

2010 Highlights

Square One Seniors Wellness Services (SOSWS)

June 24, 2011 Annual General Meeting



- Completed our **first full year as a Registered Charity** in December 2010. All programs were FREE during our first year. Charity Registration number 81959 5893 RR0001.
- **New Horizon for Seniors Program** grant of \$25,000 provided funding for our first year of program and services delivery.
- **Developed and maintained strong partnerships with:** 1. **Square One Older Adult Centre** who coordinate and deliver all SOSWS programs, services and events. 2. **Family Services of Peel** who provide social workers for weekly individual counselling, bi-weekly Circle of Friends support group and monthly Health Lectures. 3. **Peel Senior Link** – our Paymaster - Health Service Provider, transferring the Mississauga Halton LHIN, Aging at Home funding to SOSWS to operate the Telephone Reassurance Program. 4. **Community Foundation of Mississauga**. 5. **Over 30 other community organizations** provided resources for health lectures, health clinics, presentations, courses, support groups, etc.
- Offered the **Telephone Reassurance Program**, funded by Mississauga-Halton Local Health Integration Network (LHIN), in partnership with Peel Senior Link. Currently serving 39 clients. This wonderful service is provided by 14 volunteers who are supervised by SOOAC Volunteer Coordinator.
SOSWS offered the following during our first year of operation:
 - **Lectures/Workshops:** Sensible Living and Health Lecture Series including: The Facts on Aging and Depression, Talking with Your (Adult) Kids, Epilepsy Training – how to identify a seizure, Stress Management, Strategies for Caregiver Who Deal With Anger, Downsizing and Making the Move, Financial Planning for Widows and Widowers, workshop on how to write your will, Innovative Exercises for Mind, Body and Soul, Hearing Clinics, Flu Shot and Blood Pressure Clinics, Managing Vision Loss, Oral Health for Seniors, Long Term Care Insurance, Caregiver Support, Counselling
 - **Courses/Support Groups:** Circle Of Friends, Diabetes Support Group, Cooking for 1 or 2 Course, Chronic Pain Management and Stress Management Course, Food and Nutrition Series – how to follow the Canada's Food Guide.
 - **Events:** March 2010 – Seniors Information and Active Living Fair, June 2010 - Health Education Event, November - Drug Awareness Special Event: Be Informed – Be Healthy: Drug Awareness & Older Adult Health, December 2010 – 1st Anniversary Celebration event.
 - **Successful Fundraising Campaigns included: Donor Board Campaign** – Fall 2011 raising \$6,600, **Tree of Sharing Campaign** raising over \$4,650 - April to June 2010, October **Walk-a-thon**, in partnership with Square One Older Adult Centre, raising \$21,900
- \$1,200 received from **Sponsors and Corporate Donations**.



2010 – 2011 Partners

Square One Older Adult Centre
Peel Senior Link

Family Services of Peel
Older Adult Centres' Association of Ontario
(OACAO)

2010 – 2011 Government Funders

Government of Canada:

New Horizons for Seniors Program

Ontario Government:

Mississauga - Halton Local Health Integration Network (M-H LHIN)

Individual Donors 2010/2011

Donating over \$200

Anonymous
Anna Chacko
Expo Cruises And Tours Inc
Dulcie Grant
Sue Hesjedahl
Kathleen Lee
Sann & Avelina Lwin
Hazel Salman
Esther Williams

Farida Alexander
Alice & Bob Dods
Mary Ann Foster
Tina Harper
Doreen Howell
Pearl Lee
Edna Michelin
Foutna Thakib
Cam Woledge

Thelma Bauman
Leon & Grace Eng
Pat Fyffe
Phyllis Harvey
Irene Lee
S.Y. Lee
Vernie Persaud
Sue Toyota

Square One Seniors Wellness Services

2010 - 2011 Board of Directors

Esther Williams - President

Judy Willson - Vice President

Robert Lomon - Controller

Alice Dods - Secretary

Pat Fyffe - Director*

*left the Board during 2011