

WHAT'S INSIDE?

Seniors First Program	1
McMichael Art Gallery	2
Mental Health Issues	3
Fall Prevention Strategies	3
Self-Care & Stress Management	4
Brain Training For Seniors	4



SENIORS first

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SENIORS FIRST PROGRAM

The Seniors First Health & Fitness program offered at Humanity First provides seniors with numerous opportunities to remain engaged, occupied, and active in their everyday lives.

This further allows senior citizens to maintain an independent, stimulating, and healthy sense of living.



Throughout the duration of the unprecedented COVID-19 pandemic, the *Seniors First Program* arranged a variety of exciting and educational events to bring about positive reform to the mental, physical, and social well-beings of the elderly population, that had previously been exacerbated due to lengthened periods of self-isolation and loneliness. This was successfully executed by hosting many events and sessions that catered to their direct needs, such as offering outing trips, organizing financial literacy workshops, as well as educating the elderly about the dire importance of maintaining and attending to their mental and physical health.

The *Seniors First Program* was, all in all, quite effective in improving day-to-day lives of senior participants across Ontario, in which as of March 2021, multiple sessions had been held to nurture the wants of the vulnerable and elderly population of Vaughan.

McMICHAEL ART GALLERY

On Wednesday, November 24th, 2021, our senior clients were taken to the incredibly beautiful, and picturesque McMichael Art Gallery, situated in Kleinberg, Ontario.

The McMichael Canadian Art Collection is situated on the native lands of the Ojibwe Anishinaabe People. McMichael recognizes the dire importance of acknowledging the original territories of Indigenous nations.

In addition to touring exhibitions, the McMichael Art Gallery accommodates an elegant and permanent collection that maintains more than 6,500 works by both present-day and historic Canadian artists, including the Group of Seven, Tom Thomson, Indigenous artists, and artists from a myriad of diasporic communities.



This trip was an exciting and monumental event, as it was the first outdoor trip offered by *Humanity First* following the outbreak of the unprecedented COVID-19 pandemic, and the lifting of the varying restrictions that had been enacted as a result of the unforeseen and unfortunate circumstances.



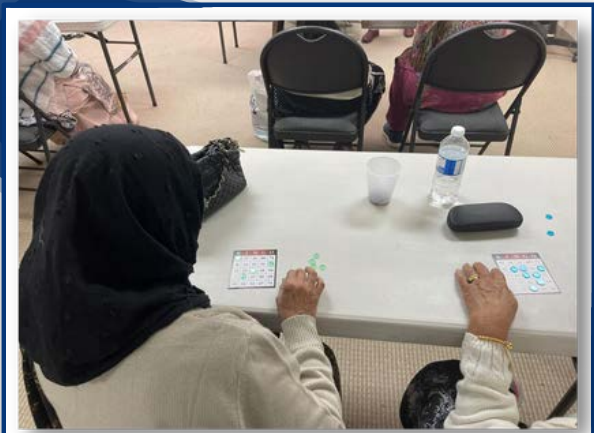
The seniors enjoyed the guided tour offered by the McMichael Creative Learning Team, in which a grand total of 23 participants attended the Gallery, recounting that they found immense pleasure and joy gawking at the astounding pieces created by various Canadian artists in the early 20th century.

MENTAL HEALTH ISSUES

On September 27th, 2021, our first in-person session since the COVID-19 pandemic, had been held. The session started with a stimulating meet & greet between the various beneficiaries as well as the *Humanity First* staff and volunteers. This event aimed to educate the elderly attendees regarding the dire importance of maintaining their mental health during times of isolation, further providing strategies for how they may strive to improve their mental well-being.

All in all, our 15 participants were able to take part in quite an informative presentation, and successfully ended the day by engaging in a wide range of activities in our food bank, such as preparing donations for families across Vaughan.

FALL PREVENTION STRATEGIES



On November 9th, 2021, *Seniors First* held their next session. This event strived to educate our senior participants about slip and fall procedures. The presentation entailed fall-induced injuries and preventative measures to be taken. Our gathering was later concluded with a one-hour yoga class, highlighting relaxation techniques and poses.



The senior attendees were, moreover, assisted by a wide range of volunteers who worked to ensure any safety issues and concerns were addressed.

Following a short and nutritious lunch, the program resumed and the beneficiaries were engaged in an enjoyable BINGO game, the winners of which were allocated prizes.

SELF-CARE & STRESS MANAGEMENT

On December 14th, 2021, *Seniors First* virtually conducted a presentation in collaboration with Vaughan Community Health Centre. This highly educational and informative program discussed a wide range of topics, including self-care, stress management, thriving in isolation, benefits of physical activity, restful sleep, as well as the importance of maintaining ideal levels of both nutrition and hydration.

Following our interactive session, a question-and-answer period was held in order to address any concerns and issues brought up by our participants, as well as engage in an active discussion regarding how our guests personally coped with rising levels of loneliness and anxiety throughout the course of the pandemic. This was promptly followed by a one-hour long yoga class, which featured calming poses and exercises, as well as energizing rounds of both BINGO and Ludo, the latter of which was highly enjoyed by our beneficiaries. Overall, our seniors felt quite glad about attending this event, and were happy to get a chance to socialize.

BRAIN TRAINING FOR SENIORS

On February 17th, 2022, our fourth session, revolving around minimizing the detrimental effects of memory loss, was held. This session featured a presentation regarding various signs of an aging memory, as well as preventative measures, such as a well-established diet and regular exercise. This was swiftly followed by a series of vitalizing brain training games, such as Sudoku, as well as jigsaw puzzles. Our event was concluded with our signature one-hour long meditation and yoga class.

All in all, our seniors recounted that they felt quite exhilarated following our series of challenging, yet enjoyable brain 'exercises', and strongly recommended an activity such as this to be executed in the future.

