Age-Friendly Advisory Committee

MINUTES

MEETING DATE: February 25, 2026, **TIME:** 10:30 AM – 12:00 PM **LOCATION:** Zoom

CHAIR: Jane Sinclair, General Manager, Health & Emergency Services, Age-Friendly Lead, County of Simcoe

RECORDER: Catherine Ivanyshyn, Administrative Assistant

ATTENDANCE:

Jacqueline Berchtold, Project Coordinator, Health Systems Integration & Planning, County of Simcoe
Kristen Corbiere, Director of Quality, Performance and Special Projects, Helping Hands Orillia
Jenna Davis, North Simcoe Muskoka Specialized Geriatric Services (NSMSGS)
Jackie Dusome, Director, Seniors Services, County of Simcoe
Sandra Gagnon, Regional Lead for Seniors, Ontario Health
Samantha Henderson, Community Navigator, Independent Living Services
Tracy Hill, Program & Support Services Supervisor, Seniors Services, County of Simcoe, Age-Friendly Champion
Gwen Kavanaugh, Chair, Senior Community Fund Committee, CARP Barrie Chapter (36)
Mary Francis Maarup, Events Programmer, Service Simcoe, County of Simcoe
Councillor Sandie Macdonald, Mayor Essa Township
Sarah Orr-Shaw, Public Health Nurse, Chronic Disease Prevention, SMDHU
Janessa Pink, Manager, Client Services, Independent Living Services
Brenda Pufek, Contact Community Services
Kiera Thompson, Supervisor, Housing Programs, Housing & Homelessness, County of Simcoe
Cheryl Wilson, Executive Director, Independent Living Services

GUESTS:

Cheryl Athersych, Knowledge Broker, Ontario Age-Friendly Communities Outreach Program, Centre for Studies in Aging and Health, Queen's University
Christopher Adams, Manager of Community Programs, Lifemark Seniors Wellness

Attachments: *Guest presentations, related materials*
Age-Friendly Seniors Housing Grant Program Information

Ontario Renovates Package

ITEM	Action Items, Noted Events & Links
1. WELCOME AND INTRODUCTIONS All committee members were welcomed to the meeting.	
2. APPROVAL OF AGENDA and PREVIOUS MINUTES **2.1. Approval of Agenda** The agenda was approved as presented. **2.2. Approval of Previous Minutes** (December 4, 2025) The previous Minutes were approved as presented.	
3. PRESENTATION: Seating & Mobility Clinics - Lifemark Christopher Adams, Manager of Community Programs, Lifemark Seniors Wellness Chris oversees retirement, private, and community divisions. **About the Program** • Lifemark Seniors Wellness operates in ON & BC; partners widely. • NSM/Simcoe County program provides **free mobility + seating assessments**. **What the Clinics Do** • Assess seating, walkers, and manual wheelchairs. • Assisted Devices Program (ADP)-authorized OT/PTs provide prescriptions. • Vendors offer equipment trials + purchase options. **Clinic Operations** • 2 clinics/month (Barrie monthly; others rotate).	**Chris Adams** | R.Kin, Manager of Community Programs tel: 416.399.7351 christopher.adams@lifemark.ca The Lifemark **flyer** is included as an attachment for distribution. The County will: ○ Circulate with the minutes

ITEM	Action Items, Noted Events & Links
• Mobile team: 2–3 therapists + 2–3 vendors. • Appointment only; takes 30–60 minutes. **Eligibility** • Seniors (generally 55+). • Must live in North Simcoe Muskoka region; valid OHIP required. • Only seating, walkers, manual wheelchairs (no power mobility/repairs). **Funding** • Assessments free. • Equipment may be funded 75% by ADP (if eligible). • ADP timelines: seating q2 years; walkers/wheelchairs q5 years. • Early replacement allowed with significant functional change. **Referral Process** • Join mailing list for schedules/updates. • Refer by phone or online form. • High demand; clinics fill quickly. **Additional Notes** • Program funded by Ontario Health at Home. • Orillia identified as high need area for future expansion. • Clinics are fully reopened post pandemic. **Awareness & Promotion of Clinics** • Posted on **NSMHealthline.ca** • Full details available on the organization's **website** • Large network of **referral sources** including: ○ OT/PT professionals, hospitals, clinics, retirement communities	○ Add it to the **Age-Friendly** section of the County website. ○ Schedule follow-up discussions between Chris and County staff regarding: ▪ Potential new clinic in Orillia. ▪ Assist with promotion of all clinic locations. ▪ County to review opportunities to host additional clinics at County facilities.

ITEM	Action Items, Noted Events & Links

• Strong reliance on **word of mouth** and referrals
 	
Jackie Dusome noted:
 	
• County is now supporting **co-branding** and **social media campaigns** for clinic dates.
• Posters have been **distributed across campuses**, especially with a location being moved to the Georgian Village.
• Hosting clinics is provided in kind by the County.
 	
Next Steps
 	
Additional Promotion suggestions:
 	
• Opportunity to promote *all* clinic locations—county hosted or not—through County platforms.
• County to review opportunities to host additional clinics at other County facilities
 	
Councillor Sandie Macdonald suggested:
 	
• Circulating information through **all County Council Members to local municipalities** to encourage local awareness.
• Post information in **libraries** and **senior buildings**.
• **211 -** which many residents rely on for community services.
• These suggestions were noted for follow up.
 	
Materials and Links Requested
 	
• Chris confirmed he can provide a **flyer**.
• The County will:
  ○ Circulate it with the minutes
  ○ Add it to the **Age-Friendly** section of the County website
  ○ Post it broadly to increase visibility
• Follow-up discussions between Chris and County staff regarding:
  ○ Potential new clinic in Orillia	

ITEM	Action Items, Noted Events & Links
○ County-wide promotion of all clinic locations	
4. PRESENTATION: Ontario AFC Outreach Program Cheryl Athersych, M.A., B.A., Knowledge Broker, Ontario Age-Friendly Communities Outreach Program, Centre for Studies in Aging and Health, Queen's University • The Ontario AFC Outreach program has operated since **2015** with funding from the **Ontario Ministry for Seniors and Accessibility** and in partnership with **Queen's University**. **Purpose of the Program** The Outreach Program is a **provincial knowledge translation and exchange initiative** supporting 70+ communities across Ontario at various stages of age-friendly development. **Key Goals** • Strengthen community capacity in planning, implementing, evaluating, and sustaining age-friendly initiatives. • Enhance collaboration and connection across communities. • Share emerging resources, practices, and ideas. • Raise awareness about benefits and evidence-based approaches to age-friendly work. **Core Strategies** • Cheryl answers questions or conducts research to find answers. • Provides partnership support for communities working through challenges. • Writes letters of support for funding applications. • Delivers presentations on age-friendly topics. • Maintains community profiles and resources. Tracks community information to support continuity during leadership transitions. **Collaborative Networks**	Regional networks Cheryl.athersych@queensu.ca The membership of the networks are comprised of the community lead for each age-friendly community initiative. Communities can send **one lead**. **Terms of Reference** attached to the Minutes with presentation. **Community of Interest on Volunteerism** - next meeting is **May 7th** at **1pm**. If interested, please email me Cheryl to join. **E-newsletter** sign up here. Register for March 23rd **webinar** here. **Past webinars** are accessible here.

ITEM	Action Items, Noted Events & Links

• **Four regional network meetings** occur every two months.
• Purpose: share updates, challenges, strategies, and resources.
• Networks have led to the creation of **communities of interest**, such as:
  ○ Age-friendly business initiatives
  ○ Social isolation and loneliness
  ○ **Current group:** Volunteerism in older adults (3 meetings/year)
• Provincial Regional Development Advisors attend to provide **funding updates**.
• Networks sometimes feature guest speakers (e.g., documentary filmmaker Shawn Cisterna presenting *Silver Screamers*).
 	
Monthly E-Newsletter
 	
• Includes news stories, research, funding announcements, resources, reading lists, and community highlights.
• Contains upcoming events relevant to age-friendly work.
• Last 12 months of newsletters are archived online.
• Cheryl will send Tracy links for participants to subscribe.
 	
Webinar Series
 	
• Three webinars per year on age-friendly promising practices or timely topics.
• Past sessions included:
  ○ Canadian Coalition Against Ageism – anti-ageism learning modules
  ○ National Institute on Aging – research on social isolation and loneliness
  ○ King Township – local initiatives to reduce isolation
• **Upcoming webinar:** March 23 (Dr. Maxwell Hart, "Aging Playfully")
• All past webinars are available on the website.
 	
Website & Online Resources
 	
• Website contains:
  ○ Research and resources
	AFC Framework and addendums are available on the website.
	
	Tracy – invite Cheryl to Age-Friendly Municipal Champions Meeting.

ITEM	Action Items, Noted Events & Links
○ Community profiles ○ Links to Ontario's age-friendly framework ○ A free **six-module e-learning course** • **Interactive maps** show: ○ Age-friendly communities across Ontario (by size, by domain) ○ Related organizations (PHUs, councils on aging, research centers) • Upcoming addition: expanded list of organizations supportive of age-friendly work. **Annual Provincial Survey** • Identifies province-wide trends, challenges, and enablers. • Helps Outreach Program refine its services and advise the Ministry. • Communities use survey results for: ○ municipal presentations ○ grant applications ○ comparisons with provincial peers • Evaluation support offered by **Dr. Madison Robertson**, including one-on-one consultation and a four session workshop series. **Upcoming Provincial Conference (March 10–12)** • **Free, virtual, and recorded**. • Theme: *"Building a Future for All: Connecting Age-Friendly Strategies to Emerging Priorities."* • Purpose: show how age-friendly work aligns with major current priorities (economy, climate, digital inclusion, caregiving, etc.). • **Day 1 & 2:** Topics include ageism, economy and aging, environment, technology, aging in community. • **Day 2:** Update on progress toward a potential **National Age-Friendly Collaborative**. • **Day 3:** Hands-on workshops: ○ Identifying funding opportunities and practicing funding pitches	

ITEM	Action Items, Noted Events & Links
○ Communications strategies with a communications expert **Questions & Comments:** • The group will gather the presenters' contact information and share it with the **Advisory Committee** • With permission, a short write-up about the resource will be posted on the **Age-Friendly Website** so visitors can discover and access the service. • There is an **Age-Friendly Municipal Champions Group** that meets quarterly. • Membership includes Municipal staff that representatives from the 18 municipalities (16 lower-tier municipalities plus the Cities of Barrie and Orillia), in some cases, elected officials • The group focuses on: ○ Sharing best practices ○ Joint planning and strategizing ○ Supporting one another in developing **age-friendly communities** • Tracy will forward an invite to join the next Municipal Champions Meeting to learn more about the full scope of support this organization provides. **Conference Participation** • Tracy is **presenting** at the upcoming March 10-12 conference. • The conference is highly regarded, and several team members plan to attend. • Funding-related sessions were highlighted as being of particular interest. • All sessions will be **recorded** for later viewing. **Inventory of Best Practices** • A question was raised about whether an inventory of age-friendly best practices exists. • Response: ○ There is **no static inventory**, because best practices depend on each community's unique needs and results from local needs assessments.	

ITEM	Action Items, Noted Events & Links
○ The dynamic, community-specific nature of age-friendly work is why a single, static inventory isn't maintained. **5. Regional Networks & Communities of Interest** • Several communities of interest have existed over time: ○ Age-Friendly Business Community of Interest – previously active; participation has declined. ○ Social Isolation & Loneliness Community of Interest – also previously active; currently paused. ○ Older Adult Volunteerism Community of Interest – the only active community of interest now. • Based on strong turnout at the recent webinar (hundreds attended, with many more registered), there is interest in reactivating discussions around social isolation and loneliness. • Follow-up requested: ○ Details on how individuals can join existing committees, working groups, or communities of interest. ○ Information will be shared with members and the Municipal Champions Group.	
5. Ontario AgeFriendly Community (AFC) Recognition - Minister for Seniors and Accessibility • On **January 18**, the County of Simcoe attended the ROMA Conference. • The County was **officially recognized by the Minister of Seniors and Accessibility as an Age-Friendly Community**. • Several municipalities from across Ontario were also recognized. • **Recognition included:** ○ Township of Tiny ○ Township of Tay ○ Town of Wasaga Beach ○ Town of Penetanguishene	

ITEM	Action Items, Noted Events & Links
○ City of Orillia ○ County of Simcoe • The event was showed a strong regional representation. • Appreciation was expressed for the **Age-Friendly Committee's support and dedication**, which has contributed to the County's ongoing progress in age-friendly planning. **Group photo from the event**: • The evening also highlighted the value of **provincial level acknowledgement** and bringing together diverse municipalities.	

ITEM	Action Items, Noted Events & Links
6. AGE-FRIENDLY INITIATIVES UPDATE **6.1. Age-Friendly Calendar: Care Partner Respite Programs** • The Care Partner Respite Program Initiative began several years ago in partnership with Bradford Greenhouses, which hosted community workshops with VON and County of Simcoe adult day programs. • Aim was to strengthen collaboration between community organizations, healthcare, and social care sectors to enhance engagement for older adults and their care partners. A research paper based on the initiative was published in the *Journal of Integrated Care*. • The publication supported a successful funding application through Ontario Health's Priority Program for Investment. • Funding allowed for hiring Georgina, who helped expand partnerships with: Simcoe County Museum, 55+ Centers, Waubaushene/Wye Marsh Heritage Centre, Muskoka organizations, and other community groups. **Program Focus** • Designed specifically for **older adults living with dementia and/or frailty**. • Participation is **dyadic**, meaning the care partner and the older adult participate together. • Benefits include: ○ Shared enjoyable activities, peer connection with others in similar caregiving situations, and social engagement in supportive community settings • Waypoint Centre continues to support the program with donor funding to help seed new initiatives. **Integration with the Age-Friendly Activity Calendar** • To ensure the public can easily find program information, the team collaborated with **Simcoe County** to add a dedicated category for **Caregiver Respite Programs**. • A new **dropdown option** now exists when submitting events to the Activity Calendar.	Calendar of Activities for Older Adults: Simcoe County

ITEM	Action Items, Noted Events & Links
6.2. 2026 Age-Friendly Initiative Launch Dates	

Municipal Grant launch: February 9, 2026, (deadline: April 30, 2026)

- The **2026 Municipal Grant** has officially launched, and notice has been sent to all municipalities.
- **Purpose:** To support local planning efforts and program development within communities.
- **Funding Available:** $50,000 (annually approved by County Council).
- **Grant Streams:**
  - Community Engagement / Assessment / Planning
  - Programs & Initiatives
- **Examples of recent funded projects:**
  - Community engagement studies
  - Gardening programs
  - Aquatic programs
  - Literacy program currently running

Housing Grant launch: March 1, 2026, (deadline: May 31, 2026)

- **Funding Available:** $500,000 (approved annually by County Council).
- Last year, the County received **142 applications**, and numbers continue to grow by approx. **20–30 applications per year**.
- After the grant closes, the committee meets to review applications and finalize decisions so projects can begin promptly.
- **Purpose of the Housing Grant:**
  Support residents to **age in place** through home modifications that improve safety and accessibility.
  - **Common project types:**
    - Accessible housing design
    - Bathroom renovations (e.g., tub removals, shower installations)

ITEM	Action Items, Noted Events & Links
○ Security systems (particularly for individuals with dementia) ○ Staff will send information to the committee to help share with community contacts. **Business/Organization and Individual Recognition Program launch:** May 1, 2026, (deadline: May 31st) • This year's program in planning phase. • Tracy is connecting with Chambers' **Business After 5** groups to offer presentations. Confirmed presentation with **Wasaga Beach** on **May 21**. • Presentations will focus on Inclusive business practices and encouraging businesses to consider accessibility modifications. • Committee members are asked to share information within their networks and connect Tracy with any groups looking for speakers **2026 Recognition Awards Ceremony** • **Date:** October 6, 2026 • **Location:** To be determined (expanding due to increased attendance) • Event continues to grow and has outgrown the Atrium. • It is a highlight of the year, celebrating individuals and businesses for inclusive contributions. • All committee members will receive an invitation.	

ITEM	Action Items, Noted Events & Links

7. WHAT'S HAPPENING (ROUND TABLE)
 	
Jacqueline Berchtold, Project Coordinator, Health Systems Integration & Planning, County of Simcoe
 	
• The Project Team at the County within Health Quality Simcoe continues to manage multiple funding grants and provides broad support for various initiatives.
• A new funding grant is forthcoming. Details cannot be shared until Council and stakeholders are updated. An update will be provided at the next meeting once we are able to share.
• other funding items have been approved at this time.
 	
Brenda Pufek, Contact Community Services
 	
• Contact Community Services is delivering free seniors programs through the **Seniors Community Grant**.
• Programs have been very active and well attended this year:
  ○ **Birds and Blooms Painting Classes**
  ▪ Final session today at the SLR Library.
  ▪ Five sessions held across the community.
  ▪ Strong engagement: participants enjoy social interaction and group activities.
  ○ **Low Impact Exercise** (6week program): Very popular, about 30 seniors registered.
  ○ **Zumba** offered in Bradford.
  ○ **Aquafit** offered in Innisfil.
  ○ **Chair Yoga** upcoming.
  ○ **Mini Birdhouse Decorating** (6 sessions across South Simcoe): Launching in March. Very high demand: 81 seniors registered within 24 hours.
 	
Cheryl Wilson, Executive Director, Independent Living Services
 	
• Community Navigation Program navigators are embedded at:
	Jessica Pink – manages navigation and technology needs jpink@ilssimcoe.ca

ITEM	Action Items, Noted Events & Links
○ **Georgian Bay General Hospital (Midland)** ○ **Ontario Health at Home** • Program has been highly successful in supporting safe hospital discharges, especially for seniors. • Awaiting direction on future investment priorities to expand navigation into primary care and targeted postal codes. • **Goal of expansion:** provide upstream support to connect people with community services before hospital visits. **Assistive Technology & Mobility Aid Subsidy** • Long-standing program supporting clients with the 25% cost share of ADP mobility/assistive devices. • Subsidy is income based and supports individuals with financial need. • Team actively engages community partners (e.g., Lions Clubs, Legions) to secure additional funding for unfunded needs. • **Janessa Pink** manages both: ○ Navigation program ○ Assistive technology subsidy program • The navigation service is not publicly advertised - it is system-embedded within hospitals, Ontario Health at Home, and primary care—not a **general community-facing navigator role.** **Jackie Dusome**, Director, Seniors Services, County of Simcoe • Jackie will include an overview of the **Resident Ambassador Program** to the next agenda. ○ Tracy is scheduled to present the program at the upcoming Advantage Ontario Conference in April. **Gwen Kavanaugh**, Chair, Senior Community Fund Committee, CARP Barrie Chapter (36)	

ITEM	Action Items, Noted Events & Links

• The **Seniors Housing Alliance** continues working with core developments and awaits updates from Simcoe County regarding a housing application to the Ministry of Housing.
• A **new project is planned for 2026**, and The Alliance is preparing to become a not-for-profit, including forming a board.
• Outreach is underway to developers for a community meeting at the library; interest in collaborating with Cheryl regarding Ontario AFC Out-Reach Communities.
• The County of Simcoe is exploring how it can support seniors' services and will provide resource links after a follow-up meeting once Marshall Green returns.
 	
Marshall Green forwarded updates as follows prior to this meeting as follows:
 	
• The committee is moving forward with incorporating as a non-profit organization to strengthen its ability to support initiatives in the seniors' housing sector.
• Developer remains fully committed to the proposed "Golden Girls"–style housing development in Barrie.
• Waiting on responses to the Committee for funding. Remain optimistic and anticipates sharing positive updates in the near future.
• Committee members interested in supporting the incorporation process or contributing to the project are encouraged to get involved.
 	
Kristen Corbiere, Director of Quality, Performance and Special Projects, Helping Hands Orillia
 	
• The biggest update from the organization is the recent ratification of the new **10-year Strategic Plan**. Highlights of the plan will be shared at the May meeting.
• A continued focus on:
  ○ Organizational successes over the past year
  ○ Operational efficiencies
  ○ Quality improvement initiatives.	

ITEM	Action Items, Noted Events & Links

• A more detailed overview of their programs will be presented at the May Age-Friendly Advisory Committee Meeting.
 	
Sarah Orr-Shaw, Public Health Nurse, Chronic Disease Prevention, SMDHU
• Sarah's current role now focuses on poverty reduction, healthy environments, sustainable food systems and applies a health equity lens and an optimal aging lens to these new roles.
• Will continue to be involved in additional age-friendly initiatives, as this remains a strong area of passion.
 	
Councillor Sandie Macdonald, Mayor Essa Township
• Confirmed strong community involvement through Essa Township and local organizations.
• Noted the library's many senior focused initiatives.
• Seniors group:
  ○ Celebrating **26 years** as of January.
  ○ Continues to grow in size and engagement.
  ○ Members have become like family over the past 1–1.5 years.
  ○ Participate in additional social activities:
  ▪ Coffee outings, home gatherings, game nights.
  ○ Group includes very senior members, including one aged 99–100.
• Successful **Christmas outing** with 28 participants.
• New food security initiative launching soon:
  ○ Based at Utopia Hall with Friends of Utopia.
  ○ New commercial kitchen installed.
  ○ Seniors group will act as weekly **"Chop Chop Choppers"** preparing ingredients.
  ○ Soup production every Friday.
  ○ New fridges to be placed in community locations (e.g., food bank, churches).
  ○ Soups will be frozen, distributed, and sold to help fund supplies.	

ITEM	Action Items, Noted Events & Links
○ Starting with **five soup varieties**. • Initiative expected to be well received and beneficial to both the community and participating seniors. • Viewed as a **win win** for engagement, food security, and community support. • Acknowledgement and appreciation expressed for the two impressive and insightful presentations delivered during the meeting today. **Kiera Thompson**, Supervisor, Housing Programs, Housing & Homelessness, County of Simcoe • Reminder that **applications are open for the Ontario Renovates Program**: ○ Supports urgent home repairs. ○ Supports accessibility modifications. • Request to **send program information to Tracy and Catherine Ivanyshyn** so it can be included with the meeting minutes. • A link to the program can also be added to help spread the word. **Mary Francis Maarup**, Events Programmer, Service Simcoe, County of Simcoe • March 12 – Simcoe County Museum will start Heritage Hangouts program. • Senior Socials continue and have been going well.	Affordable Housing Programs - Simcoe County Application-Package-Ontario-Renovates-Repairs-2025-2026-fillable.pdf Centre for Studies in Aging and Health
8. CLOSING REMARKS Upcoming 2026 Age-Friendly Advisory Committee Meetings have been scheduled as follows: May 13th 10:30 – 12:00 August 12th 10:30 – 12:00 November 4th 10:30 – 12:00	

ITEM	Action Items, Noted Events & Links
1. Adjournment: 12:00	
2. Next Meeting: May 13th, 2026, 10:30 – 12:00	

Lifemark Seniors Wellness – Seating and Mobility Clinics

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Introductions

Meet Lifemark & the Team

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Seniors Wellness Services

Trusted Partner to more than:

400

LTC Homes

Retirement Communities

& Senior Dwellings

Rehabilitative Care in Ontario and British Columbia

Only rehab provider FULLY accredited

ASPIRE to Excellence® carf ACCREDITED

Over **600** dedicated healthcare professionals

Cares for

42,000 +

seniors each year

Work with **3** Ontario Health Teams

Services we provide:

PHYSIOTHERAPY
OCCUPATIONAL THERAPY **ASSISTED DEVICE PROGRAM**
Foot Care Services
KINESIOLOGY
THERAPEUTIC GROUP PROGRAMMING

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Agenda

- **What is the Seating and Mobility Clinic?**
  - Overview
  - Workflow
- **How to Access?**
  - Referral Process
  - Eligibility Criteria
  - Cost

Seating and Mobility Clinic

What is it?

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What is the Seating and Mobility Clinic?

In partnership with Ontario Health and North Simcoe Muskoka (NSM), Lifemark Seniors Wellness offers FREE mobility equipment assessments and prescriptions to community dwelling individuals aged 55+.

Seating and Mobility Clinics:

MOBILE THERAPISTS

- A team of mobile therapists and equipment vendors host clinics across NSM monthly for Seating, Walkers and Manual Wheelchairs

ADP AUTHORIZATION

- Lifemark Seniors Wellness offers 2-3 ADP authorized Occupational Therapists or Physiotherapists to conduct the assessments and prescriptions

4 DIFFERENT LOCATIONS

- Barrie (monthly)
- Bracebridge (quarterly)
- Collingwood (quarterly)
- Penetanguishene (quarterly)

VENDORS ON-SITE

- 2-3 local mobility equipment vendors will be present on-site during the clinics offering seniors same-day purchase of equipment following the assessment/prescription.

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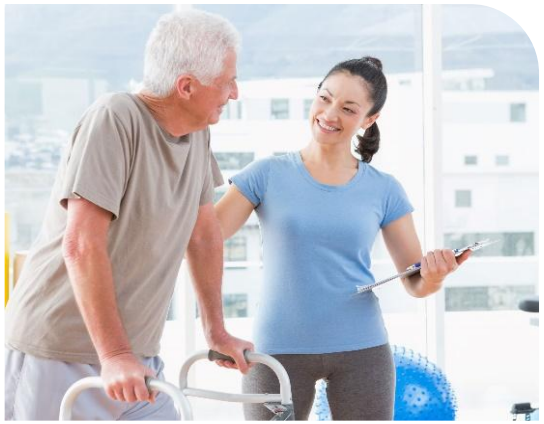
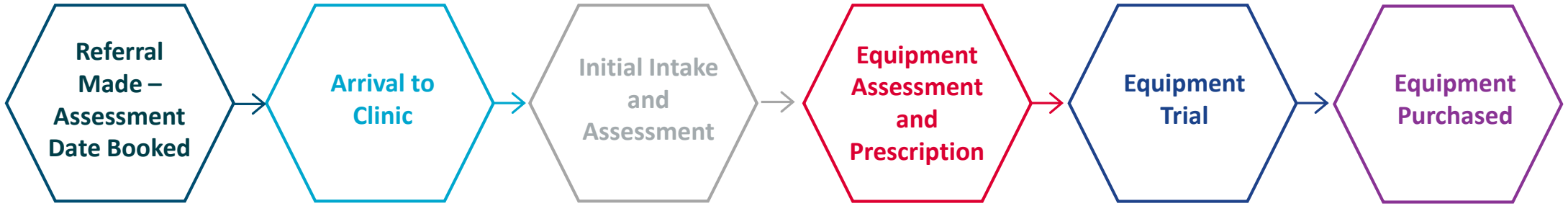
Process: Referral to Equipment Purchased



It’s as easy as:



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How to Access our Clinics

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Referral Process

1. **Be added to our mailing list** to receive updates regarding clinic schedule (Christopher.adams@lifemark.ca)
2. **Save** our schedules **and post** around your facilities
3. Call **1-877-696-1620** OR visit **https://lifemarkseniorswellness.ca/seating-mobility**

Please fill out the Inquiry Form.
To Directly Register or Inquire: call 1-877-696-1620

Inquiry form

* Denotes fields marked as required

Referral Name

Referral Phone Number

(555) 555-5555

* Client Name

* Client Phone Number

* Client Email

* Clinic Location

Select a location

Type of Service Interested In

- Walker/Rollator
- Manual Wheelchair
- Seating Cushion/Support

Send

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Mobile Seating and Mobility Clinic Schedule

Spring 2026

PLEASE CALL: 1.877.696.1620 TO BOOK APPOINTMENTS

LOCATION		DATES
Penetanguishene	**Georgian Village – Building E** 101 Thompsons Rd Penetanguishene, ON L9M 0V3	Friday Apr 10th
Barrie	**Hospice Simcoe – Community Support** Unit #1 – 130 Bell Farm Road Barrie, ON L4M 6J4	Friday Apr 24th
Collingwood	**Sunset Suites** (across from Sunset Manor LTC Home) 49 Raglan Street Collingwood, ON L9Y 4X1	Friday May 8th
Barrie	**Hospice Simcoe – Community Support** Unit #1 – 130 Bell Farm Road Barrie, ON L4M 6J4	Friday May 22nd
Bracebridge	**The Royal Canadian Legion – Branch 161** 168 Muskoka Rd, Bracebridge, ON P1L 1H6	Thursday June 4th
Barrie	**Hospice Simcoe – Community Support** Unit #1 – 130 Bell Farm Road Barrie, ON L4M 6J4	Friday June 26th

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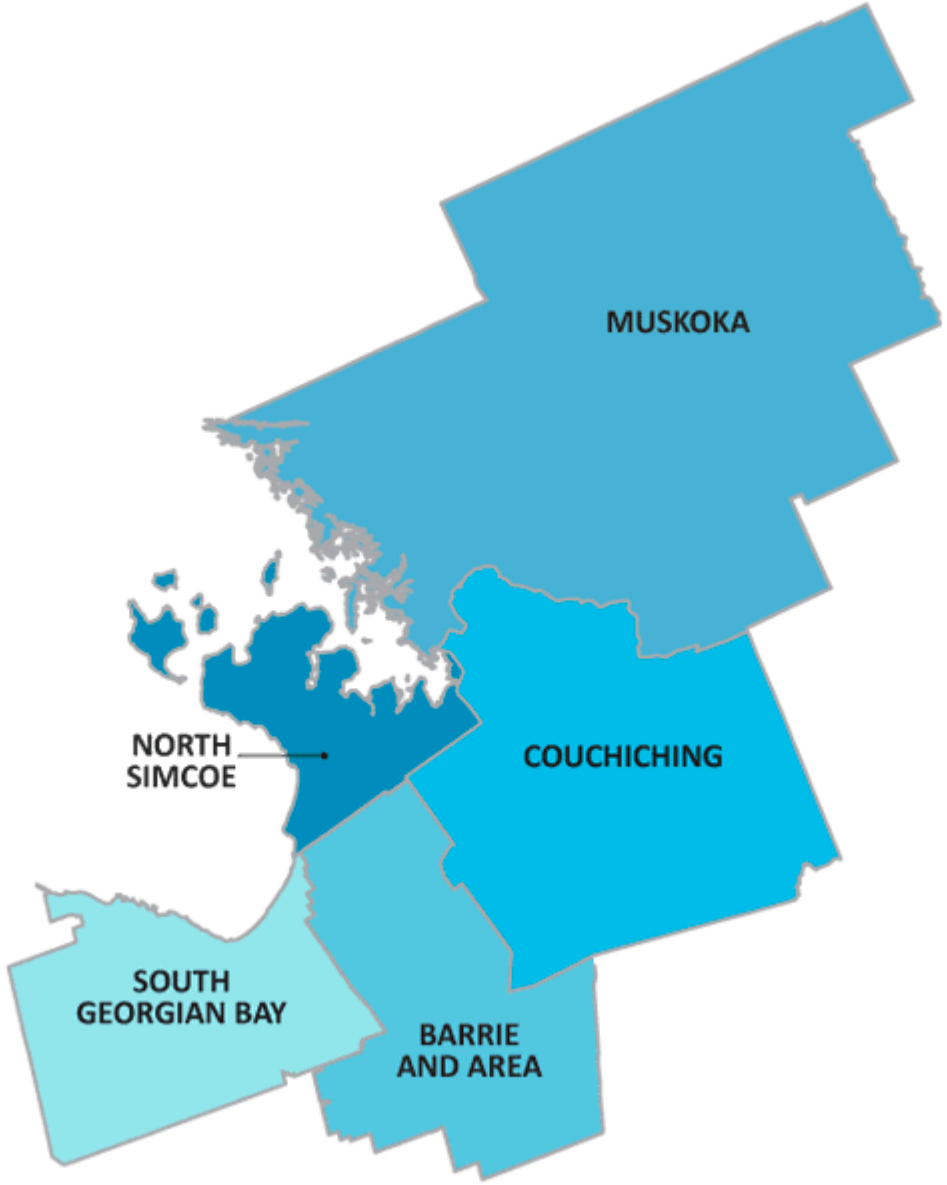
Eligibility Criteria

Must check all boxes:

- ☑ Community dwelling (no LTC residents)
- ☑ Senior (55+)
- ☑ Live in NSM catchment area
- ☑ A valid OHIP card
- ☑ In need of an assessment for Seating, Walker or Manual Wheelchair



*****We do not assess for Tilt Wheelchairs or Power Equipment*****

*****We do not do repairs*****

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Details & Fees

There is **no** fee for the assessment or prescription of the mobility equipment. Cost of equipment is applicable and may be partially funded by **the Ontario Assistive Devices Program (ADP)**. Our ADP authorized therapists will apply for the funding on behalf of the client. If eligible, ADP will provide 75% funding coverage for the prescribed equipment.

How to know if someone is eligible for ADP funding:

- ☑ They have a clinical need for the device
- ☑ They **have not** received ADP funding for:
  - Seating cushion – in the past 2 years
  - Walker/wheelchair – in the past 5 years
  - Exceptions:
    - Client had major functional change
    - Client had significant change in body weight

Next Steps

- Call us or visit our website to book!!
  - 1-877-696-1620
  - https://lifemarkseniorswellness.ca/seating-mobility

Questions

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Seating and mobility clinic

Lifemark Seniors Wellness is happy to be partnered with Simcoe County to provide free walker and manual wheelchair assessments to residents of the North Simcoe Muskoka (NSM) catchment area.

Our ADP authorizers will complete new assessments for seating cushions, walkers, rollators and manual wheelchairs. Vendors will be present on-site to complete purchases same day.
Clinicians will not complete repairs of current equipment

Locations

Mobile in-person clinic locations
(Schedule and availability will depend on location)

Hospice Simcoe Community Support 130 Bell Farm Road, #1 Barrie, ON L4M 6J4	**Sunset Suites** 49 Raglan Street Collingwood, ON L9Y 4X1
Georgian Village – Building E 101 Thompsons Road Penetanguishene, ON L9M 0V3	**Royal Canadian Legion Branch 161** 168 Muskoka Road Bracebridge, ON P1L 1H6

To register, please call 1-877-696-1620

lifemarkseniorswellness.ca

COUNTY OF SIMCOE

lifemark Seniors Wellness

Ontario Age-Friendly Communities Outreach Program

Cheryl Athersych
The Centre for Studies in Aging & Health

Ontario AFC Outreach Program

- Established in 2015
- Managed by the Centre for Studies in Aging and Health in partnership with Queen's University
- Funded by the Government of Ontario through the Ministry for Seniors and Accessibility

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Ontario AFC Outreach Program

- Provincial Knowledge Translation and Exchange program designed to support AFC development in Ontario
- Goals are to:
  1. **Strengthen community capacity** to implement, evaluate and sustain age-friendly activities
  2. **Increase collaboration** by connecting people, ideas and resources
  3. **Raise awareness** about AFC benefits, promising practices and planning principles

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Ontario AFC Outreach Program: Core Facilitation Strategies

1. Knowledge Broker
2. Collaborative Networks
3. Monthly e-Newsletter
4. Webinars
5. Website
6. Interactive Maps
7. Community Profiles
8. Annual Provincial Survey

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1. Knowledge Broker

- Ask questions
- Get connected (to people, resources etc.)
- Consult
- Request presentations
- Update online profile
- Ask for a letter of support

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2. Collaborative Networks

- Regional Age-Friendly Networks
  - Connect with other AFC Initiatives in your region
  - Bi-monthly virtual meetings
  - Northern, Eastern, Central, Southwestern
- Age-Friendly Businesses Working Group
- Community of Interest on Social Isolation and Loneliness

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3. Monthly e-newsletter

- News stories
- Events
- Funding announcements
- Resources
- Spotlight

Ontario Age-Friendly Communities Network Exchange
May 2023

Dear <<First Name>>,

I hope you are enjoying the spring weather! I am excited to share two upcoming events in the month of May:

- On **May 18 from 11:30 a.m. - 1:00 p.m. (EDT)**, the Ontario Age-Friendly Communities Outreach Program will be participating in a webinar hosted by Health Promotion Ontario on the topic of *Intersectoral Collaboration: Coming to the Table*. Register here.
- On **May 30 from 10:00 - 11:30 a.m. (PDT)**, Grandpals, a program managed by the Centre for Studies in Aging and Health, will be participating in a webinar hosted by the United Way of British Columbia on *Intergenerational Programs*. Register here.

Keep reading for a selection of age-friendly news, events, research, and reports.

Kind regards,
Emily

—

Emily Mullins
Age-Friendly Communities Knowledge Broker
mullinse@providencecare.ca

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4. AFC Webinar Series

- Webinar series about AFC planning, implementation, evaluation, promising practices and emerging trends.

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5. Website: www.agefriendlyontario.ca

HOME HEALTH CARE RESEARCH & INNOVATION KNOWLEDGE EXCHANGE EDUCATION AFC PARTNERSHIPS ABOUT US

- ONTARIO AFC OUTREACH PROGRAM
- What is an AFC?
- Ontario AFC Planning Guide
- AFCIs in Ontario
- Interactive Maps
- AFC Resources
- AFC Knowledge Exchange
- AFC Webinars
- INITIATIVE DE SOUTIEN AUX COLLECTIVITEES-AMIES DES AINES

Ontario Age-Friendly Communities Outreach Program

ABOUT THE ONTARIO AGE-FRIENDLY COMMUNITIES OUTREACH PROGRAM

The Government of Ontario funds the Ontario Age-Friendly Communities (AFC) Outreach Program through the Ministry for Seniors and Accessibility. The AFC Outreach Program is managed by the Centre for Studies in Aging and Health in partnership with Queen's University.

The AFC Outreach Program builds on and complements the *Ontario Age-Friendly Community Planning Guide*. The AFC Outreach Program aims to increase:

- Awareness of age-friendly planning principles
- Access to best-practice research and information

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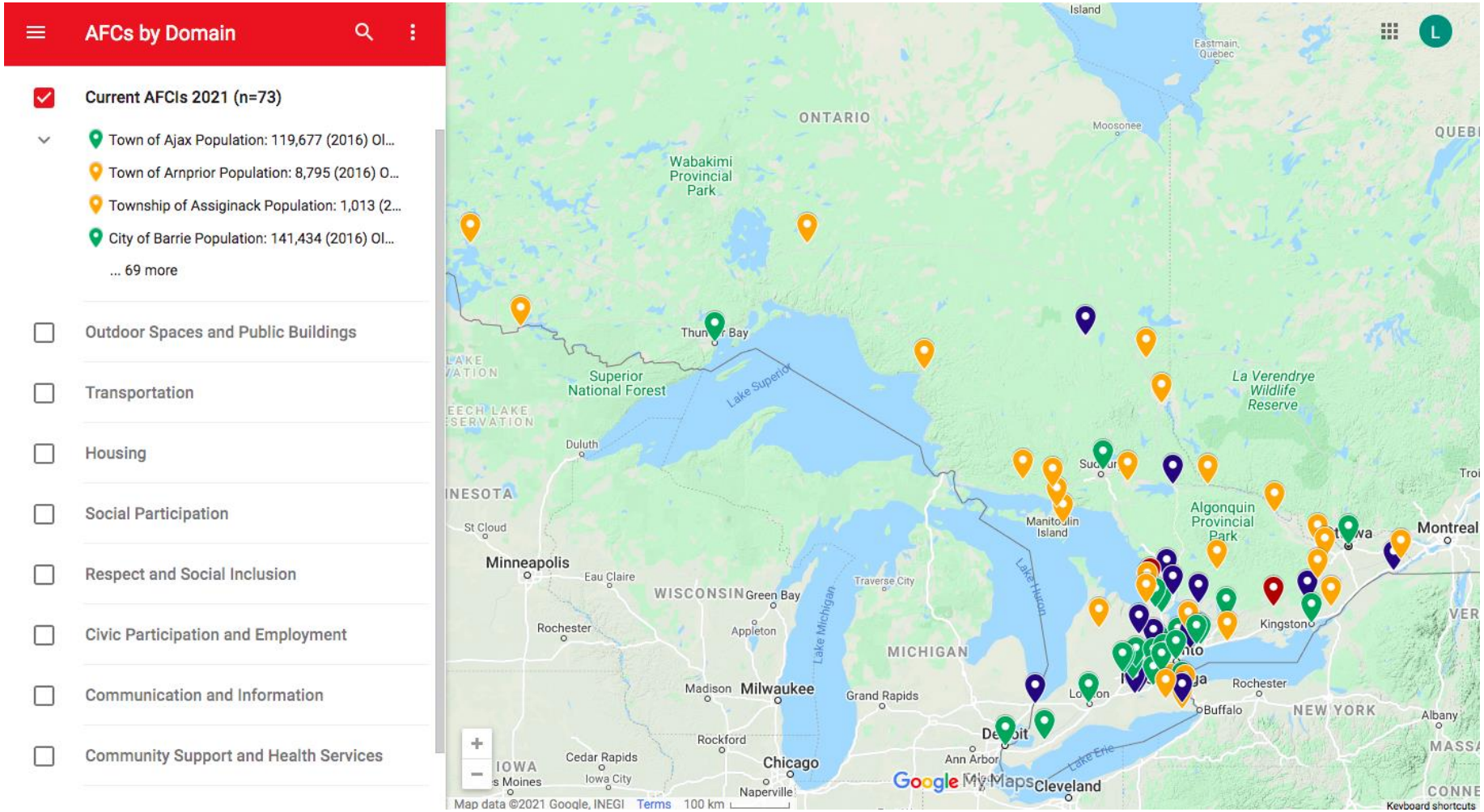
6. Interactive Maps



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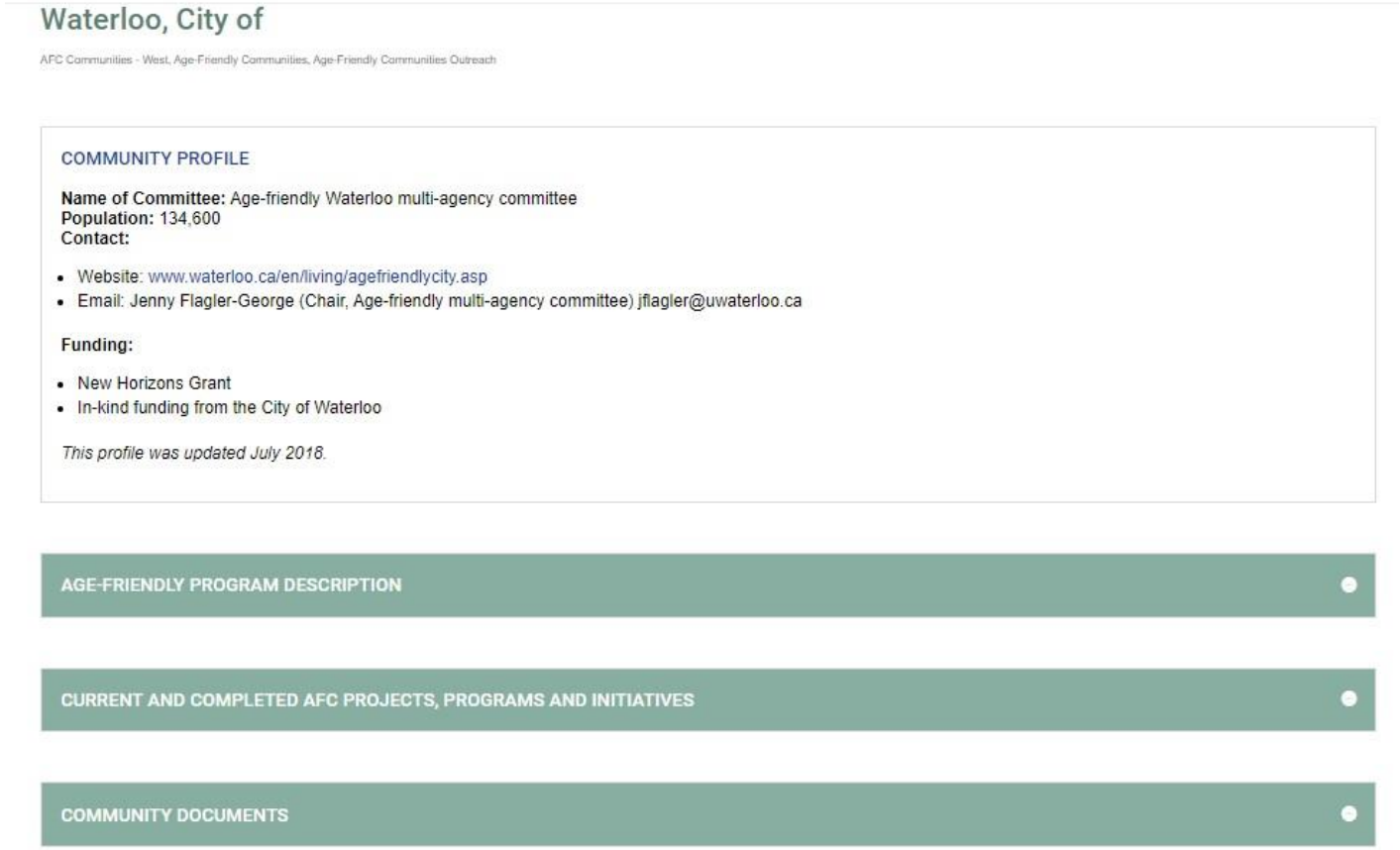
7. Community Profiles

- Contact information
- Funding sources
- Current and completed projects
- Community Documents



Waterloo, City of

AFC Communities - West, Age-Friendly Communities, Age-Friendly Communities Outreach

COMMUNITY PROFILE

Name of Committee: Age-friendly Waterloo multi-agency committee
Population: 134,600
Contact:

- Website: www.waterloo.ca/en/living/agefriendlycity.asp
- Email: Jenny Flagler-George (Chair, Age-friendly multi-agency committee) jflagler@uwaterloo.ca

Funding:

- New Horizons Grant
- In-kind funding from the City of Waterloo

This profile was updated July 2018.

AGE-FRIENDLY PROGRAM DESCRIPTION

CURRENT AND COMPLETED AFC PROJECTS, PROGRAMS AND INITIATIVES

COMMUNITY DOCUMENTS

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8. Annual Provincial Survey

- Monitor and evaluate AFCI implementation, sustainability, enablers, challenges, and outcomes
  - Results over time, regional, provincial, size
- Get feedback and inform the Outreach Program's ongoing activities and supports offered
- Report findings and key takeaways to stakeholders, including MSAA partners

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Building a Future for All:

Connecting Age-Friendly Strategies to Emerging Priorities

Join us for a virtual conference on March 10 - 12th, 2026 | www.csah.ca

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Conference Purpose

- The Canadian population is aging rapidly, making it imperative that our communities are ready to support the well-being and inclusion of older adults. As our collective attention is increasingly fragmented, we aim to:
  - Highlight how age-friendly work fits into big picture conversations; and
  - Enable attendees to strategically incorporate age-friendly talking points into their conversations.
- Attendees will leave with a culture shift – an ability to leverage broader policy or structural level priorities to align with and further local age-friendly initiatives.

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Conference Overview

- Day 1
  - Combatting Ageism
  - Aging and the Economy
  - Caregiving
- Day 2
  - Aging and the Environment
  - Technology and Digital Inclusion
  - Aging in the Community
  - Collaboration in Action
- Day 3
  - Supporting AFCIs: Building the Case, Funding and Infrastructure
  - Age-Friendly Comms: Sustaining the Effort

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Questions? Get in touch!

- Cheryl Athersych, Knowledge Broker, Centre for Studies in Aging and Health

  - Cheryl.athersych@queensu.ca
  - Website: www.agefriendlyontario.ca

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Terms of Reference: Central Ontario Age-Friendly Network (COAFN)

Introduction

The Ontario Age-Friendly Communities Outreach Program is funded by the Ministry for Seniors and Accessibility to support age-friendly community initiatives across the province. The Regional Age-Friendly Networks are an initiative organized by the Ontario AFC Outreach Program to promote collaboration and knowledge sharing among age-friendly leads in Eastern, Central, Northern and Southwestern regions of Ontario.

Age-Friendly Community Initiatives are defined as those following the framework outlined in: Creating a More Inclusive Ontario: Age-Friendly Community Planning Guide for Municipalities and Community Organizations.

These Terms of Reference outline the purpose, structure, and responsibilities of the Central Ontario Age-Friendly Network (COAFN), referred to hereinafter as the Network.

Purpose

The purpose of the Network is to facilitate communication, collaboration, and learning among age-friendly leads in the Central region of Ontario. The Network fosters partnerships between various sectors, including government, non-governmental organizations, and community groups, that are working to promote age-friendly communities.

The Network provides a platform for networking and offers opportunities for learning, and capacity-building opportunities for stakeholders involved in age-friendly initiatives.

Membership

1.1 Composition

Membership in the Network shall consist of representatives of age-friendly community initiatives (see definition above) from different communities and organizations within Central Ontario. Additional members with relevant expertise or special interest in age-friendly community development may be invited as resource persons or guests, subject to approval by the Ontario Age-Friendly Communities Outreach Program (e.g. Regional Development Advisors working for the Ministry for Seniors and Accessibility). All invited guests to the Regional Age-Friendly Networks must disclose any potential conflicts of interest in their involvement or relationships that may compromise the impartiality and integrity of the Network's initiatives.

Meetings

2.1 Frequency

The Network shall meet bi-monthly (every two months) from September to May, unless otherwise determined by the Network. Meetings will occur on the third Thursday from 1:00 to 2:15 p.m.

2.2 Meeting Format

The meetings will occur virtually over Zoom. The Ontario AFC Outreach Program will provide members with the necessary information and access details for each meeting. While the Network has the option to convene in person, it is important to note that the Ontario AFC Outreach Program will not be responsible for coordinating or organizing in-person meetings.

Responsibilities

3.1 Co-Chairs

The Network will have two co-chairs who will be responsible for facilitating the meetings. The chairs role includes moderating discussions and ensuring that all members have an opportunity to contribute. When a vacancy arises for a chair position within the Network, Network members are asked to express their interest by email to the Knowledge Broker. The Ontario AFC Outreach Program will select a new chair based on the applicant's experience and commitment to the objectives of the Network.

3.2 Network Members

Members shall actively engage in knowledge sharing and the exchange of best practices to enhance the age-friendly initiatives in their respective regions. Members are encouraged to contribute their expertise, resources, and experiences to benefit the entire Network. Members can share resources with the Network by emailing the Knowledge Broker who will send to the Network via the COAFN listerv.

Members shall act as liaisons between their communities/organizations and the Network, disseminating relevant information, resources, and updates related to age-friendly planning and implementation. This includes sharing challenges, successes, and other relevant information that may benefit the Network.

Members are encouraged to participate in capacity-building activities organized by the Network to enhance their knowledge and skills in age-friendly planning, implementation, and evaluation.

3.3 The Ontario AFC Outreach Program

The Ontario AFC Outreach Program will:

- Provide a Zoom account for Network meetings

- Prepare meeting material including meeting agendas
- Develop and distribute meeting minutes
- Manage the distribution list, schedule meetings and share connection details and meeting material
- Coordinate presentations and provide technical support for any guest speakers
- Provide updates on the activities of the AFC Outreach Program
- Provide Knowledge Broker support including: advice, links to resources, and connections to other contacts as needed.

Amendments to the Terms of Reference

These Terms of Reference may be amended by the Network, provided that the proposed amendments are circulated to members in advance and approved by a majority vote during a regular meeting.

Review

These Terms of Reference shall be reviewed every two years by the Network to ensure their relevance and effectiveness.

Adopted by the Central Ontario Age-Friendly Network in partnership with the Ontario Age-Friendly Communities Outreach Program on November 16, 2023.