



Age-Friendly Newfoundland and Labrador Communities Program Final Report

Please complete and return this form within 30 days of project completion. If you have any questions, contact jamecollins@gov.nl.ca, 709-729-5261 or toll-free 1-888-494-2266. Alternate formats are available upon request.

SECTION 1: Applicant Information

Applicants Legal Name: Southern Labrador Development Association

Date Final Report completed: September 9, 2022

Final Report completed by: Russell Hancock

Position: Coordinator

Phone: 709-931-2010

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SECTION 2: Project Information

1. Project Information

- A. Project Title: SLDA Age Friendly Community Program 2020
- B. Project start and end dates. Start: 5/18/2020 End: 9/2/2022
- C. Total project cost: 8 110
- D. Did you receive funding for this project from any other sources? no

2. Focus Areas. Please indicate which age-friendly domains were the primary focus of the completed planning activities/project:

- | | |
|--|--|
| <input type="checkbox"/> Outdoor spaces and buildings | <input checked="" type="checkbox"/> Communications and information |
| <input type="checkbox"/> Transportation | <input checked="" type="checkbox"/> Civic participation and information |
| <input type="checkbox"/> Housing | <input type="checkbox"/> Community support and health services |
| <input type="checkbox"/> Respect and social inclusion | <input checked="" type="checkbox"/> Plan/assessment dealing with all domains |
| <input checked="" type="checkbox"/> Social participation | |

3. Brief Summary of Activities. Please provide a summary of the activities that were undertaken including main accomplishments, promising practices, and lessons learned:

SLDA Age Friendly Community Program 2020

The Southern Labrador Development Association (SLDA) received funding in April 2020 for the purpose of completion of an age-friendly community regional assessment and development of an action plan that addresses one or more of the eight domains of age-friendly communities. SLDA operates in the Labrador Straits region which comprises the communities of L'Anse au Clair, Forteau, L'Anse au Loup, L'Anse Amour, Capstan Island, West St. Modeste, Pinware, and Red Bay.

Our first step in introducing the program was to establish an Age Friendly Community Committee representative of communities in the region. There are presently twelve members on the committee representing all communities. The first task of the Committee was to conduct a community assessment to determine the level of "friendliness" according to the eight domains of the age friendly community concept. Given the constraints of the Covid 19 pandemic at the time, the safest means of conducting an assessment was through an on-line survey. With extensive communication and promotion through social media, residents in all communities, age forty and over, had the opportunity to respond to the survey. Response to the survey was very favorable and, under the Committee guidance, the results were tabulated in a clear and easily understood format for presentation.

Following the community assessment survey, the Committee began a process of determining an action plan on going forward with the initiative. Two courses of action were identified:

1. Communicate and collaborate with all municipalities/local governments for a clearer understanding of what it means for a community to be age friendly. Determine where the community lies on the age friendly community spectrum and look for means to improve the community. The first step in this process would be to meet with each municipal government and present the results of the online survey for information and discussion. Two such presentations were completed with the municipalities of Forteau and L'Anse au Loup. Unfortunately, due to Covid 19, the remaining presentations were not completed.
2. Identify areas of concern from the survey that could be immediately addressed by the Age Friendly Committee. Two such areas identified were social participation and social inclusion. Therefore, over the course of the past year, the Committee organized and carried out with assistance of community partners the following activities:

Volunteer 'Age-Friendly' Committee Initiatives

Welcoming Baskets for Local Ukrainians – *Partnerships: Age-Friendly Committee, Seniors Services Office, Association for New Canadians, Southern Labrador Development Association*

Through donations by local community members, the Age Friendly committee was able to partner with numerous non-profit organizations to assemble a "welcoming basket" for two (2) Ukrainians who were new to the area. A total of \$360.00 was collected, and two (2) baskets were assembled and delivered.

Pay it Forward Fund & Info Card – *Partnerships: Age-Friendly Committee, Seniors Services Office, Southern Labrador Development Association*

At a Farmers' & Craft Market hosted by Southern Labrador Development Association, we collected funds to assemble tokens of appreciation for newcomers, health care staff, and

front-line workers. A total of \$433.68 was collected and we have ordered appreciation ornaments for all health care staff in the Labrador Straits region.

Hymn Sing at Seniors Complex – *Partnerships: Age-Friendly Committee, Seniors Services Office, Living Waters Pentecostal Church, Southern Labrador Development Association*

June is recognized as National Seniors' Month in Newfoundland and Labrador. There were multiple events planned for the month of June, including a hymn sing at the Seniors Complex in Forteau. The sing was led by the Living Waters Pentecostal Church and livestreamed over social media.

Seniors (65+) Discount Shopping Day – *Partnerships: Age-Friendly Committee, Seniors Services Office, Community Sector Council NL, Southern Labrador Development Association, Local Businesses in Labrador Straits*

As a part of National Seniors' Month, we worked closely with local businesses to offer a "Seniors (65+) Discount Shopping Day". Beverages and discounts were offered at each location, ranging from 10% off to 50% off products. This event was very successful, with approximately 27 businesses taking part.

High Tea for Seniors at the Lighthouse – *Partnerships: Age-Friendly Committee, Community Sector Council NL, Seniors Services Office, Provincial Historic Site, Southern Labrador Development Association, Labrador Grenfell Health Seniors Bus*

As a part of National Seniors' Month, partnering organizations arranged a High Tea for seniors at Point Amour Lighthouse. Approximately 30 seniors attended, including 8 seniors who were transported by the Labrador Grenfell Health Seniors Bus. There was live music, specialty food, traditional story telling, and royalty dresses. The event was enjoyed by all who attended.

Age-Friendly Volleyball Night – *Partnerships: Age-Friendly Committee, NunatuKavut Community Council, Community Sector Council NL, Seniors Services Office, Association for New Canadians, Community Youth Network, Southern Labrador Development Association*

An Age Friendly volleyball night was organized by all partners above. Although the event was 12+, spectators as young as 5 enjoyed the event. Healthy snacks such as granola bars and water were provided for all participants. There were approximately 25 players and 10 volunteers at the event.

Safe Indoor Winter Walking – *Partnerships: Age-Friendly Committee, Seniors Services Office, Community Sector Council, Southern Labrador Development Association*

Each week during winter and spring, the Age-Friendly Committee and above partners organized "Safe Indoor Winter Walking" events where individuals of all ages could participate in physical exercise in a safe environment. Many seniors do not walk outdoors in winter due to ice and harsh weather conditions. By providing this space, seniors were able to both engage in physical exercise and socialize.

Age-Friendly Spring Outdoor Walk at L'Anse Amour – *Partnerships: Age-Friendly Committee, Community Sector Council NL, Community Youth Network, Senior Services Office, Junior Canadian Rangers, Southern Labrador Development Association, Association for New Canadians*

As a part of National Seniors' Month, we organized an Age Friendly Spring Outdoor Walk at L'Anse Amour for all ages. There were 50 participants, with ages ranging from 5 to 90. Junior Canadian Rangers cooked traditional beans and toutons for all participants over Coleman propane stoves, and the event was enjoyed by all.

Seniors Buddy Program – *Partnerships: Age-Friendly Committee, Community Sector Council NL, Seniors Services Office, Southern Labrador Development Association*

As a result of the Covid 19 pandemic, seniors were feeling the effects of social isolation and loneliness. We created a program where seniors could have a voluntarily have a "phone buddy" to eliminate social isolation. Unfortunately, there wasn't much uptake on this initiative, however the option was there for anyone who wished to use the service.

Table at the Farmers & Craft Market – *Partnerships: Age-Friendly Committee, Seniors Services Office, Southern Labrador Development Association*

There are three (3) Farmers' & Craft Markets in the Labrador Straits region this fall. The Seniors Services Office and Age Friendly Committee shared a table at the markets to advertise events which have been previously hosted in the area. There is also an abundance of information that is beneficial to seniors in the area. In addition to this, there was also a suggestion box to see what type of events individuals in the area would like to see.

Age-Friendly Info Poster -*Partnerships: Age-Friendly Committee, Seniors Services Office, Southern Labrador Development Association*

An Age Friendly information poster was created which shares information on the Age Friendly committee and what an Age Friendly community is. This poster has been shared on social media, at the Farmers' & Craft Markets, and will be distributed in stores.

Thanksgiving Volleyball Tournament – *Partnerships: Age-Friendly Committee, Southern Labrador Development Association, Neko Butt, Laura Oates*

The Age-Friendly Committee has donated 3 hrs of gym rentals to support the Thanksgiving Volleyball Tournament.

NunatuKavut Community Council Winter Carnival – *Partnerships: Age-Friendly Committee, NunatuKavut Community Council, Seniors Services Office, Southern Labrador Development Association, Lions Club, Community Sector Council NL, Community Youth Network)*

NunatuKavut Community Council hosted a Winter Carnival in the Labrador Straits region. The Age-Friendly Committee partnered for the event to virtually share traditional story telling.

Volunteer Week – *Partnerships: Association for New Canadians, Community Sector Council NL, CYN, Living Waters Pentecostal Church, Seniors Services Office, Southern Labrador Development Association*

The Age Friendly Committee partnered to host a Drive-Thru BBQ for volunteers in all communities in the Labrador Straits. Paper bags and cookies were decorated by 50+ clubs, the regional K-12 school, and other community members. The bags were then used to distribute the food. The event was very successful and has been since redone by another community group.

Members of the 'Age-Friendly Community' and Volunteer Committee participated in the **Learning Opportunity 'Tablets for Communication'**. – *Partnerships: TechKnow Tutors/Community Sector Council, Age-Friendly Committee, Southern Labrador Development Association*

Survey on Social Media - *Age-Friendly Committee*

Mothers Day Virtual Hymn Sing - *Age-Friendly Committee*

Distribute face masks for Age-Friendly advertisement - *Age-Friendly Committee*

150 distinct face masks with the age friendly community/SLDA logo were distributed to all those who participated in our online survey. (in support of community awareness of the age friendly program)

Summary

The SLDA Age Friendly Community Program succeeded with a number of accomplishments, including:

- A committee representing all communities has been established and still holding regular meetings to plan and implement meaningful activities to engage seniors, as well as all ages.
- A community assessment has been completed and results tabulated and prepared for presentation to stakeholders.
- An action plan has been determined for the immediate future with understanding that plans for the long-term need to be undertaken with other community partners.
- Several activities and events have been undertaken by the Age Friendly Committee and community partners arising from the community assessment results. These activities and events address some of the domains of the Age Friendly Community concept, including social participation and respect and social inclusion. During the time of the pandemic many of our seniors experienced loneliness and isolation. There is no doubt that the activities carried out under our program helped to alleviate some of those feelings.

Perhaps the most important lesson learned in carrying this program is just how important volunteers are to the success of this type of venture. Without a strong and determined committee our program would not have achieved results to the same level. Secondly, taking full advantage of all our communities have to offer, including community partners, facilities, and resources.

The next steps are:

- To continue dialogue with municipalities to further assess what we have and to look for ways to address all 8 domains of the age Friendly Community.
- To continue and on a broader scale the types of activities that have been successfully carried out over the past year. As covid 19 restraints ease and people feel more at ease in social gatherings, the range and type of activities that can be completed can lead to greater involvement and inclusion by all.
- To ensure the Age Friendly Committee remains strong and committed and to maintain and strengthen ties with all community partners.

R. Hancock
September 29, 2022

4. Program Goals & Objectives. Please outline how the completed planning activities/project met the goals of the Age-Friendly Newfoundland and Labrador Communities Program? How did, or will, this make your community more age-friendly?

Age Friendly Committee was established

Community assessment completed

Action plan in place

Several activities carried out to address domains of Age Friendly Community

5. Intended Outcomes, Deliverables & Impacts. Please describe the specific deliverables from the completed planning activities/project.

See # 4

6. Community Partners & Participation by Seniors and Elders

A. Please list all project partners, including how each contributed to the completed planning activities/project.

Southern Labrador Development Association - Project leader

Age Friendly Committee – Planning and operations team

Living Waters Pentecostal Church – helped plan and coordinate hymn sings

Community Sector Council – Assisted and gave expertise to several events including seniors shopping day, High Tea for Seniors, Volleyball Nights, and Indoor Walking for Seniors.

Community Youth Network – assisted with a number of activities including Volley Ball Night, Outdoor Walk, High Tea for Seniors.

Point Amour Lighthouse Provincial Historic Site – Hosted High Tea for seniors at the Lighthouse.

Junior Canadian Rangers – Prepared and served outdoor lunch for the Spring Outdoor Walk. 50 participants age ranging from 5 -90.

B. Please describe any direct participation by seniors and/or elders in the completed planning activities/project.

<p>6 of the 120-member planning team are seniors</p>
<p>7. Measurements Used to Assess Outcomes. What tools were used to evaluate the planning activities/project? How will this information be used?</p> <p>The online survey used to do the community assessment has been and continues to be very useful.</p> <p>The level of participation and response from those participating have been used to measure outcomes.</p>
<p>8. Impact on Local Government. Please list any policies, practices, plans, or local government documents that were developed or amended as a result of the completed planning activities/project.</p> <p>The impact on local government will be a focus of future initiatives.</p>
<p>9. Impact on Seniors. To what extent did or will, the completed planning activities/project directly impact seniors in the community?</p> <p>Given the number, variety, and quality of the activities completed to date, there is no doubt that the impact on seniors was positive and significant.</p>
<p>10. Sustainability. Please explain how outcomes will be sustained (e.g. confirmation of additional funding, commitment by local government or other organization etc.).</p> <p>There is a planning team firmly in place and with additional funding will be sustained and expanded.</p>
<p>11. Additional Information. Please use this space to add any additional comments.</p> <p>Click or tap here to enter text.</p> <p>Optional</p> <p><input type="checkbox"/> Photos of the project</p> <p><input type="checkbox"/> Media clippings</p> <p><input checked="" type="checkbox"/> Other reports or documents</p>

12. Financial Summary. Please complete the financial summary below describing how funds were expended	
Item	Expenditure
Please list items and provide a detailed description.	
Fees(community assessment)	1 500
Facility rentals	990

12. Financial Summary. Please complete the financial summary below describing how funds were expended	
Item Please list items and provide a detailed description.	Expenditure
Materials/Supplies	795
Healthy Snacks/Refreshments	1 575
Promotions	954
Transportation/Travel	1 375
Meeting materials/travel	921
Total	8 110
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Click or tap here to enter text.	Click or tap here to enter text.

13. Certification <p>I certify that the expenses identified in the attached financial summary: (1) have been incurred and paid; (2) are attributable to the project; (3) are eligible; and (4) are net of tax and any other rebates.</p> <p>In addition, I certify that: (1) the project is complete; (2) all revenues generated from the project have been declared; and (3) all eligible portions of all other grant contributions for the project have been declared.</p>	
Name: Russell Hancock	Title: Coordinator
Russell Hancock	September 29, 2022