

INTERGENERATIONAL CONNECTIONS

Toronto Intergenerational Partnerships

Annual Report 2009

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INTERGENERATIONAL HEALTH & WELLNESS

In an effort to promote healthy lifestyles, while creating an enjoyable social atmosphere, TIGP is introducing community seniors to the new Intergenerational Health and Wellness programs starting at Greenwood Towers, Sanderling Place, Winchester Square, East York Acres and Glenyan Manor.

The new **Intergenerational Wii Programs** are providing youth, adults and seniors with an opportunity to get into shape while participating in fun, physical activities and challenges that allow them to compete against themselves, as well as with their friends. Wii fitness games provide an adjustable fitness program that can be tailored to the needs of anyone that is using the system. While there is no substitute for the real sport, the Wii System offers interactive games such as baseball, bowling, boxing, golf and tennis.

The benefits for all ages are many, including increased heart rate, maximum oxygen intake, and perceived exertion, which ultimately translates into calories burned (The American Council on Exercise, 2009). In addition, with regular physical activity, participants will recognize improved balance, toned muscles, increased, lean muscle mass within the body and improved flexibility through relaxing activities found in the Wii Fit system.

Seniors at East York Acres eagerly await their turn to play the Nintendo Wii System.

Peggy Bansen and Kevin Langille celebrate getting a strike while playing bowling on Wii Sport.



Toronto Intergenerational Partnerships (TIGP)
Danforth Collegiate and Technical Institute
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Visit us at -
www.tigp.org

Board of Directors

2008-2009

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Marian Chiaramonte
Everel Waterman
Ryerson —
Tara Rana

OUR MISSION AND MANDATE

Vision

We work towards creating a society that values, supports and welcomes the contributions of all individuals throughout their lives. For this reason, we engage people of all ages, backgrounds and experiences in a variety of intergenerational activities.

Principles

We believe in:

- Respecting and valuing the ways of all ages, backgrounds and experiences.
- Respecting and valuing the thinking of all generations.
- Eliminating artificial, systemic barriers created by age stereotyping and all other forms of discrimination.
- Extending and sharing intergenerational support beyond family and acquaintances.

Objectives

Our objectives are as follows:

- Promoting intergenerational harmony and lifelong learning.
- Designing and delivering programs that encourage the participation of individuals of all ages, backgrounds and experiences.
- Striving to become a centre of best practices for intergenerational programming.
- Promoting and incorporating access and equity principles in all our activities.
- We select diverse community agencies with whom we can form specific, finite, renegotiable contract partnerships. The goal of such partnerships is an intergenerational program under the auspices of the partner's agency.

CITY OF TORONTO INVESTING IN NEIGHBOURHOODS



TIGP is pleased to announce that we have received an "Investing in Neighbourhoods" grant from the City of Toronto. Through this grant we will be training individuals on social assistance to help them increase their skill levels, while at the same time increasing our capacity to improve the quality of life of people in communities across Toronto.

TORONTO COMMUNITY HOUSING CORPORATION SOCIAL INVESTMENT FUND

We are also pleased to announce that we have received two-year grants to work in the Greenwood Towers and Teesdale Place communities. Please call us for information about the new initiatives in these communities—(416) 531-8447 ext. 3.



As President of the Board of Directors of Toronto Intergenerational Partnerships since June of 2006, I have enjoyed working together with the staff and Board of Directors of TIGP and have welcomed the opportunity of meeting many of our volunteers and community partners at various programs and events during the years.

At the board level we continue to fundraise to support programs that are not funded due to increasing requests for new programs and services for seniors. Our live and silent auction fundraising evening of “Temptations” was a “sold out” evening that was well attended. Our guests for the evening commented on the captivating entertainment by Mantee & The Shy Guys, the enthusiasm of our auctioneer Jason “Cisco”, and the professionalism of both our youth volunteers and community volunteers as they worked together with our staff and members of our Board of Directors to fundraise for our intergenerational programs. We were able to raise over \$7,000 through the generous donations from community businesses and corporate sponsors. As new participants in the Toronto Challenge Walk for Seniors on June 14th we welcome your involvement at the event and thank you for your support pledges. All funds raised through the walk support Toronto Intergenerational Partnerships and help us to “Make Magic Happen”.

We have experienced growth this year and are pleased to welcome our new staff members who are supporting community programs for seniors. Our new Intergenerational Wii Fit programs are unfolding across Toronto and we are looking forward to future development in health and wellness programming. Our supports and services are expanding to better serve our communities and we will now have our first community satellite office within a Toronto Community Housing Corporation building which will enable our staff to further meet the needs and interests of community seniors.

Thank you to all for your interest and commitment to our lifelong learning intergenerational programs. By continuing to work together we can continue to promote wellness in our communities.

Mary Card
President, TIGP Board of Directors

Elder Tales Connections—E.T.C. Storytelling

The E.T.C. Storytelling program provides an opportunity for community seniors and long-term care seniors to share life experiences in classroom settings and within long-term care facilities.

True Davidson Acres’ residents and aspiring high school students from Danforth Collegiate and Technical Institute and Monarch Park Collegiate piloted the long-term care E.T.C. program through a grant from New Horizons for Seniors Program. Salima Addetia, a recreational therapist at True Davidson, feels “It is an excellent way for young people to get a real understanding of history as they meet with our residents who lived through wars, the depression, changes in fashion and politics. These students learn from the residents, while the residents get the satisfaction of passing on their vast knowledge. It’s a winning combination”. This program also provides the youth with valuable community service volunteer hours.

The youth involved in the program found this to be a very positive experience:

- “It’s nice to spend time with older people” - Manjima
- “It’s kind of fun to share stories—it gets the conversation going and you can learn a lot about each other” - Sandra
- “Even just meeting the resident, I felt like I have known her forever” - Sri
- “It’s a whole different experience, very refreshing” - Meng

***“We will be
known by the
trails we leave
behind”***



HOW YOU CAN HELP TIGP GROW

By donating to Toronto Intergenerational Partnerships (TIGP) you are helping us to build caring communities, while at the same time, supporting the most vulnerable in our society – children, youth and seniors.

WAYS THAT YOU CAN SUPPORT TIGP

Become an Individual Member

There is no cost to becoming an individual member of TIGP. As a member you support our vision and mandate of bringing generations and communities together.

Become a Long-Term Care Member

Recognize the benefits of being a long-term care member. We welcome and value your annual membership at various membership levels.

Volunteer Your Time

Our Board of Directors and staff value your contributions. Our volunteers include professionals, companies that share their employees' time and expertise, retirees, adults, youth, children and our community partners. Ask us how you can make a difference in your community!

Make a Monthly Donation

For as little as \$10 per month or just 34 cents a day, you can support intergenerational programs in your community. You will receive one convenient tax receipt on an annual basis, before the end of January each year.

Donate a Gift in Memory

Your single gift in memory of a loved one or in honour of a friend or an occasion, will support TIGP in making lasting memories in intergenerational programs. A card will be sent in your name and the Gift of Memory will be recognized in our Annual Report.

Donate your Air Miles – Club Z – Shoppers Optimum – Petro and Esso Points

By donating your points to TIGP you will be enabling us to turn the points into valuable items that can be used in our annual fundraising campaigns.

Join us as we walk in the Toronto Challenge Walk-A-Thon

Sign up your family, friends and colleagues and join us as we walk in support of seniors. This 1K and 5K fundraising walk is held in June each year. All proceeds go directly to TIGP.

Sponsor TIGP

Partnering with TIGP can bring lasting benefits to a company, from improved community relations to increased employee motivation and involvement. We develop mutually-beneficial partnerships based on the interests of our partners. Bring your company on board to support TIGP. There are a number of ways to get involved such as:

- **Sponsorship** - increase awareness of your company among consumers
- **Matching Gifts** - a way to give with your employees
- **Employee fundraising** - an effective way to motivate staff and provide team-building opportunities
- **Cause-Related Marketing** – enhances your brand and helps retain customers
- **Donations and Gifts-In-Kind** – donate to our annual fundraising campaigns

Please contact us regarding donations through bequests, insurance policies and property.

We are a non-profit charitable organization incorporated in 1986 (Business Number 13501 6400 RR0001) that depends on funding and donations to reach our vision and objectives.

We honor these donations that have a major impact on communities, while contributing to the success of Toronto Intergenerational Partnerships -

Friends of TIGP (\$1 to \$999)

D. Bailey	W. Lau
L. Bailey	C. Loos
L. Bailey	P. Maxwell
M. Bilic	A. Menozzi
J. Bowen	B. Narula
M. Brady	J. Narula
S. Bussin, City Councillor	B. Negandhi
M. Card	L. Newland
R. Chan	The O'Neill Centre
C. Chang	K. Powadiuk
G. Clarke	J. and D. Press
W. Crane	M. Proctor
J. and V. Cribben	L. Reid
P. Fletcher, City Councillor	Nick & Lynn Ross Foundation
R. Ford, City Councillor	N. Roy
C. Gunther	C. Sevitt
F. Hay	M. Shipman
S. Hanmer	E. Spiwak
M. Henseleit	A. Swartz
Dr. K. Jandoo	P. Tong
I. Jandoo	M. Velauthpillat
R. Jones	J. Wallis
S. Kaur	M. Wright
S. Bryant Kodatsky	
W. Krane	
G. and A. Lattanzio	



Supporters of TIGP (\$1,000 to \$4,999)

- BMO Charitable Foundation
- J. van der Wees
- The Catherine and Maxwell Meighen Foundation
- S. Davey
- TD Canada Trust
- Walmart Canada Inc.

Community Builders (\$5,000 to \$9,999)

- The Geoffrey H. Wood Foundation
- The Rotary Club of Toronto

Gifts in Memory

- S. McMahon, in loving memory of Bob D'Amour

Special thanks to the Monarch Park Collegiate graduating students for designating Toronto Intergenerational Partnerships as the recipients of the Councillor Paula Fletcher "Our Community Cares Award".



TD Invests in TIGP

Daryl Schmuki, **TD Bank** Manager, presents Mary Card and Greg O'Grady with a donation towards city-wide intergenerational programs.



The **BMO Employee Charitable Foundation** generously provided TIGP with a grant to purchase new technology. With their support, we were able to purchase a new computer and digital cameras to preserve memories within our programs.



Walmart Canada Inc. presented TIGP with a donation towards community programs for children, youth and seniors.



Special thanks for our generous **TEMPTATIONS** donors and guests who made our annual fundraising event a successful!

Plans are underway for **Temptations 2010**. We welcome your contributions and involvement.



WAYS TO DONATE TO TIGP

Donate Online: Visit our website – www.tigp.org – to make a secure online donation through **Canada Helps** using your Visa, MasterCard or American Express.

By phone: Call us at (416) 531-8447

By mail or fax: Contact us at –
 Toronto Intergenerational Partnerships
 Danforth Collegiate and Technical Institute
 800 Greenwood Avenue, Room A36
 Toronto, Ontario M4J 4B7
 Fax: (416) 531-7337 Attention: Sue McMahon, Executive Director



INTERGENERATIONAL IS SENSATIONAL



INTERGENERATIONAL CONNECTIONS IN ST. JAMES TOWN Funded through a grant from The Ontario Trillium Foundation

The Jarvis Collegiate Community Service Volunteer Information Fair provided community agencies with an opportunity for “one-stop” volunteer recruitment. Students were able to visit with over 20 agencies who shared information on community opportunities. The Fair also provided an opportunity for TIGP to meet with students who were interested in gaining pre-employment skills and experience in the TIGP Seniors Assistance Home Maintenance Program. (See more details on page 11).

Jarvis Collegiate students, Vicky Lu and Louis Tam, assumed leadership roles at the Jarvis Collegiate Community Service Volunteer Information Fair. Together they successfully recruited their peers to volunteer and work with TIGP in the St. James Town community.



CITY HOPE SENIORS IN CYBERSPACE

As a participant in the City Hope Seniors in Cyberspace program, Eduardo is thrilled to have the opportunity to be a participant in this program as he believes that “intergenerational programs are a key to a better future”. Eduardo eagerly looks forward to spending time with his youth partner as they have developed “a wonderful friendship that is filled with patience, kindness and lots of humour”. His youth partner, Louis, looks forward to this after-school program as he “really enjoys the time with Eduardo”, he can “be himself, and be accepted”. Participants in the program are exploring “Facebook” as a means to communicate with each other in the group and to also reconnect with their family and friends that might also be on Facebook.



GRANDPAL CONNECTIONS



Lee (l) and Aye Aye (r) have become friends through the Grandpal Program.

The St. James Town Grandpal Program is connecting pre-school children, parents and seniors in educational weekly sessions, while providing an opportunity for networking and socializing. Aye Aye Cho has been in Canada less than two years. She is making new friends and practicing her English with the parents and children. In retrospect, Lee Nguyen and her children also enjoy socializing and learning about new pre-school activities.

20TH ANNIVERSARY
Montrose Jr. Public School celebrated their 20th Annual Grandparent Day event, welcoming special visitors.



SENIORS IN CYBERSPACE

Working Women Community Centre is a leader in creating opportunities for life-long learning. The centre has expanded their Seniors in Cyberspace program to include sessions for Farsi-speaking seniors and students. Senior participants feel this one-to-one program helps them to “keep in touch with others, practice their English, learn new skills” and make their lives “more colourful by being involved in the community with youth”.



Congratulations to Working Women Community Centre recipient of the 2008-09 TIGP Seniors in Cyberspace Award.

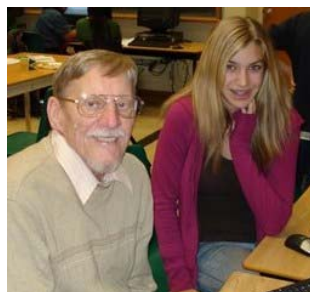
Congratulations to Wilson Li, recipient of the 2008-09 TIGP Seniors in Cyberspace Youth Award.

During the past four years, **Wilson Li** has committed time to teaching seniors at the Monarch Park Collegiate Seniors in Cyberspace program. In addition, he has taken a leadership role acting as student program coordinator.



CREATING COMMUNITY SPIRIT

Monarch Park Collegiate continues to create caring communities and opportunities for youth to take leadership roles. The Sixth Annual “A Very Halal Christmas Dinner” for Seniors and Veterans was a sell-out event with over 250 guests and 100 youth volunteers in attendance. The weekly Seniors in Cyberspace program, in existence since 2001, has been a model program where youth share their knowledge, gain community service hours and develop friendships with community seniors. Manfred Henseleit has participated in the cyberspace program since it’s inception. He “enjoys visiting the school and youth on a weekly basis”.



Congratulations to Monarch Park Collegiate, recipient of the 2008-2009 TIGP Community Service Award.



Christine Williams and Serelle Meloney, former Danforth Collegiate students, returned to assist TIGP as part of the SERVE Canada community service program.

YOUTH IN ACTION



The Danforth Collegiate Charity and Volunteer Committee coordinated a school food drive, collecting over 700 cans of food. The food boxes were distributed to over 30 seniors.

Danforth Collegiate students and staff believe in “Making the Magic Happen”. Youth volunteers are eager to support intergenerational initiatives, working in partnership with seniors at Greenwood Towers and Nisbet Lodge. They also provide direct support to assist TIGP with the development of new programs and fundraising initiatives.

Congratulations to Danforth Collegiate and Technical Institute, recipient of the 2008-09 TIGP Community Capacity Building Award.



The Danforth Collegiate Christian Fellowship Committee provides nutritious lunches to community seniors

FRIENDLY VISITING PROGRAM HIGHLIGHTS

Funded by the Toronto Central Local Health Integration Network (TCLHIN) and the City of Toronto

The True Davidson Acres' intergenerational programs with Dawes Road Centre for Early Learning and Today's Child ... Tomorrow's Future, allow for daycare and elementary students to visit the home and interact with the residents on several levels. Through the use of simple crafts, show and tell, physical games, singing, discussion and planting, the residents are able to impart their knowledge and experience to the children. These programs meet the physical, spiritual, social and psychological needs of the participants and foster a sense of pride. The students are able to showcase their talents to very appreciative audiences. In this day and age of the nuclear family, a chance for two different generations to work and play together is just what "the doctor ordered".

Salima Addetia, Recreationist, True Davidson Acres



Congratulations to True Davidson Acres and their community partners, recipients of the 2008-09 Community Partnership Award.

DEVELOPING NEW PARTNERSHIPS

Students at Rose Avenue's Public School grades 5 and 6 classes are buddied up with a senior partner at Fudger House to help promote relationship building and friendship. Leah Taylor, the Recreationist at Fudger House as well as teachers Robert Durocher and Michael Pond House from Rose Public School, and TIGP worked together to develop activities designed to stimulate conversation and friendships by sharing school activities and projects. Students are able to share their stories and school activities with their senior partner and listen and learn from their partner's stories. Students without grandparents and seniors without grandchildren or families have an opportunity to get to know and enjoy each others company in a safe and structured environment.



BUILDING PARTNERSHIPS AND FRIENDSHIPS



The O'Neill Centre and Essex Public School have partnered together for over 20 years. Cathy Fiore, Administrator at The O'Neill Centre, has recognized that "friendships built are reciprocal. Students learn from stories and experiences shared by the seniors, and the seniors are able to stay up to date with community events. The partnership also assists with creating character amongst the students, preventing isolation and breaking down traditional stereotypes that can often be a barrier for such relationships to flourish in the community."

VOLUNTEER HIGHLIGHTS



Sherbano (Bano) Marfatia knows what it takes to “Make the Magic Happen”. As a Toronto Community Housing Tenant Representative at **Glenyan Manor** and active community volunteer, Bano is committed to enriching the lives of others through the development of cross-generational cultural programs and initiatives. Her enthusiasm is contagious and inspirational to those who know her.

Congratulations to Bano Marfatia, recipient of the 2008-09 Volunteer of Year Award

Congratulations to Rebecca Ellis (l) and Kristine Nguyen (r), recipients of the 2008-09 Youth Volunteer of the Year Awards.



2009 Citizenship Award Recipients

Congratulations to these TIGP Youth Volunteers who are being recognized by the Ministry of Citizenship and Immigration’s Voluntary Service Awards for over two consecutive years of service with TIGP:

- Rebecca Ellis
- Vincent Lu
- Wilson Li
- Raymond Liu
- Victor Nguyen

“To the world you may be one person, but to one person you may be the world.”

~Bill Wilson



The **Seniors Assistance Home Maintenance (SAHM)** program provides home help for seniors and individuals who have disabilities and/or are convalescing. Workers provide services such as grass cutting, raking leaves, snow shoveling and odd jobs.

There is a minimal hourly rate paid for service directly to the youth or adult worker. To register for this program or to apply as a worker please call us at (416) 531-8447 ext. 2.

Please note that this is not an emergency service and clients must register for the program.

BEHIND THE SCENES AT TIGP

At TIGP we are often asked how we manage to serve so many people with so little staff. We could not meet the needs and interests of all of our program partners and volunteers without the support from so many “behind the scene” volunteers and college field placement students. Our administration volunteers are always there to assist us with event preparations, program development every task that needs to be done. They are truly shining stars!



Special thanks to (left to right) Joan Jordan, Christine Williams, Kevin Langille, Eleanor Griffin and June Marks. (Missing are Christine Alexander and Xiao (Anita) Shen.)

OUR 2008-2009 COMMUNITY PARTNERS

For information on how to develop an intergenerational program in your community or to learn about volunteer opportunities, please contact us at:

Toronto Intergenerational Partnerships
Danforth Collegiate and Technical Institute, A36
800 Greenwood Avenue
Toronto, Ontario
M4J 4B7

Telephone
(416) 531-8447

Fax
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Email: sue@tigp.org

We're on the Web!
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Elementary Schools

- Alexander Muir/
Gladstone Junior/Senior
- Blake Junior
- Dundas Junior
- Eglinton Junior
- Essex Junior/Senior
- Keele Street Junior
- Kensington Junior
- Kew Park Montessori
- McMurrich Junior
- Montrose Junior
- Orde Junior
- Queen Victoria Junior
- Rose Avenue Junior
- Sprucecourt Junior

Secondary Schools

- Bloor Collegiate
- Danforth Collegiate &
Technical Institute
- Don Mills Collegiate
- East York Collegiate
- Greenwood SS
- Heydon Park Secondary
School
- Highland Junior High
- Jarvis Collegiate
Institute
- Marc Garneau
Collegiate
- Malvern Collegiate
- Monarch Park
Collegiate
- Riverdale Collegiate
- Victoria Park Collegiate

Colleges and Universities

- Centennial College
- George Brown College
- Ryerson University

Day Care, Child Care and Parent Resource Centres

- Danforth Day Care
- Dawes Road Centre for
Early Learning
- Doncrest Early Learning
Centre
- East Toronto Day Care
- Future Stars Child Care
- Hawthorne Child Centre
- Jesse Ketchum Child
Care
- Palmerston Community
Day Care
- Parent Resources,
Gerrard
- Special Moments Child
Care Centre
- Today's Child ...
Tomorrows Future
- Trinity Bellwood Day
Care
- YMCA Child Care Centre

Agencies and Organizations

- Belmont House
- Castlerview Wychwood
Towers
- City Hope
- Fairview Nursing Home
- Four Villages Community
Health Centre
- Extencicare
- Fudger House
- Gibson Long-Term Care
- Grenadier Retirement
- Hellenic Homes
- Kensington Gardens
- Lakeside Long-Term
Care
- Lansing Retirement
Services
- Loyola Arrupe Centre
for Seniors
- Lincoln Place
- Maynard Nursing Home
- Meighen Retirement
Residence
- Nisbet Lodge
- Reikai Centre
- Second Mile Club
- SERVE Canada
- St. James Town
Network
- Sunshine Centre for
Seniors
- The O'Neill Centre
- Toronto Community
Housing Corporation
- Cliffwood Manor
- East York Acres
- Glenyan Manor
- Flemingdon Area
- Greenwood Towers
- Rankin Place
- Sanderling Place
- St. James Town
- Sunrise Towers
- Teesdale Place
- Winchester Square
- True Davidson Acres
- Vermont Square
- Versa-Care
- Wellesley Central Place
- Working Women
Community Centre

Special thanks to the funders, foundations and corporations who support Toronto Intergenerational Partnerships through financial and in-kind support:

- BMO Charitable Foundation
- Hi-Tech Compunet
- Ontario Trillium Foundation
- TD Canada Trust
- Toronto Central Local Health Integration Network
- The Catherine & Maxwell Meighen Foundation
- The City of Toronto
- The Geoffrey H. Wood Foundation
- The Rotary Club of Toronto
- The Toronto Arts Council
- Toronto Community Housing Corporation