



AFP Impact Report 2024

About Age-friendly Peterborough (AFP)

The Age-friendly Peterborough (AFP) Vision is for Peterborough to be a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities. AFP focuses on four priority areas so older adults *Basic Needs* are met; they are able to *Stay Mobile* and get around the community; and have the opportunity to *Learn and Contribute*. AFP provides a forum for senior supporting organizations and community to *Build Relationships*.

AFP is a collaborative of passionate individuals who contribute their expertise and resources to support *action for aging well*. The network includes older adult volunteers and representatives from institutions, organizations and businesses. AFP supports communities in the greater Peterborough area, including the City of Peterborough, the 8 County Townships, and Curve Lake and Hiawatha First Nations.

The Age-friendly Peterborough Advisory Committee (AFPAC) is a committee of Council and provides strategic direction for implementing goals and strategies outlined in the AFP Community Action Plan.

AFP Impact Report

In 2023, AFP updated the Community Action Plan. Annually, in June, AFP will release an Impact Report to share successes and how the community is meeting the goals outlined in that Plan.

24 organizations submitted actions demonstrating how they contributed to the greater Peterborough area becoming more age-friendly in 2024. These actions are summarized and outlined in this AFP Impact Report.

The AFP Impact Report 2024 was launched at the Making Impact network meeting on June 19, 2025.

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Priority Area: Basic Needs

Outcome: Older adults' basic needs are met.

1.1 Housing

Advocate for the development of appropriate, affordable, and sustainable housing options for older adults.

Community Care Peterborough has a strong working relationship with the **City of Peterborough** and **Peterborough Housing Corporation** and has offices in the Havelock and Lakefield seniors' apartments.

At the November 18th, 2024, Council Meeting, the **Township of Cavan Monaghan** added their support to Peterborough County Council's call for the Province to host an emergency meeting to address chronic homelessness, mental health, safety and addictions crisis overwhelming our communities. In particular, Council supported the County's request that the Province officially make Homelessness a health Priority and appoint a responsible Minister with the appropriate funding and powers as a single point of contact to address the full spectrum of housing needs among others.

Spinal Cord Injury Ontario (SCIO) worked with the Accelerating Accessibility Coalition (AAC) to organize educational and awareness events in relation to accessible housing. The partnership included bringing together numerous disability organizations, researchers, developers and accessible housing end users to establish priorities and inform a global environmental scan on accessible housing policies. SCIO worked with Accessibility Standards Canada, a federal department dedicated to creating accessibility standards for federally regulated entities and organizations to contribute their knowledge and expertise around accessibility regulations.

Trent University is advancing research on healthy aging and helping reduce the long waitlist for aged care in Peterborough through implementation of a University-Integrated Seniors Village. peopleCare Communities has been selected to build and operate the 224-bed not-for-profit long-term care home. This partnership includes research and teaching opportunities and creates experiential learning placements for students. In July 2024, AFPAC members were invited to Trent University to meet the peopleCare team. AFP will continue to be engaged as the project processes.

The **Trent Centre for Aging & Society** (TCAS) advocated for robust accessibility and affordable housing regarding the University Integrated-Seniors Village that is in development at Trent University. In Spring 2024, TCAS Executives met with representatives of peopleCare Communities (the operator of the future non-profit Long Term Care Home) to discuss future research and care. In September 2024, Acting Director, Dr. Nadine Changfoot spoke with then Peterborough-Kawartha MP Michelle Ferrari to provide an update on the current state of the University-Integrated Seniors Village and discuss avenues for public support.

1.2 Age in Place

Enhance support for older adults to age in the place of their choice.

The **Community Care Peterborough** (CCP) mandate is to provide services to support people to live in their homes, in their home community, as independently as possible. In 2024, CCP:

- 50,325 meals and 4305 grocery deliveries
- 31,651 drives provided
- 24,243 reassurance calls and visits
- 719 Access to Primary Care visits
- 341 Hospital to home settlements
- 50,945 exercise and falls prevention classes
- 7,989 Home Help and Home Maintenance visits

The **Township of Cavan Monaghan** partnered with the local **Community Care Peterborough** office to provide weekly fitness classes, blood pressure clinics and workshops about falls prevention and online safety. They worked with the **Peterborough Family Health Team**, to promote patient care resources to individuals without a doctor. These included workshops on blood sugar, chronic pain and heart health. The Township also promoted Health 811, a phone line that people can access to speak to a registered nurse for health advice.

The provincially funded **Community Paramedic Program** is continuously enrolling new patients. In 2024, they visited +900 patients at home within Peterborough City and County.

Local **Spinal Cord Injury Ontario** staff supported 82 adults over the age of 50 with service navigation, advocated for them to receive personal care hours, and helped individuals with applications for funding like the March of Dimes renovation for accessibility grants.

Home Care Workers Cooperative (HCWC) is a not-for-profit organization that has an organizational culture of PSW cooperatives. They provide home care to clients to help them age in place safely and help seniors and their families navigate the home care system and access appropriate resources.

In 2024, **AFP** in partnership with **HCWC**, and with funding from the Ministry for Seniors and Accessibility, Seniors Community grant, developed and implemented the NORC Ambassador Program in 9 locations. Naturally Occurring Retirement Communities (NORC) are apartments and condo buildings that are not designated for seniors, but majority of the residents are over the age 65. Residents from each NORC were recruited as Ambassadors to organize events, activities and workshops, to meet the needs of their neighbours and encourage them to be active, healthy and engaged. The objective of the program was to build intentional and inclusive communities that support healthy aging so older adult residents can age in place. The intent was that NORC Ambassadors were equipped to continue independently after the pilot.

In June 2024, the **Trent Centre for Aging and Society** hosted a symposium called, “Towards Just Care: Grassroots coalition-building for home care transformation in Ontario”, featuring

speakers from the Towards Just Care (TJC) project. TJC is a federally funded, community-engaged research project focused on developing socially just aging-in-place initiatives through intergenerational coalition-building across home care receivers, home care workers, caregivers, and other advocacy organizations. Speakers discussed their *Just Case Dreams* toolkit (with resources for aging-in-place in Ontario) and featured Peterborough's **Home Care Workers Cooperative** as a "just care" initiative.

1.3 Health Care

Enhance access to healthcare to support older adults to live their best quality of life possible.

The **Peterborough Regional Health Centre** (PRHC) was recognized as one of the first hospitals in Canada to receive the Age-friendly Health System designation from the Institute for Healthcare Improvement. Over the past decade, PRHC has developed its Seniors' Care Centre of Excellence, supported by a comprehensive seniors' care strategy.

The **Community Care Peterborough** hospital-to-home programs provide peace of mind to seniors and people with physical disabilities. A PSW assists from the point of discharge from hospital, arranges transportation, fills any prescriptions, and arranges food to be delivered immediately. They provide ongoing services such as meal delivery, home help, and can arrange and attend post discharge follow-up medical appointments. This decreases the likelihood of emergency room visits and readmission.

Activity Haven offers the following health services at the recreation centre:

- free hearing clinics monthly with approximately 8 people attending each month.
- foot care clinics 3 days per week with approximately 8 people attending each day.

The **Retired Teachers Ontario** (RTO/ERO) Board of Directors met with MPPs to advocate for improved geriatric care.

In November 2024, the **Township of Cavan Monaghan** hosted an in-person public meeting for residents to meet the Health Care Advancement Coordinator and learn about current advocacy efforts and resources. **Peterborough Paramedics** have leased space in the new Cavan Monaghan Fire Hall to reduce response time to residents in distress in the area.

The **City of Peterborough Sport & Wellness Centre** is the host facility for programs such as:

- Cardiovascular Rehab Program, facilitated by Scarborough and Rouge Hospital
- TIME (Together in Movement & Exercise), a group-fitness class for people with mobility challenges
- Minds in Motion facilitated by the **Alzheimer Society**, is a community-based program that offers physical and mental stimulation for people with early to mid-stage dementia and their care partners

The **Township of Asphodel-Norwood** facilitated the opening of a new medical centre in Norwood and continues to support its operations.

Trent Health in Motion offered 3 sessions of the GLA:D Canada Program: a small group exercise program for individuals living with hip and/or knee osteoarthritis. Studies showed that participants of the GLA:D Program reported to have reduced pain, decreased the reliance on painkillers, and improvements to overall physical activity levels. Trent Health in Motion also implemented the Seniors Motion and Mobility Program where 40 seniors participated in exercise classes that focused on increasing strength, endurance and mobility to keep individuals mobile as they age.

Spinal Cord Injury Ontario partnered with the Lawson Health Research Institute to create the Possibilities Project Plus that included the development of a platform where people from across the province can post and browse assistive devices and equipment.

1.4 Basic Income

Address income barriers experienced by older adults.

The **Township of Cavan Monaghan** supported the Millbrook and District Food Share program, based out of Cavan Monaghan Library's Millbrook Branch, which offers food and supplies to people with limited incomes.

Community Care Peterborough managed a subsidy fund to ensure their clients with limited income can meet their needs for food, home repairs, and transportation to medical appointments. The subsidy is dependent on donations and funds available.

Activity Haven membership and program fees are low, and they provide a subsidy for those who need it. They have a Food Cupboard for members in need of food.

Peterborough County manages a residential property tax rebate for low-income seniors and low-income persons with disabilities. Those eligible may qualify for up to \$200 annually.

City of Peterborough, Recreation & Parks Services offers some free and low-cost fitness and leisure programs for older adults. Individuals and families who qualify may apply for a Recreation Program Subsidy so they can register for other activities. **City of Peterborough, Recreation & Parks Services**, in partnership with the **Peterborough Housing Corporation**, initiated a pilot program to provide drop-in programs at no cost to their residents.

The **Township of Otonabee-South Monaghan** provides financial support to the OSM Food Cupboard and promotes the service on its website and social media platforms.

Most of the 40 events organized by **Rainbow Service Organization** (and Peterborough-Nogojiwanong Pride program) included a "pay-what-you-can" option to reduce financial barriers.

Priority Area: Staying Mobile

Outcome: Transportation and infrastructure ensure older adults are able to Stay Mobile in the community.

2.1 Transportation

Enhance transportation options.

Community Care Peterborough (CCP) provides door-to-door transportation services by volunteer drivers and CCP operated accessible vans. In 2024, seniors and people with disabilities received 31,651 drives to programs, doctor appointments, dialysis clinics, shopping, and long-distance specialist appointments. CCP was an active committee member in the development of The Link rural bus service that provided transportation from Curve Lake First Nation, through Selwyn Township, and into Peterborough.

City of Peterborough, Recreation and Parks Services offered transit passes to volunteers to ensure transportation was not a barrier for volunteering.

Township of Asphodel-Norwood sent a letter to Fleming College and Trent University to advocate for transportation.

The local **Spinal Cord Injury Ontario** staff person is the AFP representative on the City of Peterborough, Public Transit Advisory Committee therefore brings an accessibility lens to the discussions.

2.2 Active Transportation

Support accessible, inclusive, user-friendly infrastructure to support older adults to ensure safe, year-round active transportation routes.

GreenUP created the first iteration of a senior- specific brochure to introduce the audience to sustainable transportation choices. They had a booth at the Activity Haven, 2024 Active Living Fair and engaged 75 seniors in conversations about using active and sustainable travel modes. GreenUP updated its marketing guide for Shifting Gears and in 2025, will identify who in the transportation program is 55+.

Peterborough County completed repairs to the Chemong Bridge joining Ennismore and Bridgenorth. It added a new 1.8km concrete sidewalk and a connection to a new multi-use path with lighting.

2.3 Infrastructure

Enhance age-friendly infrastructure and accessible indoor and outdoor spaces.

In 2024, the **City of Peterborough, Recreation and Parks Services** received approval to make Bonnerworth Park and Knights of Columbus Park more accessible.

The **Township of Otonabee-South Monaghan** made improvements to McIntyre Park and Squirrel Creek, which included the elimination of overgrown vegetation, including trees and brush, and providing a more open and safe space. These improvements have made the area more useful, secure, and accessible. The Township also contracted Sierra Consulting Ltd. to commence the Parks and Recreation Master Plan. The objective of the plan is to enhance the community's recreational facilities and green spaces to meet the growing needs of the Township's residents.

The **Township of Asphodel-Norwood** applied for several grants to enhance age-friendly infrastructure, connect communities, and improve accessibility in indoor and outdoor spaces.

In 2024, the **Buckhorn Community Centre** (BBC) secured funding from the Ontario Inclusive Community Grant to enhance their Festival Park and Butterfly Garden by making the area more accessible and user-friendly. The renovation will continue until it is completed, with a grand opening planned for July 2025, when the garden is in full bloom. This area is designed with accessible walkways, a new large pad for events, accessible seating and improved lighting. People will experience an inclusive space tailored to the needs of seniors and those with physical challenges.

In 2024, with funding from the federal New Horizons for Seniors Program, the **Buckhorn Community Centre** removed barriers for seniors to socialize and get active by revitalizing their fitness room with new equipment to make it more user-friendly, climate-controlled, and safer. Improvements were made to the general ambiance of the space, equipment, ventilation, and acoustics. Over 70 people participated in this project.

All **Rainbow Service Organization** (and Peterborough-Nogojiwanong Pride program) events were held in accessible spaces, and they encouraged all event organizers to utilize venues that are physically accessible to the current standards.

The **Township of Otonabee-South Monaghan** has made local playgrounds more accessible with the addition of park benches and portable washrooms.

2.4 Connected Communities

Support the implementation of complete and connected community design such as promoting intentional age-friendly neighbourhood development planning.

The **Township of Cavan Monaghan** commenced a process to design a downtown park and develop lands around the new Community Centre to encourage an active lifestyle for all residents including seniors. This includes open park space with shaded areas.

Priority Area: Building Relationships

Outcome: Community Relationships are sustained to encourage collaboration and foster partnerships.

3.1 Community Collaboration

Enhance community collaboration to improve system navigation so older adults are more aware about programs and services that meet their needs.

Community Care Peterborough (CCP), in partnership with **AFP**, and with funding from the United Way Peterborough and District, developed and implemented the Senior Connector project. Senior Connectors are volunteers who are scheduled at kiosks in the community to provide information and resources to older adults and their care givers about health services, housing options, transportation, recreation, and volunteer opportunities.

Community Care Peterborough (CCP) is engaged with multiple groups and agencies and provides leadership on many boards, committees and projects. CCP was instrumental in the development of AFP and continues to be a key partner. The CCP Community Development Coordinators in Apsley, Buckhorn, Ennismore-Bridgenorth, Havelock, Millbrook and Norwood assist older adults find local programs and services they need to support healthy aging. The CCP offices are hubs of information, and the staff are known and connected in their communities.

The **Township of Cavan Monaghan** partners with the local **Community Care Peterborough** office, the **Millbrook Branch of the Royal Canadian Legion, Lions Club**, and **Kawartha Foodshare** to offer a range of services that support seniors. The Township promotes their programs and services and provides meeting and programming space.

Buckhorn Community Centre is engaged with local organizations and businesses such as **Community Care of Buckhorn**, the **Lions Club of Buckhorn**, the local elementary school, and the **municipality of Trent Lakes** to provide programs that meet the needs of the community.

The **Township of Otonabee-South Monaghan** is engaged with the Keene Lions Club to support and promote their programs and services and provide meeting space.

Working Together is held in December each year and where all **AFP** members gather to network, share resources, and prioritize actions for the following year. In 2024, 63 network members attended. After an update from AFP and lead organizations, participants enjoyed a panel discussion with Dr Piggott from **Peterborough Public Health**, Dr Mikula from **Peterborough Regional Health Centre**, and Dr Ingram from **Geriatric Health**. Many connections were made during the roundtable discussions and networking lunch. Most stayed for the keynote, Sue Lantz, author of *Options Open: The Guide for Mapping Your Best Aging Journey*.

Home Care Workers Co-op, Age-friendly Peterborough, Trent Fleming School of Nursing, Trent University Sociology Dept., Peterborough Ontario Health Team, AON, Peterborough Community Health Centre, and Peterborough Housing Corp are collaborating to advance the concept of a Peterborough Community Wellness Hub. Trent University submitted a grant application for a project that will include a case study of the Peterborough Community Wellness Hub. Next steps are to further develop the collaboration and common goals.

3.2 Intergenerational Relationships

Champion and support intergenerational opportunities.

The **Trent Fleming School of Nursing** with support from Clinical Instructors, matches Community Health Nursing Students with senior supporting organizations to conduct a health promotion project for credit over a 12-week term. This is an opportunity for the students to be mentored and interact with seniors, developing leadership and project management skills that enhance healthy aging and related services.

- **Home Care Workers Co-operative.** Students assisted Naturally Occurring Retirement Community (NORC) Ambassadors to plan, promote and implement activities and workshops in the apartment building common room.
- **Peterborough Family Health Team, Nurse Navigators.** The student updated referral databases of frequently used housing and income support needed by older vulnerable patients.
- **Community Care Peterborough, Apsley, Buckhorn, Havelock and Ennismore/Lakefield offices.** The students contacted clients to identify individual barriers to wellness and aging in place and what support services are required to facilitate successful aging.
- **Kawartha Centre.** The student engaged with local Indigenous service providers to better understand the needs of Indigenous older adults, and how to reduce barriers and build bridges with memory care services.
- **Peterborough Regional Health Centre, Hospital Elder Life Program.** The students worked with different units and services within the hospital to raise awareness about delirium prevention and person-centred care. Completing specific projects around restraint as a last resort and reducing postoperative delirium.

- **Extendicare Lakefield and Centennial Place Long Term Care.** The students collaborated with **Hospice Peterborough** to enhance their palliative care and end of life approaches through staff and family education and adoption of palliative care resource carts.
- **Fairhaven Long Term Care.** Students collaborated with staff to mitigate environmental and nutritional factors to reduce falls and secondly, facilitate adoption of evidence informed wound care.

Community Care Peterborough hosts student placements and recruits students to assist with home maintenance, as appropriate. Children from public school choirs often attend luncheons and special events attended by seniors.

The **North Kawartha Public Library** offered two intergenerational programs: Storytelling and Knitery.

The **Cavan Monaghan Library** received a Seniors Community Grant to offer a variety of new programs and activities, designed to alleviate social isolation while providing volunteer opportunities and help participants gain employable skills. The focus of this grant was for youth to assist elders to write their memoir. Those who could type or write were guided to record their own stories, while others who needed help had a volunteer transcribe their stories for them. While the project was mainly geared towards the 55+ community, they encouraged intergenerational involvement by including options for participation and volunteer opportunities to students. Library staff hired an expressive art therapist to come to the library and conduct a series of art related workshops so participants could draw a map of where they grew up or an important place in their lives.

Big Brothers Big Sisters of Peterborough (BBBS), with support from **AFP** and in partnership with the **City of Peterborough Recreation and Parks Services, Activity Haven** and **Mapleridge Recreation Centres** planned and implemented the Big G (grandparent) Mentoring Together project. Funded by the Ministry for Seniors and Accessibility Senior Community grant, this intergenerational program provided opportunities for older adults and youth to participate in activities during P.A. Days and March Break.

The **Township of Otonabee-South Monaghan** promoted and supported local family events such as Pumpkinfest, the Canada Day Parade, the Santa Claus Parade, and the Remembrance Day ceremony.

Trent Health in Motion recruits Trent University students enrolled in healthcare fields to volunteer during exercise programs and support older participants.

The **Trent Centre for Aging & Society** held the “Anishinaabe Indigenous International Growing Old/Aging (AIIGO) Gathering” at the Peterborough Public Library. The CIHR Café Scientifique funded Gathering promoted and enacted intergenerational relationships, inviting younger and older Anishinaabe from Curve Lake and Hiawatha First Nations to engage in discussion on growing old in place, in their respective communities. A keynote speaker also

shared their global research on how Indigenous communities are enacting aging well according to their respective knowledge and traditions.

In winter semester 2024, **Dr. Elizabeth Russell of Trent University** received funding from the RTO/ERO Foundation and the Trent Teaching Fellowship Program to pilot an intergenerational classroom in her Psychology of Aging course. Older community members (classroom volunteers) were valued members of the class and connected weekly with students through collaborative, intergenerational projects, and informally reflecting on their experiences with growing older. Students and classroom volunteers encountered an enriched and positive intergenerational learning environment.

AFP supervised students from the Fleming College, Wireless Information Networking Program, as they completed a communication project. The students developed a sustainable social media plan to create a larger digital presence that aimed to improve access to information for seniors, their families, and caregivers.

3.3 Safety

Foster collaborative partnerships and projects to ensure vulnerable local older adults feel safe in their community

In 2024, 22 representatives from the safety sector attended the **AFP Senior Safety** forum. Participants agreed there is a need for a Senior Safety Community of Practice who will share, build alignment, and collaborate on safety issues older adults face, such as emergency preparedness and management; fire safety; personal safety planning; preparing and managing during a power outage; and elder abuse, fraud, and scams.

Community Care Peterborough led and supported the Peterborough Elder Abuse Network for many years.

The **City of Peterborough, Emergency & Risk Management Division** offers community workshops to provide information on how to prepare for emergencies, tips to develop a personal emergency plan and emergency kit and highlights important considerations to plan for.

AFP received funding from the Ministry for Seniors and Accessibility Senior Community grant and United Way, Peterborough & District to develop the Be Prepared project. The workbook contains tools that help older adults organize their important information in one place. The chapters are Emergency Preparedness, Personal Safety Planning, Next-step Housing, Advanced Care Planning, and Final Wishes. Since the launch, 1,000 participants attended a free one-hour Be Prepared workshop and received the workbook. AFP will investigate funding to develop the third edition.

Activity Haven hosts monthly Lunch and Learns with safety topics such as the role of Community Paramedics, frauds and scams, and hosted many **AFP Be Prepared Workshops**.

The **Township of Cavan Monaghan** local police department hosted Fraud Prevention Information Sessions and launched a video on "The Grandparent Scam".

Mapleridge Recreation Centre members were invited to attend a showing of the Older Adult Centres Association of Ontario (OACAO) Fraud Prevention and Scams webinar.

The **Township of Otonabee-South Monaghan** Fire Department supported Emergency Preparedness Week (May 5 - 11, 2024) by promoting registration for the Voyent Alert! program to keep residents informed about emergency alerts and day-to-day information in the community. The Township fire department also promoted "12 Days of Holiday Fire & CO Safety" with radio messaging and social media engagement.

The Peterborough County, **Ontario Provincial Police** (OPP) provide education to seniors on safety related topics such as fraud and scam prevention.

3.4 Inclusion of Older Adults

Promote a diverse representation of aging and inclusion of older adults.

Volunteer Peterborough promotes the benefits of volunteering and suggests volunteer opportunities to the community including older adults. The AFP Coordinator was on the Volunteer Peterborough Steering Committee to encourage meeting the needs of seniors in the development of the website and matching platform and to include older adults in promotional material.

Community Care Peterborough ensures all communications, including on the website and in brochures, present aging in a positive light. Many older adults are involved in the success of the organization, from the Board of Directors to staff and volunteers.

Activity Haven has a very active Board of Directors that meet monthly and many members (membership is age 50+) assist in the coordination of programs and special events.

Where possible, **Trent Health in Motion** seeks yoga and falls prevention instructors that are reflective of the Seniors in Motion Program participants. Feedback from their senior participants is encouraged to enhance the inclusivity of their programming.

The **Buckhorn Community Centre** (BCC) is a community of mostly older adults and seniors, the mean age of whom is 57. They include seniors in all aspects of our staffing, volunteering, program planning, event implementation, and program promotion. To keep the facility operating efficiently, they rely on seniors' skills, talents, and experiences to support the BCC in maintenance and renovation, board expertise and proficiency, fundraising, and event planning and implementation.

In 2024, **BCC** received funding for two projects that were developed by and designed to support seniors:

- The federal New Horizons for Seniors Program supported a program for seniors to learn how to stay active, utilize the resources of a revitalized fitness room, and experience new programming. Over 70 seniors attended programs and one-on-one fitness coaching sessions. Seniors helped plan and lead some of the programming.
- The Ontario Inclusive Community Grant allowed BCC to reinvigorate and make a large garden and park area accessible for events, private functions, and spring-summer programming. Eight senior volunteers managed this project, from planning the renovation to hiring and supervising contractors, purchasing required materials, and preparing for new programming.

Priority Area: Learning and Contributing

Outcome: Older adults have the opportunity to Learn and Contribute.

4.1 Communication and Technology

Support and increase connectivity to information through improved access and/or technology training.

The **Volunteer Peterborough** website offers an online tool so people can match their skills and interests with a volunteer opportunity. Support and training are available for those who are not as familiar with the technology.

Staff at **Activity Haven** assist many members with phones and tablets on a regular basis.

The **Township of Cavan Monaghan** advertises in the local monthly newspaper which is distributed free to all residents of the community. This allows residents without access to computers to know what is happening in the community. They have installed signage at the new Fire Hall which provides updates on upcoming community events/initiatives.

AFP received funding from the Ministry for Seniors and Accessibility, Senior Community grant to purchase technology equipment for each Naturally Occurring Retirement Community (NORC) pilot site location. **Home Care Workers Cooperative**, the project lead organization, provided training to the NORC Ambassadors so they could use the equipment to stream instructional and educational webinars, and use the laptop for service navigation.

The **Otonabee-South Monaghan Public Library (OSMPL)** promotes Computer and Device Assistance with an instructor who assists with set-up and installations, offers digital resources with an OSMPL library card, and hosts Income Tax Clinic led by volunteers.

The **Asphodel-Norwood Public Library** provides 5 public access workstations, 1:1 technology support as required, and access to free Wi-Fi.

Participants in **Trent Health in Motion** programs are required to fill out digital consent forms and feedback surveys. Staff assist people with their intakes and surveys when needed. This approach allows the individual to learn and become comfortable with the process.

The **Buckhorn Community Centre** (BCC) improved its programming promotion in 2024 with an improved website and communication plan. This has led to more community engagement through increased participation, volunteering, and event planning.

In 2024, the **Peterborough Public Library** provided 1:1 technology sessions to over 80 individuals. Participants learned how to use mobile devices and computers, set up email accounts, organize files and photos, access online government services, keep in touch with family members, access travel documents and information, and access library products. They were informed about accessible features, such as increased font sizes and audible formats.

The **North Kawartha Public Library** provides 1:1 technology mentoring and assistance to older adults.

Trent Centre for Aging & Society (TCAS) shares research carried out by its Members (faculty, post-doctoral fellows, research associates, visiting scholars, graduates, undergraduates, community) with the public via digital weekly emails and a biannual newsletter in June and December.

4.2 Recreation

Support and increase access to leisure, recreation, and social activities that promoted a better quality of life.

Community Care Peterborough offers numerous active and social activities including social luncheons, coffee clubs, euchre, Zumba gold, line dancing, and pole walking.

The **North Kawartha Public Library** offers active and social activities including knitting, ukulele art, classes, plein air painting, and self-defense.

Retired Teachers Ontario (RTO/ERO) plans social activities for their members.

Activity Haven schedules over 35 Instructional programs and 50 drop-in programs weekly. They offer hot lunches twice per week where over 40 people attend.

Mapleridge Recreation Centre offers active and social programs and events to fulfill the needs of its members.

Trent Health in Motion developed the Seniors in Motion program, a free 12-session program that focuses on exercise and health education for seniors. It was designed to improve quality of life through improved physical health and social connection. In 2024, through funding from the New Horizons for Seniors grant and a partnership with **Mapleridge Recreation Centre**, 40 seniors were able to participate. **Activity Haven** hosted this program in the past.

The **Township of Cavan Monaghan** added new recreational programs including creating temporary pickleball courts in the community centre arena when the ice is out and installing outdoor fitness equipment outside the community centre. The Township continues to support multiple free events in the community such as outdoor movie nights and Canada Day and Family Day celebrations.

The **Township of Cavan Monaghan** in partnership with Millbrook **Community Care** offered monthly "Coffee and Conversation" sessions and a weekly walking group at the community centre walking track.

City of Peterborough, Recreation and Parks Services offered recreation and leisure opportunities for older adults and seniors at all of the recreation facilities.

Home Care Workers Cooperative offers transportation and support to clients so they can participate in activities such as an aqua fit class or going to the library.

The **Otonabee-South Monaghan Memorial Community Centre** hosts weekly senior public skating. The Otonabee-South Monaghan Public Library hosts social events such as euchre tournaments and jigsaw puzzle competitions. It has Ontario Park Passes available on loan for residents to enjoy free access to Ontario Parks.

In 2024, the **Buckhorn Community Centre (BCC)** received funding from the federal New Horizons for Seniors grant to provide seniors with one-on-one coaching sessions with a personal fitness trainer. As a result, participants assessed and strengthened their physical condition and increased their knowledge of the importance of healthy aging. This project also expanded their recreational and sports options to include new programs such as pole walking, line dancing, chair yoga, walking soccer for seniors, bean bag baseball, seated volleyball and mahjong. The intention was to provide active programming that met social needs by decreasing isolation and to bring people together to create a sense of belonging and purpose. Over 70 people participated in these new programs.

Spinal Cord Injury Ontario organized speakers from the Peterborough Rowing Club, adaptive cycling, and paralympic athletes to discuss the value of sport.

The **Asphodel-Norwood Public Library** offered 54 programs geared to older adults and 540 participants attended. They also hosted a variety of programming opportunities for all, including older adults.

Starting in the summer of 2024, **Peterborough Public Library** increased the number of programs directed to older adults, including crafts, social drop-ins, and additional book clubs. 47 new events were scheduled and over 315 participants attended.

The **Otonabee-South Monaghan Memorial Community Centre** also offers curling in the winter and pickleball in the summer months.

4.3 Lifelong Learning

Plan and implement workshops and/or events that increased awareness of programs, services, and resources available to support healthy aging.

The **Peterborough and Kawartha Chamber of Commerce** partners with **AFP** to plan the annual Seniors Showcase. In June 2024, over 800 older adults visited 104 exhibitors and attended 12 workshops. It was an opportunity for participants to speak to many senior supporting organizations in one place.

Activity Haven received funding from the Older Adult Centres Association of Ontario (OACAO) and partnered with **AFP** to plan the first Active Living Fair. 175 older adults attended the 28 exhibitors trade show, 4 workshops, and 5 Try it Activities. Due to its success, it will be an annual event.

Peterborough Public Library, in partnership with **AFP**, implements the Living & Aging Well workshop series. Each month a different presenter provides information that supports healthy aging. In 2024, 10 workshops were planned and 145 participants attended. **Home Instead Senior Care** provided refreshments so participants could socialize after the workshops.

The **Trent Centre for Aging & Society** leads, supports and encourages participation in lifelong learning through its Interdisciplinary Aging Studies Seminar and special events such as those below.

- At the January 2024 ReFrame Film Festival and the June 2024 Nogojiwanong Indigenous Fringe Festival, Dr. Nadine Changfoot (Acting Director, TCAS) and Curve Lake First Nation Members (ages 20-70s) with whom she partnered, each directed/created a short multimedia documentary of their Anishinaabe experience and knowledge. Their videos were screened to an Indigenous and settler audience. Settlers especially learned of the impacts of colonization and of Indigenous resurgence. Indigenous persons remarked how moving and impactful it is to learn of Indigenous Knowledge that has been suppressed for so many years.
- In October 2024, the Trent Centre for Aging & Society held an Interdisciplinary Aging & Society seminar on Precarity, Risk and Aging in Later Life, led by Drs. Amanda Grenier and Stephan Katz. During the seminar, both presenters discussed multiple vulnerabilities imposed on older adults within our society, and the ways we/citizens/researchers can collectively mitigate these issues not only for the current generation of older adults, but for all of us as we age.
- Dr. Sally Chivers, TCAS Executive, supports lifelong learning through her podcast Wrinkle Radio: “Don’t panic! It’s just aging.” The podcasts cover a wide variety of topics on and to celebrate aging. Wrinkle Radio can be accessed at: www.sallychivers.ca/wrinkleradio

Community Care Peterborough, Activity Haven, Mapleridge Recreation Centre, and the Township of Asphodel-Norwood offer regular workshops for their members and the community.

In June 2024, **Asphodel-Norwood Public Library** hosted Seniors' Wellness Wednesday where 21 seniors received wellness information on nutrition and fitness. They also organized a weekly program called Feel Good Friday where the focus was on movement and feeling good. The Asphodel-Norwood Public Library partnered with **Community Care** and **Hospice Norwood** to have information booths at the main branch. This provided an additional opportunity for library patrons to access information about community organizations.

In August 2024, **Spinal Cord Injury Ontario** hosted an Accessibility Expo where 90 people received information from the 24 vendor/service booths. They also scheduled 10 monthly Peer groups with guest speakers on topics such as health, recreation, traveling with a physical disability, wheelchair maintenance, and driving with hand controls/options. 207 people attended the workshops.

In 2024, **AFP** developed the Speakers Bureau, a list of senior supporting organizations who provide workshops for community groups.

- AFP
- Alzheimer Society
- B!KE: The Peterborough Community Bike Shop
- Canadian Hearing Services
- Canadian Mental Health Association
- Central East Self-Management Program (Ontario Health at Home)
- City of Peterborough Emergency & Risk Management
- City of Peterborough Fire
- Community Care
- Council for Persons with Disabilities
- Curve Lake First Nation
- Home Care Workers Cooperative
- Home Instead Seniors Care
- Ontario Provincial Police
- Osteoporosis Canada
- Peterborough Police
- Peterborough Public Library
- Peterborough Regional Health Centre
- RBC
- Senior Women Living Together
- Service Canada
- Sullivan Law
- Volunteer Peterborough

4.4 Volunteerism

Promote and encourage volunteerism within our community.

Volunteer Peterborough (VP) was founded in 2023 with the goal of identifying and overcoming barriers to volunteerism. They encourage local individuals eager to lend their time and talent to post a profile on the VP matching portal. Organizations located in the greater Peterborough area who are looking for volunteers post their opportunities. The portal matches people to those organizations to suggest roles that meet their skills and interests. 1,700 volunteers have created a profile and 162 organizations listed opportunities.

In 2024, with funding from Peterborough Foundation, **VP** planned the first Meet Your Match Volunteer Fair. 42 organizations seeking volunteers had the opportunity to meet the 500 attendees interested in volunteering. Due to success, Meet Your Match in Peterborough will be an annual event. Volunteer Fairs were also organized in **Township of Cavan Monaghan** and **Selwyn Township**.

VP received funding from the **Retired Teachers Ontario (RTO/ERO)** Community Grant to create a brochure to inform new greater Peterborough area residents about volunteering possibilities. Many new residents are seniors looking for ways to be involved in the community. This support demonstrated that RTO/ETO emphasizes the importance of volunteering.

When **Buckhorn Community Centre (BCC)** implemented their *Keeping Seniors Active Project* in 2024 with funding by the federal New Horizons for Seniors, they saw an increase in program participants, translating into an increase in interest in volunteering at the BCC. Through this project, they gained 15 new volunteers. BCC also had 8 senior volunteers who manage the Festival Park and Butterfly Garden project, which was funded by the Ontario Inclusive Community Grant in 2024. Two of these volunteers were new to the BCC and joined because of their interest in gardening and improving outdoor spaces.

Trent Centre for Aging & Society Research Associates Erika Snowden & Amber Zapletal, and TCAS Executives Dr. Mark Skinner & Dr. Elizabeth Russell published their research report *Rural Older Voluntarism During the COVID-19 Pandemic*. It conveys insights into older voluntarism, and the role of older volunteers in particular during COVID-19, as a means of creating positive outcomes for aging in place and community development in Canada's aging rural communities. Their report can be accessed from the Trent Centre for Aging & Society website.

Many local organizations depend on volunteers to provide services, assist with programming, conduct day-to-day operations, do fundraising, implement events, and provide strategic directions on a Board of Directors or committee. The following organizations mentioned the use of volunteers in their Impact Report survey submission.

- **Peterborough County, Lang Pioneer Village**
- **North Kawartha Public Library**

- **Activity Haven** has over 100 volunteers
- **Home Care Workers Cooperative**
- **City of Peterborough, Recreation and Parks Services Division**
- **Peterborough Public Library**
- **Age-friendly Peterborough**
- **Mapleridge Recreation Centre**
- **Township of Otonabee-South Monaghan Public Library**
- **Asphodel-Norwood Public Library**
- **Rainbow Service Organization** (and Peterborough-Nogojwanong Pride program)
- **The Buckhorn Community Centre** has 410 volunteers
- In 2024, **Community Care Peterborough** had 808 volunteers who provided 84,627 hours of service, equal to 46.5 full time positions.
- **Township of Asphodel-Norwood** also implemented a volunteer policy

4.5 Employment

Raise awareness of older adults' need for flexible employment options and the advantages of hiring older persons.

No one who completed the AFP Impact Report 2024 survey indicated they had actions to support this goal.



Thank you

Thank you to the organizations who submitted their successes for us to share in the 2024 Impact Report.

Thank you to those who didn't submit as we still want to recognize that you also contributed to the greater Peterborough area becoming more age-friendly.

Thank you to the funders and those who donated to community organizations. Without you many of these projects, services and programs could not happen.

Thank you to the volunteers and community who are instrumental in the operation of senior serving organizations.

Age-friendly Peterborough

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www.peterborough.ca/aging