



"INTERGENERATIONAL IS SENSATIONAL"

## Sensitivity to Aging

A key component to Toronto Intergenerational Partnerships in Community (TIGP) unique program delivery model is our Sensitivity to Aging Training. These interactive hands on training sessions provides children, youth and young adults with a comprehensive understanding of the aging process, decreasing cross- generational stereotypes.

TIGP's one hour Sensitivity to Aging Training explores some of the barriers individuals face as they age in relation to communication, dexterity, hearing, mobility, and vision. During the one hour training session youth experience what it is like to have some of these natural barriers to aging, as well as work together to identify adaptations that they can make to ensure accessibility to seniors when they are working together during a program.

Sensitivity to Aging Training has become a critical component to developing TIGP partnerships, as partners have identified the benefits to include children becoming more sensitive to the needs of seniors as they age, and developing empathy. Furthermore, this training has provided hundreds of children with tools and techniques that they can use when interacting with people who may face barriers to their everyday life as they age.

To learn more about TIGP's one of a kind Sensitivity to Aging training please contact Sara Beretka, Executive Director at (416) 531-8445 ext. 1 or [sara@tignp.org](mailto:sara@tignp.org)

# Community Connections



Bringing Generations and  
Communities Together  
Across Toronto since 1986

Charitable Tax No.  
13501 6400 RR0001

## TIGP Has Gone Green



Please sign up today for the Community Connections Online Newsletter by emailing Sara at [sara@tignp.org](mailto:sara@tignp.org) or [infor@tignp.org](mailto:infor@tignp.org)

Moving forward, TIGP will email the newsletter to our membership. The newsletter will also be posted on our website [www.tignp.org](http://www.tignp.org).

Printed copies of the newsletter will be distributed at our program locations and at our special events.

We look forward to staying connected with you through email!

# TIGP 2018-2019 at a Glance

- September 4, 2018**      **SENIORS IN CYBERSPACE REGISTRATION STARTS**  
Don't be disappointed! Register early to learn how to use computers and the Internet with individualized support from youth volunteers. The program takes place on Mondays and Tuesdays between 11:30 a.m. - 12:30 p.m. at Monarch Park Collegiate and Danforth Collegiate and Technical Institute.
- September 9, 2018**      **NATIONAL GRANDPARENTS DAY (GRANDPAL DAY)**  
A special day to recognize and spend time with your Grandparents or Grandpals.
- October 1 – 31, 2018**      **MEMBERSHIP MONTH**  
Please consider becoming a TIGP member to show your support for TIGP! A membership form is included with this mailing.
- October 1, 2018**      **NATIONAL SENIORS DAY – INTERNATIONAL OLDER PERSONS DAY**  
A day to reflect on the contributions that older people have made in our society and the challenges many older people around the world face.
- October 23, and November 6, 2018**      **COMMUNITY SERVICE VOLUNTEER INFORMATION FAIRS**  
Book a complimentary table to promote your youth volunteer opportunities and network with other community agencies. See page 6 for details.
- November 15, 2018**      **Community Service Volunteer Training**  
Join us between 3:30 p.m. – 5:30 p.m. for TIGP's annual volunteer training and appreciation session held at Greenwood Towers, 145 Strathmore Blvd. Register early as space is limited to 80 volunteers.
- December 6, 2018**      **17th ANNUAL FESTIVE "POT LUCK" SOCIAL LUNCHEON**  
Time: 11:30 a.m. to 1:30 p.m. — Location: Greenwood Towers, 145 Strathmore Blvd. Space is limited to 80 guests so please register early! (Please see below to register.)
- April 15 -19, 2019**      **NATIONAL VOLUNTEER WEEK CELEBRATIONS**  
Community celebrations will be taking place at our program locations to recognize the contributions of our volunteers who generously donate their time and talents to help us build vibrant communities.
- Saturday June 1, 2019**      **INTERGENERATIONAL DAY CANADA— Celebrations take place across Toronto**  
**Save the date and celebrate with TIGP! Visit our website [www.tigp.org](http://www.tigp.org) for suggestions on how you can celebrate the day.**
- Thursday June 6, 2019**      **33<sup>rd</sup> ANNUAL GENERAL MEETING AND VOLUNTEER/PARTNER RECOGNITION**  
Please join us as we celebrate our 32<sup>nd</sup> year of Bringing Generations and Communities Together across Toronto. The event will be held from 4:00 p.m. to 6:00 p.m. at Greenwood Towers, 145 Strathmore Blvd. A light dinner will be served. Please RSVP early as space is limited to 80 guests.

**WE LOOK FORWARD TO SEEING YOU AT OUR UPCOMING SPECIAL EVENTS!**

## Tea and Talk at Gus Harris

In May 2018 TIGP received funding from the Ontario Seniors Secretariat to develop a Tea and Talk project for the residents of the Gilder and Gus Harris Communities. This new initiative has enabled TIGP to provide culturally diverse, newcomer and isolated seniors on a monthly basis in a community setting. Over the course of a 10 month period seniors will have the opportunity to attend a series of 12 guest speaker presentations on a variety of topics related to seniors' health, safety and community engagement.

Since the beginning of this new project seniors have enjoyed presentations from a variety of different guest speakers including the Toronto Public Library, Flemingdon Health Centre, Osteoporosis Canada and the Ontario Securities Commission. Project participants are looking forward to learning about other community resources during future guest speaker presentations and at the **Community Service Information Fair that is scheduled to take place on Wednesday February 20, 2019 at 120 Town Haven Place, Scarborough ON.**



To learn more about the Tea and Talk project at Gus Harris Place or to register your agency for the Community Service Information Fair please contact Saira Jafri at (416) 531 – 8447 ext. 3 or [saira@tigp.org](mailto:saira@tigp.org)

## Volunteer Training and Appreciation Celebration

TIGP Volunteers are invited to join us for our Annual Volunteer Training and Appreciation Celebration this November!

A light Dinner and refreshments will be provided!

**Date:** Thursday November 15, 2018

**Time:** 3:30 p.m. to 5:30 p.m.

**Location:** Greenwood Towers  
145 Strathmore Blvd.  
Toronto, ON  
M4J 4Y9

Please register by Friday November 2, 2018 by contacting Stephanie Wall at (416) 531 – 8447 ext. 3 or [Stephanie@tigp.org](mailto:Stephanie@tigp.org)



## HELP YOUR COMMUNITY



Do you want to teach seniors how to use a computer or to play social games (for example: scrabble, cards, checkers) with a senior?

Do you want to make new friends?  
Can you volunteer 2 hours a week?

If so, please call or email Stephanie Wall at (416) 531-8447 ext. 3 or [stephanie@tignp.org](mailto:stephanie@tignp.org) to learn how you can make a difference in your community!

## UPCOMING COMMUNITY SERVICE VOLUNTEER INFORMATION FAIRS

Complimentary tables are available for organizations to recruit youth volunteers:

**Tuesday, October 23rd**  
9:00 a.m.—11:30 a.m.

Danforth Collegiate and Technical Institute  
800 Greenwood Avenue

**Tuesday November 6th**  
8:30 a.m. – 11:30 a.m.

Monarch Park Collegiate  
1 Hanson Street

For more information and to register for a table please call or email Stephanie Wall at (416) 531-8447 ext. 3 or [stephanie@tignp.org](mailto:stephanie@tignp.org)

## WINTER SNOW REMOVAL



TIGP's Seniors Assistance Home Maintenance (SAHM) Program is now accepting new clients and new brokered workers for winter snow removal.

SAHM is a brokered program. Rates per hour are \$15 for a youth and adult workers.

This is not an emergency service and clients need to pre-register for the program.

For more information and to register for the SAHM program please call or email Salma Elbrair at (416) 531-8447 ext. 2 or [salma@tignp.org](mailto:salma@tignp.org)

## Festive Pot Luck Luncheon

Join TIGP for our 17<sup>th</sup> Annual  
Festive Potluck Luncheon

**Date:** Thursday, December 6<sup>th</sup>, 2018

**Time:** 11:30 a.m. – 1:30 p.m.

**Location:** Greenwood Towers –  
145 Strathmore Blvd.  
Main Floor Recreation Room

**Space is limited to 80 guests  
so please register early!**

For more information or to register please contact Stephanie Wall at TIGP – (416) 531-8447 ext. 3 or [stephanie@tignp.org](mailto:stephanie@tignp.org)

## “Adopt a Senior”

**For just \$10 a month you can make a difference!**

**IMAGINE** a senior who’s all alone and who has no contact with children or youth.

**IMAGINE** a child or a youth who does not have grandparents that live nearby and has never heard touching stories from bygone times.

**IMAGINE** what magic would happen if we could bring them together.

**IMAGINE** no longer, make it happen and adopt a senior.



Bringing generations together is what makes TIGP unique in addressing many of today’s social, cultural and health issues. Meaningful cross-generational and cross-cultural relationships are formed when seniors, children and youth spend time socializing together.

TIGP’s “Adopt a Senior” program enables you to partner with us as we build resilient and caring communities across Toronto.

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### Toronto Intergenerational Partnerships in Community (TIGP) ADOPT A SENIOR PROGRAM

Thank you for considering ways that you can partner with TIGP. Please select the way that you would like to make a difference:

\_\_\_\_ **YES, I would like to be an “Adopt a Senior” partner**

I would like to sponsor a senior citizen for \$10 a month      Number of seniors \_\_\_\_\_

- \$30 for 3 months
- \$60 for 6 months
- \$120 for 1 year
- One time donation of \$ \_\_\_\_\_

Individual Name \_\_\_\_\_ Telephone Number \_\_\_\_\_

Business Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Email Address \_\_\_\_\_

Method of donation: Cheque      Credit Card      (please circle)

**Note:** Please make cheques payable to – **Toronto Intergenerational Partnerships**. Our staff will call you if you prefer to donate by credit card. All donations of \$10 or more will receive a charitable tax receipt. Please return your completed form to: Toronto Intergenerational Partnerships, 212 -2401 Eglinton Ave. East, Toronto, ON M1K 2N8

## Grandparents Day



National Grandparents Day is celebrated every year on the 2<sup>nd</sup> Sunday of September. This year National Grandparents Day will be celebrated on September 9, 2018.

Grandparents Day is an excellent opportunity to let an older adult in your life know that you are thinking about them. Celebrate this day by calling or visiting your Grandparent or Grandpal.

## National Seniors Day – International Older Persons Day



National Seniors Day and International Day of Older Persons is celebrated annually on October 1<sup>st</sup>.

The special day honours Canadian seniors and acknowledges the important contributions that seniors have made in our society. The day also raises awareness of the challenges faced by many older persons around the world.

## Danforth Collegiate and Technical Institute and Monarch Park Collegiate Seniors in Cyberspace Programs



TIGP's Seniors in Cyberspace program, in partnership with Danforth Collegiate and Technical Institute and Monarch Park Collegiate, provides a "free" opportunity for older adults to learn about computers and the Internet with one-to-one support from knowledgeable youth volunteers.

### DCTI Seniors in Cyberspace Monday Lunch Hour Program

11:30 a.m. – 12:30 p.m.

Danforth Collegiate and Technical Institute  
800 Greenwood Ave,  
Toronto ON,  
M4J 4B7

### Monarch Park Seniors in Cyberspace Tuesday Lunch Hour Program

11:30 a.m. – 12:30 p.m.

Monarch Park Collegiate  
1 Hanson Street  
Toronto ON,  
M4J 1G7

To register for a Seniors' in Cyberspace program please contact Saira Jafri at  
(416) 531 – 8447 ext. 3 or [saira@tigp.org](mailto:saira@tigp.org)

## Temptations 2018

The TIGP Board of Directors would like to say thank you to everyone who came out to support our Temptations 2018 Fundraising Event held on May 17, 2018.

Temptations is an annual fundraising event, where all proceeds go directly back to supporting intergenerational programs across the city of Toronto.

To learn more about TIGP's fundraising initiatives please contact our Executive Director, Sara Beretka – (416) 531 – 8447 ext. 500 or [sara@tigp.org](mailto:sara@tigp.org).

- Pictures curtesy of Mary Card



### WAYS TO DONATE

Thank you to everyone in our TIGP Family for your continued support of our intergenerational programs. To make a secure donation please use one of the following methods:

**Donate Online:** Visit our website – [www.tigp.org](http://www.tigp.org) – to make a secure online donation through Canada Helps using your Visa, MasterCard or American Express credit card.

**By Phone:** Call Sara Beretka at (416) 531-8447 ext. 1    **By Email:** [sara@tigp.org](mailto:sara@tigp.org)

**By Mail:** Toronto Intergenerational Partnerships in Community,  
212 – 2401 Eglinton Avenue East  
Toronto, ON  
M1K 2N8

Charitable tax receipts are issued for donations of \$10.00 or more. Consider becoming a monthly donor and receive one tax receipt at the end of the year!

**Charitable Tax No. 13501 6400 RR0001**



@TIGP\_Toronto



TIGP – Toronto Intergenerational Partnerships



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