

MEADOWVALE WEST CHURCH CENTRE UPDATE

6945 Meadowvale Town Centre Circle, Mississauga, L5N2W7
For more information contact Ann Langdon at 905-363-0123

Open House

Tuesday, November 8th

9:00am - Noon

Please join us as we open our doors to the local community to tour our facility and get more information about our new older adult programs. Come and see demonstrations, talk to our instructor and sign up for some classes.

Free, sign up at Administration Office.

Sponsored by: Palisades on the Glen

Meadowvale West Church Centre Map:



Diabetes Awareness

Tuesday, November 15th

10:00am - 11:30am

November is Diabetes Awareness month. Do you know that more than 3 million Canadians have diabetes and more than 6 million Canadians live with pre-diabetes? Do you know that 1 in 3 people with diabetes do not know it. Come and learn more about the different types of diabetes, the symptoms and the associated risk factors of diabetes and the management through healthy eating and active living. Free, sign up at Admin Office.

2011 / 2012 Volunteer Board of Directors

Esther Williams	President
Alice Dods	Vice President
Robert Lomon	Controller
Alice Dods	Director, Administration and Secretary
Manuel Castellino	Director, Facilities
Ajit Zacharias	Director, Marketing
Tessie Buena	Director, Programs and Cafeteria
Linda Keen-Lausberg	Director, Special Events and Fundraisers
Juliet Rebello	Director, Travel
Jean Michaels	Director, Volunteers
Tessie Buena	Director at Large
Frank Dale	Ex-officio Director, Ward 4 Councillor, City of Mississauga
Wendy Murdock	Ex-Officio Director, City of Mississauga
Claire Santamaria	Ex-Officio, Square One Shopping Centre
Peter Hammond LL.B.	Legal Consultant (volunteer)

Square One Older Adult Centre Staff

Sue Hesjedahl	Executive Director
Laura Surman	Program Coordinator (with responsibility for Centre Supervision)
Anne Goldspink - Norman	Administration and Facility Coordinator
Lina Zita	Marketing and Community Development Coordinator
Karmela Buzdon	Volunteer Coordinator
Ann Langdon	Community Engagement Coordinator
Joan Crews, Genni Iwanski	Saturday Receptionists

Supported by:



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Our Mission

A Centre,
operated by
and for
Mississauga's
Older Adult
Residents
who are
50+ years of age,
which provides
social, health,
educational, and
recreational
opportunities to
enhance
their quality
of life.



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EXECUTIVE DIRECTOR MESSAGE

Congratulations to the 99 participants who raised over \$21,500 in our **Walk-a-thon** this year! You have done an amazing job! Congratulations to the top three individual pledge collectors: Cam Woolledge raised \$5,661, Edna Michelin raised \$4,997, and Corrine McCallum raised \$840. Way to go ladies! Also, congratulations to the Mall Walkers group who raised \$4,910.75 and won the team contest. We thank our generous sponsors who supported the event: Home Instead Senior Care, Chartwell Seniors Housing, MEDChair, Palisades on the Glen and Amy Ozamiz of Investors Group.

We will be celebrating with our members and volunteers who have achieved 80+ years of age. We will be hosting our first ever **Over 80's Celebration** on Thursday, November 17th. We thank VIVA Retirement Community Mississauga for sponsoring the event. Invitations are being sent out to those folks who are 80 years and better. If you didn't receive your invitation please see Anne or Laura.

We are dedicating the 18th Annual International Lunch to our founding Board member, Lewis Lawrence, who sadly passed away in June of this year. Please join us for the **Lewis Lawrence International Lunch** on Thursday, November 24th. Tickets sell out fast for this members only event, so don't delay. Tickets are \$10 each.

*To my dear friends at Square One Older Adult Centre,
The last 17 years have been exciting. When I was first hired by the Board of Directors in 1994, as their first full-time staff member, SOOAC was just starting out. We have experienced such amazing growth that we now have over 1600 members and over 150 volunteers. We now have 6 full time staff and over 20 part time staff. We developed and registered a seniors' health and wellness charity called Square One Seniors Wellness Services and we now have a satellite location in Meadowvale. Wow!*

Unfortunately, it is time for me to enter into the next chapter of my career. I have accepted the position of Executive Director of the Older Adult Centres' Association of Ontario (OACAO). I have been a member of the OACAO Board of Directors and Executive for the past 15 years. The OACAO provides resources, expertise and leadership for Older Adult Centres and seniors groups across the province. Square One Older Adult Centre and Square One Seniors Wellness Services are both members of the OACAO. We have received funding from the OACAO to host our annual Seniors Health and Information Fairs. I am looking forward to my new position as it will allow me to further advocate and support Older Adult Centres across the province. It will also allow me to stay connected to SOOAC and SOSWS, so that is great. However, it saddens me to leave Square One Older Adult Centre and my many friends here. You have been a huge part of my life and I will miss seeing you all. I promise you, that I will still stay connected and supportive of SOOAC.

I thank all of you for your past support. I especially thank the Board of Directors and staff who have worked hard alongside with me. All of you have truly enriched my life.

Sincerely, Sue Hesjedahl, Executive Director

UPCOMING EVENTS

Christmas Lunch and Dance

Tuesday, December 6th, 1:00pm

Tickets: \$20 members, \$22 guests 50+

Sponsored by:

VIVA Retirement Community Mississauga

New Member Social

Monday, December 12th, 2:00pm

Free, sign up at Administration Office

Refreshments provided by:

Evergreen Retirement Community

Christmas Music

Thursday, December 15th, 2:00pm

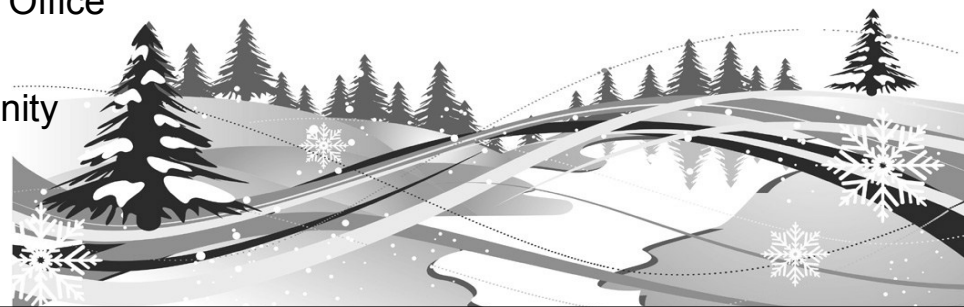
Tickets: \$5 members, \$6 guests

Sponsored by: Bayshore Home Health

New Year's Eve Party

Saturday, December 31st, 1pm - 5pm

Tickets: \$16 members, \$18 guests 50+



BE INFORMED — BE HEALTHY: FREE DRUG AWARENESS AND OLDER ADULT HEALTH EVENT

Thursday, November 17th, 9:00am - Noon
There will be: safe meds for seniors presentation, displays by community agencies, safer substance use and gambling presentation, light refreshments and door prizes. Please pick up your **free** ticket at the Administration Office.

SQUARE ONE SENIORS WELLNESS SERVICES 2ND ANNIVERSARY CELEBRATION

Tuesday, December 13th
1:30pm - 3:30pm

Enjoy light refreshments and entertainment as we celebrate our **2nd Year** of providing wellness services.

Tickets: \$2.00 members and guests

VOLUNTEERING CHRISTMAS GIFT WRAP

Saturday, December 3rd - December 24th

Have all of your Christmas gift wrapping done in the Square One Shopping Centre this holiday season.

Please see Karmela Buzdon if you are interested in

volunteering for gift wrapping. The Centre is looking for donations of: Christmas wrapping paper, gift tags, boxes, Christmas cards, bows, and ribbons.



BOARD OF DIRECTORS UPDATE

We are happy to welcome:

Linda Salb to our staff as incoming Executive Director. Linda comes to us from Osteoporosis Canada where she served as National Director for 10 years. The Hiring Committee saw Linda as being most adaptable to our organization. Linda is eager to meet staff and members.

Sue's expertise was invaluable to the Hiring Committee. Nineteen persons applied for the position.

Eight were selected based on experience and qualifications. Sue created a Spreadsheet which allowed the Hiring Committee to statistically analyze resumes based on various criteria. Four persons were selected for interviews and two of the four, for second interviews.

In selecting the candidate, the Hiring Committee looked at personality, work experience as well as credentials. The committee followed the Ontario Employment Standards Act, The Ontario Human Rights Code, Ontario Freedom of Information and Protection of Privacy Act as well as SOOAC Human Resource Policy Manual.

Linda is looking forward to working with and for our members. Linda sees the position as challenging so you can look forward to some exciting times. Please join with the Board of Directors and staff in giving Linda a warm welcome.

And, with mixed feelings, we say farewell to:

Sue Hesjedahl, our current Executive Director. Sue has accepted the great responsibility of overseeing the Older Adult Centres Association of Ontario (OACAO). Sue has volunteered with OACAO in different leadership roles for 15 years. On October 18, 2010 this organization showed their appreciation of Sue's leadership abilities by presenting her with The Person of Distinction Award – their most prestigious award.

By accepting the position as Executive Director of OACAO, Sue is continuing on a career path she designed for herself. This is an exciting career step for Sue and we can expect innovative concepts from her as she settles into her new position. SOOAC is a member of OACAO so Sue will still be in communication with SOOAC.

Sue has nurtured the Square One Older Adult Centre (SOOAC) from infancy to adulthood. In 2012 SOOAC celebrates 20 years of growth, achievements and successes. Sue has faced many challenges throughout the years and has met them with determination, professional expertise and conduct. Sue's organizational abilities and willingness to venture into 'unchartered waters' – eg, Deaf Seniors Group – has made her the ideal candidate for the position of Executive Director of OACAO.

We will miss Sue very much. We wish Sue every success in this new career path. We are positive Sue will pursue this new challenge with the same dignity, humour and professional aptitude she demonstrated while nurturing SOOAC.

Thank you, Sue, for creating and guiding the family we call SOOAC.

Esther E. Williams, President

MOVERS & SHAKERS UPDATE

Travel Office Hours
for December:

Monday - Friday:
10:00am - Noon



UPCOMING FUNDRAISERS

2012 Entertainment Books

On sale now, \$30.00 each book.

Crafter's Club Show and Sale

November 21st to 24th in the lobby