

Partnership



ALCOA Annual Report 2015

About Us

The Active Living Coalition for Older Adults (ALCOA) envisions a society where all older Canadians are leading active lifestyles thereby contributing to their physical and overall well-being.

ALCOA, in partnership with its member organizations, encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activity and active living.

Strengths

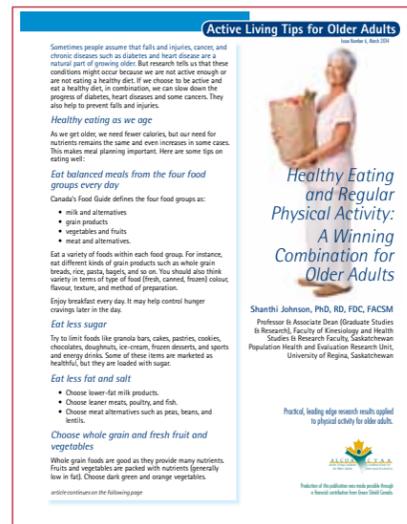
- National voice for activity and older adults
- Reach to over 1 million older adults through organizational outreach (allied health, universities, older adult organizations, local community centres, etc.) and strong volunteer commitment
- Publisher of quality, evidence based resources for practitioners and older adults

Areas of Emphasis

- Foster communication, collaboration and coordination for active aging amongst its members and other related organizations and individuals
- Facilitate knowledge translation of research to practice related to older adults and active aging
- Promote older adults and active aging as a priority on the political, health and social agendas within Canadian society by conveying consistent, persuasive key messages developed by its members to prominent and influential individuals and organizations

Goals

- To increase public awareness about the benefits of active living throughout the life span, thus enabling older adults to experience, value, and appreciate the importance of physical activity.
- To strengthen delivery systems and improve levels of cooperation, coordination, and communication among organizations with an interest in active living and older adults.
- To identify, support, and share research priorities and results on aging and active living.



Executive Summary

For years, the acronym for our Coalition, ALCOA, has been a point of discussion with the Board and members. This year a planning committee met to draft a new strategic plan for the organization, to include a revised vision, mission, and hopefully a new name. Once approved by the membership, the Committee will then consider goals and objectives and potential future funding sources.

Partnerships continue to be a key to ALCOA's success. The office is frequently asked to support projects and represent the issues and opinions of older adults. We have developed a significant data base and with the support of the membership we can reach older adults in all parts of urban and rural Canada.

The staff, consultants, and partner organizations, have spent the last year creating an evidence-based, sustainable **Mall Movers program**, to be launched in enclosed malls in the Greater Toronto Area in the fall of 2015. ALCOA hopes to be able to build on the success of this mall walk program and encourage malls outside the GTA to adopt the program in their community.

ALCOA has partnered with McMaster University, Dept of Occupational Therapy, to offer "Do Live Well" pilot workshops to older adults in the Hamilton (ON) area in the fall of 2015. Funding from CIHR is supporting this initiative.

Pfizer supported ALCOA for a third year to promote active healthy aging through our Silver Times website. Additional funding was also received to increase the visibility of ALCOA through social media.

Partners in our future work for 2015/16 include Health Canada and the College of Family Physicians.

The Coalition is only as strong as the members and partners who support it. We thank you for your continued belief in the work of ALCOA and your ongoing support within your communities to promote active healthy aging across Canada.





Chairman's Report

The 2014-2015 administrative year has proven to be a very productive and exciting one. One need only look at Patty Clark's year-end report to see the many accomplishments of our Association. And these successes have come in times of decreasing funds for organizations dealing with our aging population. The continued production of *Silver Times*, translation of two more *Active Living Tips*, and the reprinting of *Your Personal Passport to Healthy Living* are continuing examples of our successes.

And 2015 has already brought additional successes including our partnership with **McMaster's Occupational Therapy Department**, and the large grant from **The Ontario Trillium Foundation** for the exciting new *Mall Movers* project. It is expected that this project will expand across Canada after the pilot project in the Toronto malls, starting with the launch of seven malls in October and the intention to expand to twenty malls throughout the year. Also for the remainder of 2015 and 2016 we will start to implement the proposed recommendations for a New Strategic Direction (under the leadership of **Jim Hamilton**), which the Board has recommended for your consideration. Needless to say neither ALCOA nor its members have been inactive over the past year.

And now that **ParticipACTION** has redirected some of its goals to include the elderly, ALCOA will negotiate a working relationship with that national organization once again.

All of our successes would not have been possible without the efforts of our active Board members and especially the Executive. And needless to say once again, our outstanding Executive Director Patty Clark has coordinated all of our programs, been the major grant writer, stimulated our communication, and really been the "glue" that holds us together. ALCOA owes her a debt that can never be repaid.

I have been associated directly or indirectly with ALCOA since its inception. Now that I am retiring from an active academic and volunteer life, may I wish the association and its membership all the best for continuing success in the future.

Sincerely

A. (Bert) Taylor, Ph.D.
ALCOA Chairman

Executive Director's Report

This past year, partnerships, has been the key for ALCOA, and I believe that it will continue to be of even more significance in our future. We continue to seek out funding to pay for our core expenses and project costs. As you all know, there appears to be less funding available with an increase in the competition for those funds. ALCOA has had some success this past year, which has allowed us to continue to promote active healthy aging across the country. This past year we have also increased our social media presence and are targeting a broader age group to visit our websites and resources.

Mall Movers – Be Active, Social and Healthy

The Ontario Trillium Foundation awarded ALCOA \$173,000 to develop a mall walk and wheel program which also includes a leader-led stretch and strength class. Letters of support for the grant submission were received from seven enclosed malls in the Greater Toronto Area. A dedicated group of individuals from a broad sector across the GTA, have worked hard to develop the program over the past year. It is planned to be launched at the seven sites in October 2015. There are an additional thirteen enclosed malls in the GTA that will be contacted with the hope that the Mall Movers program will also be adopted at their malls within the year.

ALCOA was brought many partners together to help create this program, to ensure it was based on evidence and used the best practices available. Our sincere thanks the following individuals and their organizations for their support and dedication to this project:

- **Active Living Alliance for Canadians with a Disability** – Jane Arkell
- **Canadian Centre for Activity and Aging** – Shannon Belfry
- **Heart and Stroke Foundation** – Brian Kellow
- **Older Adult Centre Association of Ontario** – Sue Hesjedahl
- **ParticipACTION** – Christa Costas-Bradstreet
- **Paul Goodwin** – retired mall leader
- **Lawrence Square** – Andrea Bertucci, Jenna Bouchut
- **Square One Older Adult Centre** – Laura Surman
- **Toronto Public Health** – Jackie Leroux, Fawziya Nurmohamed

“Do Live Well” Framework

A partnership with the Occupational Therapy Department at McMaster University lead to a joint grant proposal submitted to CIHR. The successful proposal is to develop and offer a *Do Live Well* workshop for older adults in the Hamilton and surrounding areas to help them understand that “what we do every day, matters”. The workshops to be offered in the fall of 2015, will empower older adults to recognize changes and activity patterns, and prompt discussions regarding ways in which everyday activities can impact their overall health and wellbeing. For more information, please visit www.dolivewell.ca



ALCOA Executive 2014/15 Board of Directors 2014/15

Past Chair

Bill Krever, Toronto ON
Better Living Health and Community Services

Chair

Bert Taylor PhD, Barrie ON
Professor Emeritus, University of Western

Vice Chair

Rosanne Prinsen, Edmonton AB
Alberta Centre for Active Living

Secretary

Jim Hamilton, Winnipeg MB
University of Manitoba Centre on Aging

Treasurer

Philippe Markon PhD, Ste. Famille QC
Professor Emeritus, University of Quebec
ALCOA Research Chairman, ALCOA

Chair

Bert Taylor PhD, Barrie ON
Professor Emeritus, University of Western

Jim Evanchuk, Winnipeg MB
ALCOA MB

Brenda Hajdu, Stoney Creek ON
Canadian Orthopaedic Foundation

Jim Hamilton, Winnipeg MB
University of Manitoba Centre on Aging

Bill Krever, Toronto ON
Better Living Health and Community Services

Mary MacLellan, Stellarton NS
ALCOA Older Adults Advisory Co-Chair

Philippe Markon PhD, Ste Famille QC
ALCOA Research Chairman

Peter Nordland, Cornwallis Park NS
Canada 55+ Games

Rosanne Prinsen, Edmonton AB
Alberta Centre for Active Living

Holly Schick, Regina SK
Saskatchewan Seniors Mechanism

ALCOA Round Table Member Organizations 2014/15

Alberta Centre for Active Living
ALCOA Manitoba
Alzheimer Society of Canada
Canada 55+ Senior Games Association
Canadian Association of Occupational Therapists
Canadian Orthopaedic Foundation
Canadian Physiotherapy Association
Canadian Society for Exercise Physiology
Older Adult Centres' Association of Ontario
Reh-Fit Centre
Saskatchewan Seniors Mechanism
Schlegel-UW Research Institute for Aging
University of Manitoba Centre on Aging
VON Canada
YMCA Canada

Individual Members 2014/15

Margaret Barbour
Don Fletcher
Sandra Hartley
Charles Keple
Philippe Markon
Bert Taylor
Brenda Wong

Corporate Member 2014/15



morethanmedication.ca

Corresponding Members 2014/15

Better Living Health & Community Services
Centres for Seniors Windsor
Good Neighbours Senior Centre
Greater Edmonton Foundation: Housing for Seniors
Jewish Child and Family Service
Kingston Community Health Centres
Minoru Place Activity Centre
NWT Seniors' Society
Pictou County Council of Seniors / Outreach
Saskatoon Council on Aging
Senior Resource Centre
Saskatchewan Parks & Recreation Association
Square One Older Adult Centre
Swan River & District Community
Resource Council
Town of Milton

Donors

ALCOA is a charitable, not-for-profit organization. Our sincere thanks to the following individuals for their generous donations:

Margaret Barbour
Don Fletcher
Bill Krever – in memory of Rae Crichlow
Philippe Markon – in memory of Jeanne Sebe
Canadian Association of Occupational Therapists

ALCOA Champion



Hazel McCallion, retired Mayor of Mississauga



Committee Members & Consultants

Our Coalition is strong because of the support from our membership and other volunteers. Together individuals have provided hundreds of hours of volunteer support to sit on committees, organize events, and share their wisdom and knowledge. ALCOA sincerely thanks the individuals for their contribution to the success of the Coalition.

Planning Committee

- Brenda Hadju, Board
- Jim Hamilton, Executive
- Bill Krever, Executive
- Ward Maxwell, Communications and Design
- Rosanne Prinsen, Executive
- Bert Taylor, Chairman
- Patty Clark, Executive Director

Nominating Committee

Chair **Bill Krever**, Toronto ON
Better Living Health and Community Services

Mall Mover Reference Group

- Jane Arkell,
Active Living Alliance for Canadians with a Disability
- Shannon Belfry,
Canadian Centre for Activity and Aging
- Andrea Bertucci, Lawrence Square
- Jenna Bouchut, Lawrence Square
- Christa Costas-Bradstreet, ParticipACTION
- Nancy Dubois, Facilitator
- Paul Goodwin, retired mall leader
- Sue Hesjedahl,
Older Adult Centre Association of Ontario
- Brian Kellow, Heart and Stroke Foundation
- Jackie Leroux, Toronto Public Health
- Robb MacDonald, Evaluator
- Fawziya Nurmohamed, Toronto Public Health
- Laura Surman, Square One Older Adult Centre

Silver Times Editorial Committee

- Jim Evanchuk, ALCOA Manitoba MB
- Donna Fagan RD, St. Francis Xavier NS
- Charles Keple, Saskatchewan Senior's Mechanism Rep SK
- Philippe Markon PhD, Professor Emeritus University of Quebec QC
- Bonnie Schroeder, Canadian Coalition for Seniors' Mental Health ON

Research Committee

- Chair Philippe Markon PhD,
Professor Emeritus University of Quebec
- Heather Keller PhD, University of Guelph
- Michelle Porter PhD, University of Manitoba
- Mike Sharratt PhD,
Schlegel-UW Research Institute for Aging
- Bert Taylor PhD, Professor Emeritus University of Western Ontario

ALCOA Contract Staff & Consultants

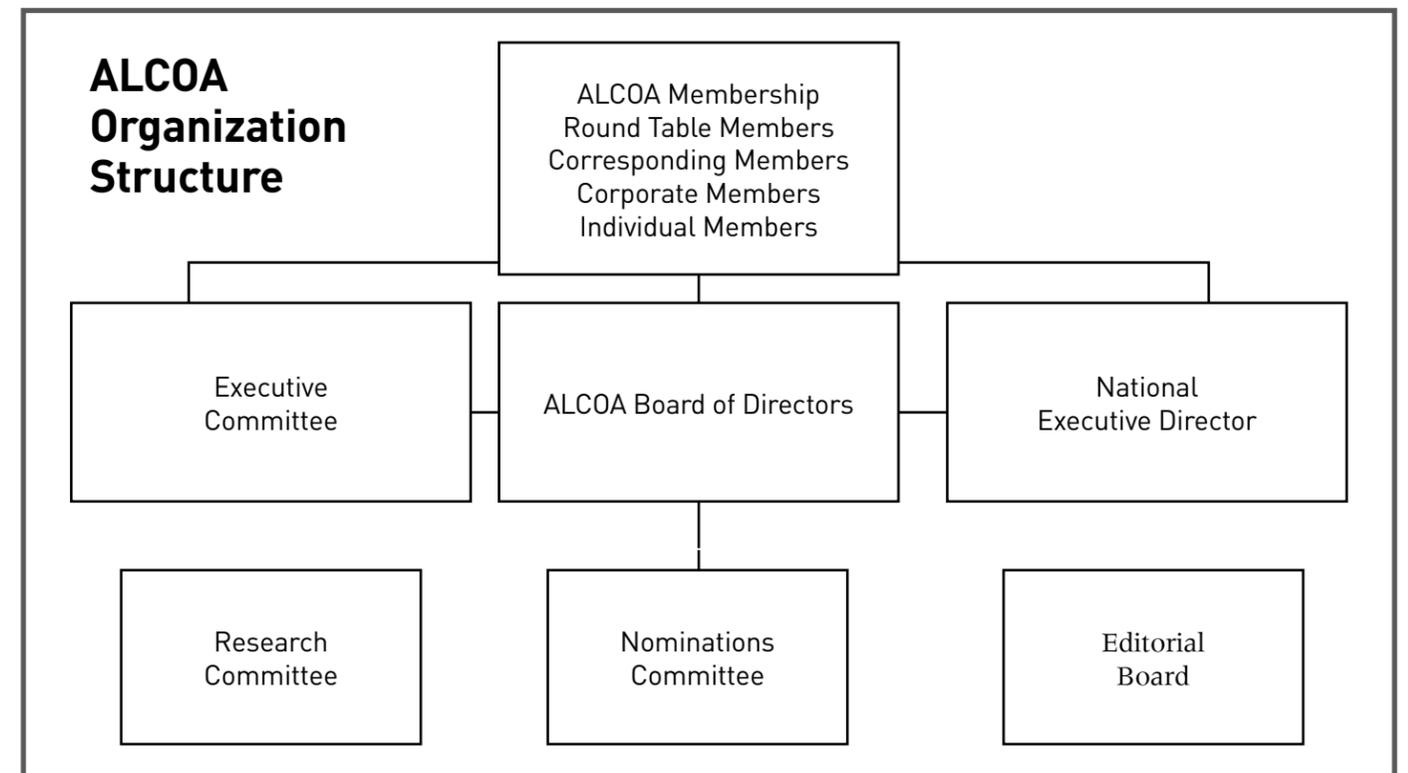
ALCOA continues to work with a variety of contract staff on all its projects. They bring many years of experience and expertise, and are an essential component to the success of every project.

- Tonia Hearst, Administrative Assistant
- Claire Jobidon, French Translation
- Sally McBeth, Clear Language Editor
- Ward Maxwell, Graphic Designer
- Andrew Wilczynski, Web Master
- Lilia Zaytseva, Translation & Consulting



Mall Movers Reference Group Members

L to R **Patty Clark, Jackie Leroux, Andrea McLean (recorder), Christa Costas-Bradstreet, Nancy Dubois, Laura Surman, Andrea Bertucci, Sue Hesjedahl**



Independent Auditor's Report

To the Members,

Active Living Coalition for Older Adults / Coalition D'Une Vie Active Pour Les Aîné(e)s
Report on the Financial Statements

We have audited the accompanying financial statements of Active Living Coalition for Older Adults / Coalition D'Une Vie Active Pour Les Aîné(e)s which comprise the statement of financial position as at March 31, 2015, and the statements of operations and changes in net assets and cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

Management's Responsibility for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for not for profit organizations and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Canadian generally accepted auditing standards. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Opinion

In our opinion, the financial statements present fairly, in all material respects, the financial position of Active Living Coalition for Older Adults / Coalition D'Une Vie Active Pour Les Aîné(e)s as at March 31, 2015, and its financial performance and its cash flows for the year then ended in accordance with Canadian accounting standards for not for profit organizations.

Cowperthwaite Mehta
Chartered Accountants
Licensed Public Accountants
June 24, 2015
Toronto, Ontario

Statement of Financial position

As at March 31, 2015

	2015	2014
ASSETS		
Current assets		
Cash	\$ 62,770	\$ 21,331
Accounts receivable	<u>4,751</u>	<u>5,039</u>
	<u>\$ 67,521</u>	<u>\$ 26,370</u>
LIABILITIES AND NET ASSETS		
Current liabilities		
Accounts payable and accrued liabilities	\$ 9,449	\$ 8,853
Deferred revenue	<u>48,430</u>	<u>9,609</u>
	<u>57,879</u>	<u>18,462</u>
Net assets		
Designated	8,000	8,000
Unrestricted	<u>1,642</u>	<u>(92)</u>
	<u>9,642</u>	<u>7,908</u>
	<u>\$ 67,521</u>	<u>\$ 26,370</u>

Statement of Operations and Changes in Net Assets

For the Year Ended at March 31, 2015

	2015	2014
REVENUE		
Government contributions	\$ 35,308	\$ 73,969
Corporate sponsorship	23,105	32,441
Membership fees	6,190	6,985
Donations	929	6,730
Other	<u>1,030</u>	<u>1,591</u>
	<u>66,562</u>	<u>121,716</u>
EXPENSES		
Personnel	44,736	76,355
Materials and office supplies	9,595	10,504
Premises	3,481	4,838
Travel and accommodations	2,816	9,560
Evaluation and dissemination	2,688	17,418
Purchased services	<u>1,512</u>	<u>3,739</u>
	<u>64,828</u>	<u>122,414</u>
EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR	1,734	(698)
Net assets, beginning of year	<u>7,908</u>	<u>8,606</u>
NET ASSETS, END OF YEAR	<u>\$ 9,642</u>	<u>\$ 7,908</u>

Active Living Coalition for Older Adults

P.O. Box 143, Station Main

Shelburne ON

L9V 3L8

Toll Free: 1-800-549-9799

Phone: 519-925-1676

Email: alcoa@uniserve.com

Web: www.alcoa.ca

www.silvertimes.ca

