors Advisory Committee, Age-Friendly Hamilton Community Collaborative goal champions, strategic partners, and all community members for your continued support and dedication to this important work.

Thank you to all organizations, groups, and individuals who contributed to this report by sharing your success stories. We are thrilled to be growing our Age-Friendly Hamilton, where every older adult can age successfully in our community.

Warm regards,

Angie Armstrong  
*Chair, Age-Friendly Hamilton*

# VISION STATEMENT

The 2021-2026 plan builds on Hamilton’s previous plan and, as a result, we have maintained a consistent vision for moving forward. “Creating a more Age-Friendly Hamilton is a shared responsibility. It requires coordinated advocacy and planning commitments from all three levels of government, the private sector, the non-profit sectors and the community. In implementing this plan, Hamilton will become a better place for people to live, play, work, learn, raise a child and grow old when:

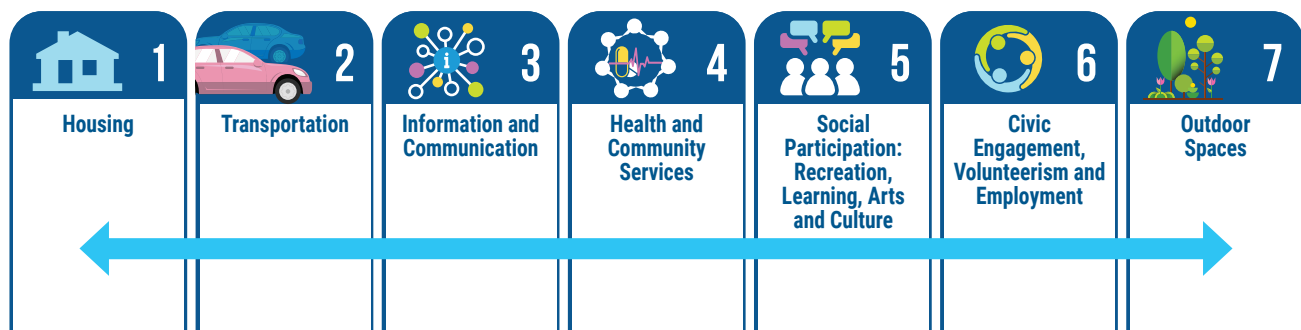
All residents of Hamilton are respected in community life regardless of age, ethnicity, race, gender, ability and background. Policy and planning engages residents, reflects diversity, fosters social connectivity, and provides the opportunity for active living and aging in place. Social connectivity links people to each other, places and services thus advancing health and well-being, which increasing the city’s social capital.

# PRINCIPLES

1. Creating supportive and enabling environments where hospitality is practiced, and accessibility is the norm.
2. Optimizing opportunities for health, participation, security and life-long learning across the life cycle. Health refers to physical, mental, social and spiritual well-being.
3. Equity, inclusion, and respect; recognizing the diversity of older adults including their wide range of interests, cultural practices, capacities, and resources while reducing barriers to social connectivity that result from differences.
4. Building a dementia-friendly community in which dementia-friendly environments, opportunities and supports for individuals living with dementia and their care partners are understood and fully integrated into the overall Age-Friendly Plan.
5. An informed community that practices accountability and transparency while facilitating personal, social and system connectivity.
6. Community and neighbourhood capacity building.
7. Effective public service, delivered with integrity, that is adaptive, dynamic and uses an equity and inclusion lens and that is responsive to individual and collective needs as well as emerging opportunities while delivering value for money spent.
8. Community engagement, where people have meaningful opportunities to have a say in designing services and influencing decisions that affect them.

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# STRATEGIC GOALS



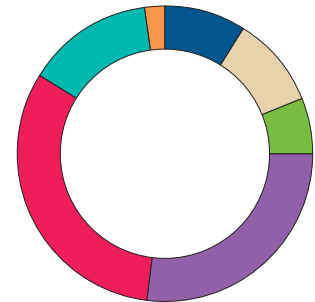
# 2023 AGE-FRIENDLY HAMILTON SUCCESS SURVEY RESULTS

Total Submissions ..... 81

Total Unique Individuals/Groups/Organizations..... 62

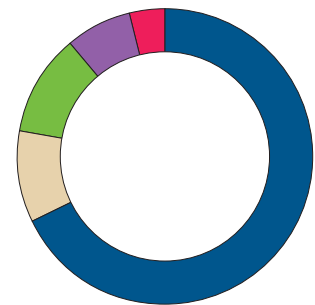
## SUBMISSIONS BY GOAL

AF GOAL	# Submissions	Percentage
Housing	7	9%
Transportation	8	10%
Information and Communication	5	6%
Health and Community Services	22	27%
Social Participation	26	32%
Civic Engagement	11	14%
Outdoor Spaces	2	2%



## SUBMISSIONS BY SECTOR

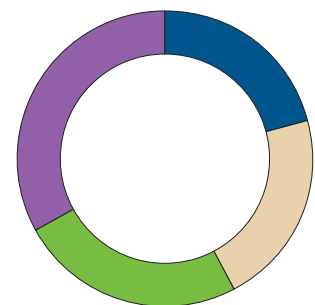
	#	Percentage
Not-for-Profit/Voluntary	55	68%
Private (Business)	8	10%
Public (City)	9	11%
Public (Health)	6	7%
Public (Education)	3	4%



## OLDER ADULT INVOLVEMENT IN SUCCESS STORY

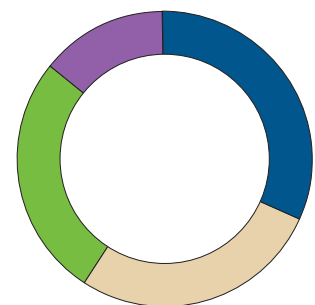
Survey respondents could indicate if older adults were involved in multiple roles.

	Percentage
Advisors	51.32%
Leaders	52.63%
Volunteers	60.53%
Participants	80.26%



## RESOURCES CONTRIBUTING TO THE SUCCESS STORY

	Percentage
Financial	61.73%
Volunteer	53.09%
In-kind	51.85%
Other	27.16%



# 2023 AGE-FRIENDLY HAMILTON SUCCESS STORIES

Thank you to the following organizations, groups, and individuals for your contributions to this report and for the important work you do in making Hamilton an Age-Friendly community.

## GOAL 1 - HOUSING



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
Agro Zaffiro, LLP	Legal expertise through sharing information regarding estate planning in Opinion Editorials in the Hamilton Spectator.
Corktown Co-operative Homes Incorporated	Improved accessibility for tenants through the installation of grab bars in bathtubs, modified toilet seats, removal of round doorknobs, and other measures to enhance safety and reduce the risk of falls.
City of Hamilton, Housing Services Division	The City of Hamilton secured \$93.5 Million from the Federal government's Housing Accelerator Fund to develop 2,675 housing units over three years. This funding supports diverse housing initiatives, including development of Accessory Dwelling Units for multi-generational living.
Hamilton Baptist Homes	Improved accessibility for tenants through the installation of lever door handles in new units to improve accessibility.
Hamilton East Kiwanis Non-Profit Homes Incorporated	A 50-unit apartment building, located at 1880 Main Street West was purchased to provide affordable and sustainable housing for senior residents.
Indwell	Short Term Assistive Response Team (START) provides intensive case management to help tenants, especially seniors age in place, connect with external supports and access funding for supports.
McMaster University	Students from McMaster University's Occupational Therapy program conducted research and provided design consultation to St. Matthew's House for their new build project that aims to provide affordable housing for older adults from Indigenous and Black communities.

# GOAL 2 - TRANSPORTATION



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
Ancaster Community Services	The Assisted Volunteer Driving Program grew by over 50% by recruiting and training 15 new volunteers to help seniors attend medical appointments, ensuring access to essential preventative health services for older adults living in Ancaster.
City of Hamilton, Transportation Planning Division	Open Streets was an initiative to provide safe space for pedestrians and cyclists. Cycling Without Age also provided rides for seniors and others unable to cycle on their own. King Street East in downtown Hamilton was temporarily transformed into an urban linear park, therefore closed to vehicles.
Cycle Hamilton	Cycle Hamilton collaborated with Hamilton Bikeshare and the Everyone Rides program to organize all ages and abilities group rides, promoting biking for both recreation and transportation purposes.
Cycling without Age (CWA)- Hamilton & Burlington Chapter	627 seniors received free trishaw rides with the goal of enhancing their mobility and enjoyment of outdoor activities. Supported by 30 dedicated volunteers, CWA expanded its outreach to care facilities and community events.
Flamborough Connects	Flamborough Drives provides transportation services for essential errands and shopping, fostering independence and community connectivity among seniors.
Hamilton Bike Share	Hamilton Bike Share hosted two workshops and offered over 500 rides at the Gage Park Adaptive Bike Hub, promoting active aging and enhanced accessibility for all participants.
Hamilton Council on Aging (HCoA)	HCoA piloted "Let's Start a Walking Group" with Shalom Village, promoting seniors' health and social engagement. With funding from New Horizons HCoA aims to start 10 new senior walking groups across Hamilton in 2024.
Hamilton Council on Aging (HCoA)	HCoA received funding from New Horizons to continue providing the Let's Get Moving workshop series, including "Let's Take the Bus" in partnership with the Hamilton Street Railway (HSR), "Let's Drive a Car," and "Let's Take a Walk" to empower seniors to connect and remain active in their communities.



Cycling Without Age at Open Streets

Everyone Rides Program, Cycle Hamilton and Hamilton Bike Share



# GOAL 3 - INFORMATION & COMMUNICATION



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
Cogeco and Computer Help for Adults	The Cogeco Classroom partners with seniors to enhance their digital literacy through interactive sessions covering basic online navigation, popular programs, and recognizing fraud. This program ensures seniors can navigate technology confidently and receive personalized assistance with their devices to stay safe online.
Hamilton Aging in Community	The Intergenerational Memoir Project featured 55 events for seniors, including a special panel on aging among Indigenous seniors. Collaborations with local partners boosted community engagement with over 2000 seniors reached.
McMaster Institute for Research on Aging, McMaster University	The Voice Community Engagement Platform launched to connect older adults and caregivers to research studies and events. This global community shares insights to shape aging research and outcomes, fostering collaboration and learning opportunities at McMaster University.
YWCA Hamilton	YWCA's Makers Space at 52 Ottawa Street North introduced the 55+ community to 3D printing with demonstrations and education to engage seniors and foster connections with younger generations.



YWCA Hamilton Makers Space



# GOAL 4 - HEALTH & COMMUNITY SERVICES



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
Alzheimer Society-Brant, Haldimand-Norfolk, Hamilton, Halton	Living Well with Dementia Program: The Alzheimer Society partnered with a person who lives with young onset dementia, to share her personal journey and educate grade 12 students at St. Thomas More High School. The message aimed to challenge the stigma associated with dementia, highlighting that individuals can lead active lives despite their condition.
McMaster University, Aging Swallow Research Lab	Through collaborations with local speech language pathologists and physicians, swallowing assessments were provided to 86 older adults to understand the nature of their swallowing and associated difficulties and connecting them with resources and supports.
Ancaster Community Services	<p>Shopping for Seniors provides essential grocery shopping services to older adults in Ancaster. Volunteers shop and deliver groceries based on client lists, thus supporting aging in place, and ensuring seniors maintain autonomy by selecting their own groceries.</p> <p>The Frozen Meal program expanded subsidized meal offerings for low-income seniors in Ancaster. Increased meal provisions ensured that more seniors accessed nutritious meals.</p> <p>The Meals on Wheels program has evolved to offer a variety of meal options tailored to client preferences. This client-centre approach promotes dignity and autonomy.</p>
Compassionate Hamilton	In collaboration with community partners, Dr. Erin Gallagher, a palliative care physician hosted an event to explore themes of death, dying, loss, grief, and bereavement. With 45 exhibitors and a panel discussion, the event fostered diverse perspectives and discussions on addressing these universal concepts within Hamilton.
Dundas Community Services	A Dementia-Friendly community in Dundas is being developed with the Alzheimer Society to provide education and support for those with dementia and their caregivers. Training will be offered to residents, businesses, and service groups to create an inclusive environment where everyone feels respected and supported.
Good Shepherd Centres, St. Matthew's House, and Alzheimer Society-Brant, Haldimand-Norfolk, Hamilton, Halton	Seniors at Risk in Hamilton (SaRiH) is a collaboration between Good Shepherd Centres, St. Matthew's House, and the Alzheimer Society to provide supports to vulnerable seniors age 55+ who are facing issues such as elder abuse, health challenges, dementia, housing insecurity, and social isolation. The program provides case coordination, intervention, advocacy, eviction prevention, caregiver support, and connects seniors to community resources.

# GOAL 4 - HEALTH & COMMUNITY SERVICES



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
Hamilton Council on Aging (HCoA)	Supported by the United Way, the Seniors4Change workshops empower older adults with practical skills and knowledge. Led by senior peers with backgrounds in healthcare, the sessions promote empowerment, peer connections, and overall well-being. Offerings include a 6-week Positive Aging Series, a 3-week Navigating the Healthcare Series, and Let's Get Moving workshops. In 2023, the program worked with 40 organizations to deliver 89 workshops to 1090 seniors.
Hamilton Health Sciences	In partnership with the Greater Hamilton Health Network, Hamilton Health Sciences launched the Socks Off Campaign to combat foot amputations caused by diabetes and vascular disease. With Ontario having some of the highest rates globally for diabetes-related foot amputations and Hamilton having particularly high rates, the initiative aims to prevent up to 85% of amputations and associated complications resulting from poor circulation. This campaign has expanded into four long-term care homes for the same geographic area.
City of Hamilton, Public Health Services	The Seniors at Risk Community Collaborative (SaRCC) successfully resumed meeting with over 40 member organizations dedicated to supporting seniors at risk. This collaborative is actively enhancing collaboration and communication among its members, aiming to reduce senior social isolation through a collective impact model.
Hamilton Regional Indian Centre	Life-Long Care successfully re-started its congregate dining program for seniors, providing a platform for socialization and engagement with informed speakers. This program fosters social interaction and promotes cognitive and physical engagement, thus significantly enhancing overall well-being.

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Hamilton's plan for an  
Age-Friendly community 2021-2026  
2023 COMMUNITY PROGRESS REPORT



Hamilton Urban Core Community Health Centre



Glide and Stride Program, Shalom Village

# GOAL 4 - HEALTH & COMMUNITY SERVICES



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
Hamilton Urban Core Community Health Care	A new accessible health centre, located at 430 Cannon Street east in Hamilton was built to offer diverse programming for seniors including a dental program, sunny courtyard, and special events, thus enhancing engagement and holistic care for seniors in the Barton community.
Ontario Centres for Learning, Research, and Innovation (CLRI), The Schlegel-UW Research Institute for Aging - Waterloo, Ontario	The Preceptor Resource and Education Program (PREP) in Long Term Care (LTC) supports clinical placements for nursing and personal support worker students in long term care facilities across Ontario, including Hamilton. Residents in these homes benefit from students gaining firsthand experience in long term care during their education, potentially inspiring them to pursue careers in the field.
McMaster University, School of Nursing	The EMBOLDEN study enhances mobility for older adults through a community-based program integrating exercise, nutrition, social engagement, and system navigation. Since October 2022, over 150 seniors from six Hamilton neighborhoods have participated, with plans to expand to two more by 2024. Participants report improved physical activity, healthier eating, and stronger community connections.
Shalom Village	Glide and Stride, a free 45-minute walker wellness program designed to promote vitality, balance, flexibility, and joy among seniors. The program integrates dance, music, and teamwork to enhance physical health, memory, and social interaction, fostering a vibrant community spirit.
Wesley Urban Ministries	The Newcomer Seniors Support Program aids government-assisted refugees aged 55+ in their first year in Canada. Following housing placement, seniors receive home visits to connect with essential services, promoting independence and integration into their new lives.
YMCA-Hamilton/Burlington/Brantford	LiveWell, a collaboration involving the YMCA, Hamilton Health Sciences, GERAS Centre for Aging Research, and McMaster University promotes wellness among older adults through evidence-based programs. In 2023, they launched Optimal Fitness, a trial for 324 older adults to improve physical function and GERAS Dance, which integrates neuroplasticity principles with diverse dance styles to enhance strength, mobility, and daily activities.

# GOAL 5 - SOCIAL PARTICIPATION



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
Afro Canadian Caribbean Association (ACCA)	ACCA Seniors Lunch Program provides free nutritious lunches twice a month to eligible seniors.
Amica Senior Lifestyles	For 20 years, Amica residents and team members have extended heartfelt care for local seniors in need through the Helping Hands Program. Gift baskets with non-perishable foods, pharmacy gift certificates, and hand-knit items are gifted annually and delivered in partnership with community partners and services.
Art Gallery of Hamilton	Artful Moments and Dementia-Friendly Gallery Days offer inclusive arts experiences for people living with dementia and their families. In 2023, the program facilitated over 500 experiences and supported other museums in launching similar initiatives.
Canadian Japanese Cultural Centre of Hamilton	The Euchre Club for seniors reconvened post-COVID, bringing together members on a weekly basis for engaging card games, lively social interactions, and to keep participant minds sharp and active.
Caroline Place Retirement Residence	A Resident Art Showcase celebrated the diverse talents of community members, displaying artworks ranging from paintings to knitting and needlework, fostering pride and promoting awareness and appreciation for their artistic contributions.
City of Hamilton	<p>In June, Seniors Month was celebrated by offering free activities for older adults across recreation centres. These activities fostered learning, social connection, engagement, and physical activity for the 55+ community.</p> <p>The Seniors Kick off event was also hosted with over 400+ older adults attending the free event. The event offered 60+ exhibitors who participated in the information and wellness fair and a variety of presentations were presented on various topics relevant to seniors.</p>

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2024 Seniors Kick-off Event, Seniors Advisory Committee

# GOAL 5 - SOCIAL PARTICIPATION



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
City of Hamilton, Recreation Division	The Social Participation Resource Guide offers older adults age 55+ comprehensive information on accessing programs and services. This guide enhances social participation by connecting seniors with community opportunities and fostering awareness of available resources.
Compass Health	Third Youth is a monthly health education program designed for Latin American seniors, aimed at preventing isolation, anxiety, and depression through social engagement, mental health education, and community support initiatives.
Crown Point Garden Club	Community volunteers in Crown Point beautify their neighborhood with projects like the Pipeline Pollinator Paradise and DePave gardens, promoting biodiversity and local pride. As Adopt-a-Park stewards, they involve neighbors in maintaining these spaces, fostering community unity and environmental stewardship. Senior residents play a large role as volunteers.
Dundas Community Services	The annual Dundas Seniors Fair hosted 250 seniors and over 35 exhibitors, as well as speakers, free food, and entertainment. The event provides a valuable resource hub in a safe, inclusive environment for learning and community engagement.
Flamborough Connects	The Wheel of Fitness Senior Gentle Exercise Class enhances access to exercise for rural seniors. Led by trained volunteers, classes are offered at four rural Flamborough locations and virtually to encourage active participation and enhance quality of life.
Glanbrook Community Services	Gentle Fit programs are vital for seniors, providing physical health benefits and fostering a supportive environment where friendships thrive. Participants find solace in the camaraderie and expert guidance, promoting resilience and well-being during challenging times.
Good Shepherd Centres	The Asian Seniors Group promotes community engagement, social networking, and addresses isolation through workshops on elder abuse prevention, senior benefits, safe housing, healthy eating, and mental health support.



Asian Seniors Group,  
Good Shepherd Centres

# GOAL 5 - SOCIAL PARTICIPATION



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
Hamilton Council on Aging (HCoA)	The Dementia Empowerment Groups Project, funded by the Public Health Agency of Canada aims to amplify the influence of individuals living with dementia in shaping policies affecting their lives. These groups are a promising approach to enhancing the voices of people living with dementia and their involvement to make meaningful contributions to improve quality of life for others. Groups foster social connections and friendships among members.
Hamilton Jewish Family Services	Programs to support social inclusion and wellness of older adults include an Adult Day Program for skill development and interaction, educational courses on topics such as positive aging and digital literacy, social activities such as the Kibitz Corner, and aid for low-income Holocaust survivors.
Hamilton Philharmonic Orchestra	Seniors Connect helps address social isolation by creating opportunities for seniors to experience the arts. In 2023, over 100 seniors attended Hamilton Philharmonic Orchestra performances which include free tickets, transportation, and a social gathering before the concert.
Hamilton Public Library (HPL)	The Postcards for Special People Program has brought joy to thousands of older residents in care homes across the city. The program featuring images from HPL's local history and archives collections. The postcards are distributed to evoke fond memories and deliver heartwarming messages that brighten residents' days.
Jamaica Foundation	The Jamaica Foundation organized a Healthy Aging at Home Information Event, focusing on local supports and services for seniors in Hamilton and nearby areas. The event featured exhibits, seminars, and opportunities for social connection.
Mishka Social Services	The Senior Wellness Program addresses the needs of seniors who typically do not participate in community recreational or educational programs. It focuses on providing essential digital skills such as resume writing and email communication to protect seniors from elder abuse and scams. Additionally, through initiatives like friendly visiting, the program aims to combat social isolation by offering seniors opportunities to connect and engage with others in a supportive environment
Neighbour to Neighbour Hamilton	The Seniors Telephone Connect program facilitated connections among seniors and older adults with mobility challenges through cooking discussions, tea conversations, and guest speaker presentations.
Retired Teachers of Ontario, District 41 (RTOERO)	A spring celebration breakfast for RTOERO members aged 80 and over welcomed over 140 attendees. The event received positive feedback and included joyful reunions, milestone membership certificates, and door prizes.

# GOAL 5 - SOCIAL PARTICIPATION



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
SENIOR TAI CHI CLUB	The Senior Tai Chi Club, established two decades ago, remains a dedicated community for seniors practicing Tai Chi and other activities. Throughout the pandemic, they persevered with outdoor Tai Chi sessions. Now, they're initiating monthly lunch meetings to deepen friendships and social connections. This effort particularly benefits non-English speaking seniors, enhancing community diversity and unity.
Toby's Restaurant (submitted by thankful patron)	This sincere message is not driven by any incentive but is a heartfelt expression of gratitude to Toby's Restaurant for its exceptional care and support of older adults. Toby's stands out as a leader in community care, thanks to its compassionate owners and staff who foster a welcoming, family-like environment. They have taken proactive steps by renovating the space with wider aisles to accommodate electric mobility vehicles and ensuring ample seating for individuals and groups alike. The food is not only delicious but generously portioned, and special events like Walker Wednesday provide invaluable social gathering opportunities that combat isolation.
Welcome Inn Community Centre	<p>The Seniors Community Visitation program pairs seniors with volunteers for visits, phone calls, or outings to combat isolation and foster community connections.</p> <p>Volunteers receive resources to support seniors in maintaining independence at home.</p> <p>The Seniors Diners Club gathers approximately 50 seniors weekly for a home cooked meal and activities, fostering strong relationships that create a supportive atmosphere.</p>
YWCA Seniors Active Living Centre 55+	Through fostering community connections, the YWCA Seniors Active Living Centre has hosted educational workshops aimed at boosting seniors' confidence in discussing health matters with their healthcare teams, promoting proactive aging strategies at home, and enhancing independence. Artful Moments and Dementia-Friendly Gallery Days offer inclusive arts experiences for people living with dementia and their families. In 2023, the program facilitated over 500 experiences and supported other museums in launching similar initiatives. Seniors are encouraged to increase their independence in using public transportation.

# GOAL 6 - CIVIC ENGAGEMENT



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
Blooms for Africa	The "Stride to Turn the Tide - Virtual Walk to Uganda" engaged members, friends, and sponsors, promoting fitness, social interaction, and raising awareness about the Stephen Lewis Foundation's work in Africa. It highlighted the achievements of older adults locally and abroad, fostering camaraderie and a sense of accomplishment through fundraising efforts and collaborative planning.
Cancer Assistance Program	The Senior Volunteer Engagement Initiative targets seniors through diverse recruitment channels, offering tailored roles in administration, technology, and management to enhance social interaction, skills, and purpose. Flexible scheduling and comprehensive training accommodate different lifestyles, enriching communities, combating ageism, and fostering inclusivity through intergenerational collaboration.
Flamborough Connects	Flamborough Connects' Annual Holiday Gift Program matches volunteer donors with low-income seniors and adults with disabilities, ensuring they receive gifts during the December holiday season. The program nearly doubled in 2023, with 142 individuals benefiting from this community-driven initiative.
Local Retirees Associations and United Way	Each year on October 1st, the United Nations International Day of Older Persons is marked in Hamilton with a public event organized by volunteers from various retiree organizations, United Way, Hamilton Council on Aging, and the City of Hamilton's Seniors Advisory Committee and Age-Friendly initiative. This collaborative effort raises awareness about issues affecting older adults, celebrates their contributions, and advocates for their rights and well-being.
The Dundas 55+ Group	The Dundas 55+ Group expanded its affordable recreation programs for residents age 55+ who live in Dundas and nearby areas due to a significant increase in class participation. Programs are supported by dedicated volunteers who help to enrich the lives of older adults through accessible activities.
Village of Wentworth Heights Retirement Home	Residents of the Village of Wentworth Heights raised over \$5,000 and collected goods for Indwell and Good Shepherd to aid vulnerable populations, raising awareness about homelessness and emphasizing community action and compassion.
City of Hamilton, Recreation Division	The Recreation Division partners with six clubs and three recreation centers to support and enhance the quality of life for older adults in Hamilton. These partnerships, known as "Senior Boards," contribute to a wide range of activities and services that promote learning, social connection, and active engagement within the 55+ community.



# GOAL 6 - CIVIC ENGAGEMENT



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
The Gilbrea Centre for Studies in Aging & McMaster Institute for Research on Aging (MIRA)	Older Adult Open Campus Day invited older adults from the community into the University's activities, fostering inclusion and a chance for students to appreciate seniors' diverse life experiences and to develop students' intergenerational communication skills.
Regional Geriatric Program Central	The Older Adults and Care Partner Advisory Council was established to provide a platform for older adults and their care partners to offer input and feedback on research, education, and healthcare initiatives.

# GOAL 7 - OUTDOOR SPACES



ORGANIZATION	AGE-FRIENDLY SUCCESS STORY
City Of Hamilton, Parks and Cemeteries	The Parks and Cemeteries Capital Improvements project has revitalized the city's outdoor spaces by upgrading 5 km of asphalt paths, installing 8 curb-free parking spaces for enhanced accessibility, and connecting pathways to amenities such as the washroom facility at Green Acres Park. Additional park lighting was also installed, improving safety and visibility along the pathways.



# MOVING FORWARD

## CREATING OUR INCLUSIVE AGE-FRIENDLY HAMILTON

Equity, Diversity, and Inclusion (EDI) is central to Age-Friendly Hamilton. In 2023, we initiated the development of an EDI Strategy in collaboration with a local consultant. This began with community outreach and engagement with older adults and key stakeholders. Our goal is to inform a framework that supports equitable outreach and engagement to foster a strong sense of community and belonging within Age-Friendly Hamilton.

### NEXT STEPS

Once finalized, the Age-Friendly Hamilton Equity, Diversity, and Inclusion (EDI) framework will guide the development of a Strategic Communication and Diverse Community Engagement Strategy. Our objectives are to raise awareness, enhance community participation, and prepare for upcoming consultations to shape Hamilton's third Age-Friendly Plan. We are committed to equity, diversity, and inclusion as a focal point in all future work.

### SHARE YOUR 2024 AGE-FRIENDLY SUCCESS STORY!

The Age-Friendly Hamilton fourth annual success survey launches in late 2024. We urge individuals, organizations, and groups throughout Hamilton to participate and highlight the important work they are doing to make Hamilton an Age-Friendly community. Together, let's showcase innovative efforts and impactful initiatives that make Hamilton the best place to age successfully.



# THANK YOU

We would like to extend a special thank you to members of our Age-Friendly Hamilton Community Collaborative and Governance Committees:

## **Governance Members**

Chair: Angie Armstrong, Hamilton Council on Aging

Carolyn Triemstra, Hamilton Council on Aging

Ann Elliot, Seniors Advisory Committee

Penelope Petrie, Seniors Advisory Committee

Russell Crocker, City of Hamilton

Holly Odoardi, City of Hamilton

**External Liaison:** Margaret Denton, Hamilton Council on Aging

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Lisa Maychak, Project Manager, City of Hamilton

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## **Goal 1 Champions**

Kamba Ankunda, City of Hamilton

Maria Antelo, Hamilton Community Legal Clinic

Douglas Sider, Golden Horseshoe Cooperative Housing Federation

## **Goal 2 Champions**

Mary Lynn Balardo, City of Hamilton

Nicholas Chaloux, Hamilton Street Railway

Heather Mathewson Jelsma, Hamilton Street Railway

## **Goal 3 Champions**

Chris D'Agostino, Hamilton Public Library

Annette Huizinga, 211 Ontario

## **Goal 4 Champions**

Leslie Gillies, Hamilton Health Sciences

Janie Francoeur, City of Hamilton

Pam Maddalena, Thrive Group

Brent McLeod, City of Hamilton

## **Goal 5 Champions**

Courtney Bryl, City of Hamilton

Genevieve Hladysz, YMCA Hamilton

## **Goal 6 Champions**

Jody Brown, Mohawk College

Colleen Stinson, Flamborough Connects

Angie Ratzlaff-Lane, Hamilton Health Sciences/ Hamilton Administrators of Volunteers

## **Goal 7 Champions**

Kasey Livingston, City of Hamilton

Ryan Van Balkom, City of Hamilton

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