



# LEARNING TOGETHER: SENIORS FROM DIVERSE CARIBBEAN COMMUNITIES IN PEEL TALK ABOUT HEALTH

*Learning Series Facilitators' Guide 2015*

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***Learning Together:  
Seniors from Diverse Caribbean Communities in Peel Talk About Health  
Learning Series Facilitators' Guide 2015***

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*Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* is originally an initiative of Peel Fountain of Wisdom Senior Services, and funded by the Seniors Community Grant Program.



## **Introduction**

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In 2015, Peel Fountain of Wisdom Senior Services (PFWSS) coordinated and facilitated the first *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* series.

The workshop series, funded by the Government of Ontario's Seniors Community Grant Program and sponsored by the Social Planning Council of Peel, is created to help educate Peel seniors from the Caribbean and other diverse communities on health issues that:

- (1) predominantly impact seniors; and
- (2) affect Caribbean communities with higher prevalence.

The *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* series aims to empower the diverse senior community towards prevention and care through the following:

- Sharing resources on health topics such as diabetes, arthritis, heart and stroke disease and dementia
- Host group learning sessions, in which seniors from Caribbean and other diverse communities can come together to learn about and discuss these important health topics
- Identifying the interaction between certain health ailments with Caribbean or other cultural cuisine, nutrition and lifestyle
- Identifying prevention and care strategies for seniors from diverse communities.

This initiative enables seniors from diverse Caribbean communities to learn how to prevent or delay the onset of health issues such as diabetes, arthritis, heart and stroke disease and dementia; to reduce symptoms; to better manage disease; and to reduce illness-related risks or complications. Overall, it can also support seniors in maintaining their health and independence.

This Facilitators' Guide will help new facilitators working with diverse seniors in local communities to deliver the *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* series.

## **Seniors and Their Health**

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Health ailments such as diabetes, arthritis, heart and stroke disease and dementia affect the aging population. These ailments go on to limit seniors' independence, quality of life, and capacity to connect socially with others.

Certain health concerns affect the diverse Caribbean and other ethnic populations in greater numbers as well.

### **Did you know?**

- In 2010, about 2.7 million Canadians had diabetes. It is estimated that approximately 1 million people in Canada have the disease but have not been diagnosed
- Type 2 diabetes is up to three times more likely among African and Caribbean people than the white population. Women across these populations are particularly affected<sup>1</sup>
- Arthritis is linked to lifestyle patterns, such as inactivity and obesity. Points to risk factors for certain types of arthritis, they also inform strategies towards prevention and reducing symptoms<sup>2</sup>
- Risk factors that can impact Alzheimer's include previous head injury, age, family history, being female, and cardiovascular health
- You can support your brain's health through proper exercise, nutrition and self-care<sup>3</sup>.

While these concerns can impact many seniors, learning about health topics – such as diabetes, arthritis, heart and stroke disease and dementia – and how they affect the aging population, can support both prevention and management of these illnesses.

By involving ethnic communities, such as the Caribbean community, that are at higher-risk, local awareness of health issues impacting seniors increases. This can lead to prevention, early detection, and better management of illness.

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<sup>1</sup> See: *A Community Guide on Diabetes in Immigrant Ethnic Populations: Sample Programs for Early Detection and Management*, by Canadian Ethnocultural Council 2013, p. 3-4. Online: [http://www.ethnocultural.ca/sites/ethnocultural.ca/files/Community%20Guide%20on%20Diabetes%20\(Eng\)%202013%20CEC.pdf](http://www.ethnocultural.ca/sites/ethnocultural.ca/files/Community%20Guide%20on%20Diabetes%20(Eng)%202013%20CEC.pdf)

<sup>2</sup> See: Public Health Canada. *Life With Arthritis In Canada: A Personal and Public Health Challenge*.

<sup>3</sup> Phair, K. for Alzheimer's Society of Peel. *Taking Charge of Your Brain Health*.

Engaging these communities is essential for reducing the burden of health issues impacting seniors, and supporting them to manage their health through improved lifestyle choices.

## **Learning Series Coordination**

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You don't have to be an expert in health topics or seniors' health in order to coordinate and run the *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* series in your community!

A successful *Learning Together* series only requires a few important components:

1. **Learning Series coordination.** This is a person (or team of people) who will take the lead in planning the sessions, where they will take place, what topics will be presented, and who in your community will share information on these topics.
2. **Learning Series facilitator.** This is a person (or pair of people) who is present at each Learning Series session, takes the lead in making sure the session runs smoothly and remains on-time, respond to questions, concerns and recommendations; and solicits feedback from senior participants. Sometimes, the coordinator(s) of the series and the facilitator(s) are the same person(s).
3. **Learning Series guest presenters.** These are experts in your community on health topics that are willing to attend your group session to share information on a specified topic.

Topics, for example, can include diabetes, arthritis, heart and stroke disease and dementia. Guest presenters, in this case, may include representatives from your local health department, Canadian Diabetes Society, Canadian Heart and Stroke chapter and Alzheimer's' Society. Look in your local social services, health services or 211 listings for a listing of local charity or health promotion services.

4. **Outreach to Learning Series participants.** You will need to invite seniors (and their caregivers) to attend your sessions. You will want to think about how the diverse seniors in your community like to receive information: what will your outreach materials (i.e. flyers print information) look like? What languages will it be in? This will help you to understand how to make your outreach in the community appeal to diverse seniors, how to make it welcoming to them, and how to ensure that your information is easy to understand.

You will want to think about where to find the diverse seniors in your community: where do they travel to, attend appointments, or spend their social time? Where

do their caregivers spend time? This will help you to understand where to distribute and share your outreach materials.

5. **Learning Series session agenda or plan.** Creating a timeline, agenda or plan for each session will help your session to run smoothly and stay on time. It also supports the facilitator(s) in their role. Session agendas or plans are created ahead of each session.
6. **Learning Series resources for participants.** Resources for participants are not required, but are helpful in supporting senior participants once they leave the learning session. Resources may include things like print information on the health topic that was presented that day; referrals to local organizations that support seniors, caregivers or offer healthcare services; information on where to get additional information (i.e. flyers, brochures, fact sheets, websites, books or reading lists); or take-home activities.
7. **A budget** for expenses such as printing, refreshments, outreach. Your expenses may also include facilitator/coordinator compensation, honorarium for guest presenters, venue/space, and access support to participants such as transit fare.

If you have these components – or are willing to plan and implement them – you have the basics for a *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* series in your community.

### **Learning Series Coordination: Tips**

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The following checklist will help you in planning a *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* series in your community — from the initial steps right up to your first session.

#### **A few months before the *Learning Together* series...**

- ☐ Identify what person (or team of persons) will take the lead in planning the sessions
- ☐ Estimate how many seniors you would like to attend each session. This will help you with choosing a venue
- ☐ Brainstorm possible locations where the sessions might take place in your local community. Remember that a good location and venue will be:
  - A space or organization that diverse senior in your community are familiar with and comfortable attending. For example: a seniors centre, newcomers centre, ethnic community organization, multi-service agency, seniors organization, health services organization
  - A venue and location that diverse seniors find easy to get to

- Accessible by public transit, and with free parking
  - Accessible to those with disabilities: Wheelchair accessible and accommodating of mobility devices; well-lit for those with low vision; space for an audio-visual set-up, such as a Powerpoint projector; access to/amenable to a microphone
  - Big enough to comfortably host your group
  - Affordable to you and your team (you will want to investigate any costs associated with using the space)
  - ☐ Identify your budget, and how you will prioritize the funds you have. You may need funds for expenses such as printing, refreshments and outreach. If you have more resources, your expenses may also include facilitator/coordinator compensation, honorarium for guest presenters, venue/space, and access support to participants such as transit fare
  - ☐ Brainstorm what health topics will be presented in your series. You will want to consider what health topics are important to diverse seniors in your community, what topics are important to caregivers, and what information is available in your community.
  - ☐ Decide on your series' health topics. 4-6 sessions is a good number for a series.
  - ☐ Identify dates for your sessions. It is a good idea to choose similar dates for each session (i.e. the last Wednesday of each month), so to make it easier for community members to remember. Also, check in with others that work with seniors in the community to ensure that the time you choose does not conflict with other popular senior programs.
  - ☐ Identify who in your community – that is, what organization, presenter or other experts -- can share information on the session topics you have chosen
  - ☐ Contact the organizations, presenters or experts you wish to present at your series, and invite them to attend as a guest presenter. In your contact email or phone call, identify:
    - The purpose of the *Learning Together* series, and the topic upon which you wish them to present
    - The date(s) to choose from
    - How long you wish their presentation/component of the session to be
    - What kind of information you hope they will bring
    - Your role in the series, and how they can get in touch with you
- FYI, organizations and presenters are busy people! To avoid disappointment, be sure to reach out to speakers and experts sooner rather than later
- ☐ You may wish to choose an extra topic/presenter, just in case one does not work out and you need to make additional plans

**A few weeks before the *Learning Together* series...**

- ☐ Identify what person (or team of persons) will facilitate the sessions
- ☐ Firm up the dates and location of your sessions



- ☐ Decide on outreach materials you want to use to reach seniors in the community. You will want to think about the following:
  - What will your outreach materials look like? Examples include: flyers, print information, handouts, online, social media
  - What languages will it be in?
  - Will it appeal to diverse seniors?
  - Is it easy to understand (i.e. does it use plain and large texts, pictures)? Is the messaging simple and clear?
  - Where will you distribute and share your outreach materials?
- ☐ Engage community partners, allies, organizations and spaces to help share your outreach materials
- ☐ Follow up and confirm with the organization, presenter or experts that will attend as guest presenters. In your contact, identify:
  - The confirmed date, time and location
  - How long you expect their presentation/component of the session to be
  - Takeaway information/resources you hope they will bring
  - How many participants you expect will attend the session
- ☐ Create a session timeline, agenda or plan for each session will help your session to run smoothly
- ☐ Be sure to create an inclement weather process, in case poor weather occurs on the day of one of your scheduled sessions. Identify:
  - Who will decide whether the group will be cancelled/proceed?
  - Who is responsible for communicating a cancellation to the public?
  - How will they communicate the decision to cancel to the public? (i.e. recorded on your agency's answering machine message; publicize it on your website/city's website/radio; other ideas)
- ☐ Create a simple session evaluation, so that participants can offer feedback on the session

**A few days before the first *Learning Together* session...**

- ☐ Check-in with or offer a reminder to your session's guest presenter. In your contact, identify:
  - The date, time and location of the session
  - Any audio-visual or IT needs
  - The session's agenda (offer a copy)
  - How to reach you on the day of the session
  - How many participants you expect will attend the session
- ☐ Review your session timeline
- ☐ Prepare your session materials. These may include:
  - Refreshments
  - Transit fare, if you have offered this to participants
  - Honorarium , if you have offered this to your guest presenter



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- Thank you card for guest presenter
- Pens, pencils, chart paper, markers
- Signs for the venue/group room
- Copies of participant evaluation and envelope for collecting completed evaluations
- Print information about your organization
- Information on how to contact the facilitator/coordinator

**After each *Learning Together* session...**

- ☐ Check-in with your series co-facilitator, coordinator, or another colleague about how the session went
- ☐ Review the completed evaluations
- ☐ Summarize the evaluation feedback
- ☐ Consider ways to implement any constructive criticism or recommendations from participants
- ☐ Consider ways to address any access barriers that participants identify
- ☐ Congratulate yourself on a successful group and engage in self-care 😊
- ☐ If there are remaining sessions in your series, begin to prepare for your next session



## **Learning Series Facilitation: Tips**

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Facilitation encourages participants to take part in your series sessions. Through good facilitation, participants can share and learn from others. The following are some tips<sup>4</sup> on how to be a strong facilitator in your *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* series.

- ✓ **Listen.** Facilitation means listening to what participants in the sessions say. It includes being aware of verbal and non-verbal means of communication.
- ✓ **Support confidentiality.** Participants ought to be assured that whatever is shared inside the sessions – for example, personal stories or experiences – may not be shared outside the session. As a facilitator, your role is to identify this rule and ensure that it is respected.
- ✓ **Model respect for others.** Each member's contribution to a discussion or activity is valuable.
- ✓ **Help participants to manage challenges or conflicts.** Facilitation requires giving attention to how the group operates. This includes helping to resolve conflict; or any other difficulty that might come up.
- ✓ **Foster inclusion and participation.** Everyone in the group must be included and encouraged to participate. Model and foster turn-taking, and sharing time in the sessions.

If you are running your *Learning Together* sessions in partnership with another person, here are some ways that you can work with your partner (co-facilitator).

- If possible, plan the session together. Before the first session starts, meet and discuss your approach and the session's agenda
- Decide how sections of the session will be shared or divided between two
- Decide who will take which sections
- Set up and clean up the group room together
- Support each other during the session
- After the session, debrief jointly
- Give positive and critical feedback on how you might improve your work together
- Plan the next session based on feedback from the previous one<sup>5</sup>.

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<sup>4</sup> This information thanks to: Combat Poverty Agency. *Developing Facilitation Skills – A Handbook for Group Facilitators*. New Edition 2008: 15-16.

<sup>5</sup> Ibid.

## Thinking About Accessibility: Tips

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Your sessions ought to feel safe, fun and easy for seniors to take part in.

The World Health Organization tells us that for ageing people, communities are not always easy to get around in: older people need supportive environments “to compensate for physical and social changes associated with ageing”<sup>6</sup>.

In Peel region, for example, we learned that diverse seniors faced a number of barriers to getting about, connecting with others, and accessing information. These included:

- The senior immigrant population in Peel region is growing dramatically, but over 14% of Peel seniors have no knowledge of English or French<sup>7</sup>
- A combination of service access barriers and lack of culturally-informed and senior-serving services creates additional barriers to support and information for immigrant seniors and their caregivers
- Poverty and reliance on public transit could limit what services and places seniors travelled to
- A lack of knowledge about how elder and social service care is delivered in Canada
- A “lack of awareness about available services, and a reliance on family members to translate and negotiate systems for them” created more barriers<sup>8</sup>

The following are some tips<sup>9</sup> on how to increase accessibility to your *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* series.

- 1. Ensure your session venue and location is accessible to diverse seniors. A good location and venue will be:**
  - ✓ One that diverse senior in your community are comfortable attending. For example: a seniors centre, newcomers centre, ethnic community organization, multi-service agency, seniors organization, health services organization
  - ✓ Easy to get to
  - ✓ Accessible by public transit
  - ✓ Accessible to those with physical disabilities (i.e. wheelchair accessible and accommodating of mobility devices)
  - ✓ Well-lit for those with low vision; has space for an audio-visual set-up
  - ✓ Amenable to a microphone

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<sup>6</sup> World Health Organization (WHO). 2007. *Global Age-friendly Cities: A Guide*: 4

<sup>7</sup> Region on Peel, 2010: Meeting the Needs of Immigrants Throughout the Life Cycle, 3, 67.

<sup>8</sup> Ibid, 67.

<sup>9</sup> This information thanks to: Combat Poverty Agency. *Developing Facilitation Skills – A Handbook for Group Facilitators*. New Edition 2008: 15-16.

**2. Ensure your outreach plans and materials are accessible to older and diverse persons.**

- ✓ Use materials and formats that will appeal and be easy-to-understand. These may include flyers, print information, handouts
- ✓ You may also use online or social media formats – though remember that seniors use these formats less than other populations
- ✓ Use materials and formats in languages that are common in your community
- ✓ Use materials and formats that are easy to understand: for example, use plain and large texts, pictures, and simple and clear messaging
- ✓ Engage senior-serving community partners, allies, organizations and spaces to help share your outreach materials

**3. Ensures that series topics and materials reflect the lives of older and diverse people. Materials and topics should:**

- ✓ Include the concerns and life patterns of older men and women: for example, commitments to grandchildren or adult children, isolation, stigma
- ✓ Include older persons in books, movies and other media you use in the sessions
- ✓ Include diverse persons and families in books, movies and other media
- ✓ Integrate concerns and interests that you learn from participants in their evaluation

**4. Where possible, use some of your budget to reduce access barriers.**

- ✓ Offer practical support in the form of refreshments or transit fare to those who participate in your sessions
- ✓ Hire language interpreters to support sessions if your participants speak a language other than English



*Living With Stress: Understanding the Key Concepts Of Stress Management & How To Put This Information To Use session*

## **Appendices**

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### **Sample Session Agenda**

#### **Agenda**

##### *Introduction and Welcome (10 minutes)*

- Describe the Learning Series
- Introduce today's topic
- Housekeeping: where are the bathrooms, overview of the session's timeline, refreshments, what is in participant packages?, describe participant evaluation
- Identify the inclement weather process, and how they may learn of cancellation of the group should this occur

##### *Ice breaker Activity (5 minutes)*

- Ahead of the session, discreetly mark participant packages with a symbol or star sticker
- Now ask participants to turn their pkg over
- If participants finds a star they come up and claim prize (i.e. self-care product or gift card)

##### *Today's Topic and Guest (1 hour 15 min)*

- Introduce guest speaker
- Guest speaker presents
- Q & A
- Thank guest speaker and present token/card of thanks

##### *Evaluation forms (15 minutes)*

- Re-introduce evaluation
- Describe the purpose of feedback (e.g. improve future sessions)
- Participants to check the back of the evaluation form for a symbol/star; the winner comes up to claim a gift/gift card
- Complete evaluations
- Collect evaluations
- Invite participants to stay for refreshments and sign-up for upcoming sessions

## **Sample Session Topics/Presenters**

Our *Learning Together* series topics were chosen, based on the thoughts and experiences of organizations and staff working with senior populations in Peel, organizations and staff working with immigrant populations in Peel, and seniors and caregivers themselves.

Our *Learning Together* series had 6 sessions. The topics in our series were as follows:

### **1. Living In Wellness: Understanding and Managing Diabetes**

Facilitator: Dr. Marilyn Oladimeji Ph.D, for Peel Diabetes Society

*Session Agenda:*

- Introduction
- Types of Diabetes
- Symptoms of Diabetes
- Long-Term Complications of Diabetes
- Are You at Risk for Diabetes
- Canadian Guidelines for Healthy Eating
- Resource specifically for African Caribbean seniors
- Q & A
- Closing

### **2. Understanding Alzheimer's: Keeping your brain healthy and warning signs**

Facilitator: Karen Phair, Public Education Coordinator, for Peel Alzheimer's Society

*Session Agenda:*

- Introduction
- Statistics concerning Dementia and Alzheimer's
- What is Dementia?
- What is Normal? When Should I be Concerned?
  - Memory, Performing Tasks, Language, Disorientation, Judgment, Abstract Thinking, Misplacing Things, Mood, Personality
- Getting A Diagnosis
- Treatment
- Risk Factors
- Prevention: Maintaining Your Brain
- Local Supports and organizations for further information
- Closing

### **3. Simple Tips for Staying Healthy: Heart condition, arthritic pain, diabetes and more**

Facilitator: Dr. Majeed Khan, Holistic Medicine Consultant/Practitioner Naturopathy



**4. Living With Stress: Understanding the Key Concepts Of Stress Management & How To Put This Information To Use**

Facilitator: Tammy Whelen

**5. Do you want to feel better and have more energy? Get a jump start with Socacize® Suitable for all sizes, genders and abilities!**

Facilitator: Ayanna Lee-Rivears

**6. Protecting Your Health: Heart Disease and Stroke, signs and symptoms, risk factors, and methods of prevention**



Get a jump start with Socacize® session



*Protecting Your Health: Heart Disease and Stroke, signs and symptoms, risk factors, and methods of prevention session*



### Sample Session Evaluation Form

**Thanks for attending our Learning Workshop today.  
Your feedback helps us to learn what we did well and  
how we can make future workshops better.**

What was the topic(s) of the Workshop you attended?

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<b>What did you think of the Workshop?</b> (Please circle your choice)	<b>Excellent</b>	<b>Very Good</b>	<b>Good</b>	<b>Okay</b>	<b>Poor</b>
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What did you **like the most** about the Workshop?

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What **did you like the least** about the Workshop?

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What **other topics** would you like to learn more about?

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Thank you for your feedback 😊

## **Sample Outreach Flyer**

*Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* [insert logos]

### ***Did You Know...?***

- Some health problems affect **the Caribbean and other ethnic seniors in greater numbers?**
- Health problems can have an impact on seniors' **independence?**
- **Learning more** about health issues like diabetes, arthritis, heart and stroke disease and dementia **can make a big difference** on the impact these illnesses have on our day to day lives?

### ***Come Learn with Us!***

Join us at *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health*.

- Learn how to manage your health issues and reduce symptoms
- Learn about cooking and nutrition
- Connect with other seniors

### ***When?***

December 2014-March 2015

### ***Where?***

Brampton, Malton, Mississauga West

### ***Registration?***

Contact [name of Coordinator or Facilitator] at [email] or [phone number here].

Sponsored by: SPC-Peel



*Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* is an initiative of Peel Fountain of Wisdom Senior Services, funded by the Government of Ontario's Seniors Community Grant Program and sponsored by the Social Planning Council of Peel

Funded by:



## **Resources and Links**

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### **Health Resources and Information for Seniors**

Canadian Diabetes Association

<http://www.diabetesgps.ca/en/downloads>

This webpage offers information online and downloadable information (i.e. that you can print off for seniors that attend your sessions) on diabetes, health and nutrition. Special sections are included for the African Caribbean, Chinese and South Asian communities.

Alzheimer's Society of Peel

<http://www.alzheimer.ca/peel>

This webpage offers information online and downloadable information on dementia, as well as local programs and services for those living with dementia and their caregivers.

### **Resources and Information About Supporting Seniors**

Peel Fountain of Wisdom Senior Services

<http://pfwss.com/>

Peel Fountain of Wisdom Senior Services (PFWSS) is a registered charity in the Region of Peel that provides support services to diverse Caribbean seniors in Peel Region. Services and programs include: providing information, referrals and support to seniors; an Education committee that supports education and participation in healthy lifestyles for seniors, their caregivers and service providers; a social committee, which provides social opportunities for seniors in Peel; in collaboration with Big Brothers Big Sisters of Peel, PFWSS is involved in an intergenerational mentoring program with the Peel Board of Education. Weekly seniors group meetings are held every Monday afternoon in Mississauga West. Peel Fountain of Wisdom Senior Services (PFWSS) coordinated and facilitated the first *Learning Together: Seniors from Diverse Caribbean Communities in Peel Talk About Health* series.

Elder Help-Peel

<http://elderhelppeel.org/>

Elder Help-Peel is a charitable organization offering information, education and supportive services through group work and community development to diverse elderly persons (55+), who live in the Region of Peel and who desire to become and/or to maintain their self-sufficiency and independence. Weekly seniors group meetings are held every Wednesday afternoon in Brampton.

Coalition of Agencies Serving Immigrant Seniors in Peel (CASSIS)

<http://cassispeel.org/about-us>

is a member-based organization concerned with improving the quality of life for immigrant seniors. CASSIS was established in October 2009 and will engage various

stakeholders on enhancing the quality of life for immigrant seniors in Peel by developing the capacity of member agencies.

#### Malton Neighbourhood Services

<http://mnsinfo.org/>

Malton Neighbourhood Services (MNS) host a series of free, drop-in groups for seniors (i.e. Caribbean Seniors Group, Italian Seniors Group for Women and Italian Seniors Group for Men), where participants may take part in crafts, games, gentle exercises, go on occasional trips and learn about topical matters such as osteoporosis, arthritis, keeping safe and more. Weekly Caribbean seniors group meetings are held every Monday afternoon in Malton.

#### Peel Elder Abuse Prevention Network

<http://www.peapn.ca/>

Peel Elder Abuse Prevention Network (PEAPN) is a collaborative of over 45 community organizations that have come together to stop and prevent the abuse of older adults in our communities. The PEAPN website offers information about different types of elder abuse, preventing elder abuse, common financial scams that impact senior populations, and events addressing seniors and abuse.

#### United Achiever's Community Seniors Services

<http://unitedachievers.org/community-services-programs/long-term-care>

Long Term Care: Social, Health, Safety and Congregate Dining Program aims to improve the quality of life for Black and Caribbean seniors. Program and Services include: - Congregate dining - Exercise and fitness - Accompaniment - Friendly Visiting - Health, Nutrition and Well-Being workshops - Community Events - Social Activities - Education Seniors ages 55 and older are welcome. The Program operates from three locations on Thursdays, Wednesdays and Mondays in Brampton.

#### 55+ Cari-Can Group

<http://www.bramptonguardian.com/community-story/3252688-life-begins-at-55/>

55+ Cari-Can Group is a network for Canadians of Caribbean origin who are aged 55 and over that meets weekly for social events and to push for improved access to services for older individuals. Weekly seniors group meetings are held every Tuesday afternoon in Mississauga.

#### Meeting the Needs of Immigrants Throughout the Life Cycle (Region of Peel, 2010)

<http://www.peelregion.ca/social-services/pdfs/discussion-paper-2.pdf>

This report, available online, discusses the integration, care and social inclusion of seniors of immigrant communities in Peel.

A Community Guide on Diabetes in Immigrant Ethnic Populations: Sample Programs for Early Detection and Management (Canadian Ethnocultural Council, 2013)

[http://www.ethnocultural.ca/sites/ethnocultural.ca/files/Community%20Guide%20on%20Diabetes%20\(Eng\)%202013%20CEC.pdf](http://www.ethnocultural.ca/sites/ethnocultural.ca/files/Community%20Guide%20on%20Diabetes%20(Eng)%202013%20CEC.pdf)

This guide is intended to give service providers ideas about adapting their diabetes programming, so that it better meets the needs of specific communities.

*Global Age-friendly Cities: A Guide*. World Health Organization (WHO). 2007.

[http://www.who.int/ageing/publications/Global\\_age\\_friendly\\_cities\\_Guide\\_English.pdf](http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf)

The World Health Organization (WHO) identifies challenges facing ageing populations, and strategies to make your community more age-friendly. In this practical guide, the WHO discusses eight community dimensions – *Outdoor Spaces and Public Buildings; Transportation; Housing; Social Participation; Respect and Social Inclusion; Civic Participation and Employment; Communication and Information; Community Support and Health Services* – that can support seniors in their day to day lives.