

## Canada HomeShare Relaunches in Three Cities Across Canada

More than 9 in 10 older Canadians want to age in their own homes for as long as they can, but loneliness, isolation, and trouble keeping up with day-to-day tasks can make that dream impossible. At the same time, young adults are struggling with the housing crisis, and for many, going off to college means needing to find an affordable place to live.

The only national, not-for-profit home sharing program in Canada, **Canada HomeShare™ is an innovative intergenerational housing solution by HelpAge Canada that supports aging in place while providing safe and affordable housing solutions.** We're proud to announce that Canada HomeShare has opened applications in three Canadian cities: Toronto, Vancouver, and Kingston! Visit [www.canadahomeshare.com](http://www.canadahomeshare.com) to learn more and start your homesharing journey today.







"I'd been living here by myself until one day, **Canada HomeShare popped up on my Facebook feed.** I thought it would be nice to have somebody young who could help me. **Zoë and I knew we were a good match almost right away.**"  
- Catherine, home provider.

## STAY IN TOUCH

Do you want to hear more stories from older people and learn how you can be part of the movement for an age-inclusive world?

Follow us on Facebook, Instagram, Twitter, and LinkedIn to hear first-hand from older people and their communities!

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# SPRING INTO HOPE!

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## A Word From Our Executive Director

BUILDING STRONGER COMMUNITIES, TOGETHER

I recently visited a longtime donor of HelpAge Canada in Eastern Canada, who's now in a wheelchair and living in a retirement home after a car accident. She shared her struggles with navigating her city's inaccessible buildings and sidewalks – she can't do so many of the things she loves anymore, like going to the movies or visiting family, because she can't even get to the door. This highlighted to me how **so much of how our world's design ignores older people's needs, isolating them.**

A person's wellbeing isn't just determined by medical factors – **social determinants like access to transportation and community engagement contribute to 80% of a person's overall health.** That's where community organizations step in to help, and with your support, HelpAge Canada is making sure these organizations are heard, so that they can continue their essential work helping older Canadians thrive. In June, we're hosting **the first-ever national Community-Based Seniors' Services Sector Summit** in Ottawa, bringing together organizations from across the country to create a vision for the future of aging in Canada, where people like our friend out East are included and supported.

Thank you for being part of this important mission!

Yours truly,

Gregor Sneddon  
Executive Director



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## Crafting Community Together

COLD LAKE MEN'S SHED AND AGE FRIENDLY COLD LAKE TEAM UP TO MAKE A BIG DIFFERENCE

In 2019, Cold Lake Alberta saw the inception of the Cold Lake Men's Shed, spearheaded by Wayne Warner. Drawing from his military experience, Wayne noticed that older men often didn't get the mental health support they need and was motivated to take action. Speaking to the stark transition between working life and retired life, he shares: **"Yesterday, you had 30 guys you were working with in the hangar. When you retire, that gate is shut - all those guys you thought were your friends are inside that fence, and you're on the outside."**

Determined to make a difference, Wayne began researching online and discovered Men's Sheds.

At the same time, Age-Friendly Cold Lake, a seniors' services organization founded in the same year and led by a group of community leaders had similar goals to Wayne. They wanted to address the biggest needs of older people in Cold Lake, like transportation, grief support, and social isolation. Recognizing their shared aims, Cold Lake Men's Shed joined forces with Age-Friendly Cold Lake, becoming an integral part of the organization and one of their most popular programs. Today, the Shedders enjoy meeting twice a week, working on projects like hand-carved comfort birds and an accessible picnic table at the long-term care facility.



A Shedder with Cold Lake Men's Sheds poses with a woodworking project called "Comfort Birds." Comfort Birds are given to those in need as a token of support and kindness.

They've helped the entire Cold Lake community, including creating shelves, flower boxes, and even specialized items like corn holes for the Humane Society's fundraiser. The partnership between Age-Friendly Cold Lake and the Cold Lake Men's Shed has become an inspiration to other Sheds across Canada - **they are proud to work together and fulfill their mission of providing a safe and welcoming community for older adults in Cold Lake.**

## Restoring Mobility after Pakistan's Devastating Floods: Mumtaz's Story

Mr. Mumtaz Ali, 59, was in dire straits after he lost his ability to walk and began suffering from severe kidney disease. Working in Pakistan after the devastating floods that left a third of the country underwater, HelpAge and its community partner HANDS (Health and Nutrition Society) - both renowned for their expertise in humanitarian action for older people and people with disabilities -

stepped up to help Mumtaz. They provided him with a wheelchair and a commode chair, which are simple but lifechanging devices that gave him back some of his independence and mobility.

With his new wheelchair, **Mumtaz can now move around freely, not only in his home but also outside, reconnecting with friends and relatives.** HelpAge and HANDS also gave Mumtaz and his family support with medical costs and essential items, relieving some of the financial stress they'd faced after the floods. Mumtaz has been profoundly moved by the support he's received and the feeling of being recognized and cared for in hard times, saying:



After losing everything, I had no money to buy food for my family or even for treatment and a wheelchair to go outside. Now, with the help of HelpAge and partner organization, I am no longer worried - I can go outside and meet with my friends and other relatives. This relief gives me stability. No one knew the value of this small aid, but I'm honoured that HelpAge saw me in the corner of my house and provided [support]. I am very happy about that.