

Dedicated to the Idea

By 2050, almost 20% of the world's population will be over 65, and in modern or developed countries like Canada this number could be as high as one in three or even one in two people. It is not just that we live in an aging world, but older people are living longer, healthier and more active lives and the challenges older people and caregivers face, are being experienced for an extended period of time. The world still does not have the capacity to welcome this shifting demographic. According to the UN, some four billion people do not have any social security protection, nor is there consistent data collection of older people, they are simply not included in sociological and humanitarian research. Although Canada does have programs and infrastructure in place and the rights of older people enshrined in our Canadian Charter of Rights and Freedoms, many older Canadians experience profound loneliness and abuse, mistreatment and neglect due to marginalization, isolation and other factors.

Because we are the only pan-Canadian charitable organization exclusively focused on older people, we have a critical role to play in Canada and the world in concert with our global partners. This past Fall, our board of directors and staff gathered to vision and craft a strategic plan to claim our place as thought leaders, funders and conveners of the pan-Canadian Community Based Seniors Services sector and in the global community first helping the most vulnerable among us, to create a world, where all people can age together, with dignity.

To do so, we are dedicated to the idea that...

- ✓ all people have the right to age with dignity.
- ✓ older people have the right to make choices about their future.
- ✓ every older person deserves the chance to live a healthy and productive life.
- ✓ aging adults are essential to the fabric of society.
- ✓ communities thrive when intergenerational relationships flourish.
- ✓ each person and their experiences are unique and special.
- ✓ we are at our best when we invest in long term change, commitments and relationships.

In all things we will: be **OPEN** and curious, we will **SEEK** the potential in others and we will **ACT** with goodness and in hope.

This is our posture, who we are, how we operate. Our plan will be available over the coming weeks for everyone and we look forward to your feedback and ideas.

Thank you. You inspire and nourish us every step of the way and we hope that you continue to feel that you belong on this journey too. We need each other, because only together can we build that world, that Canada, for every person to age with dignity.

Your friend, *Gregor*

Sister Paul Anastasia, Program Coordinator



The Elders Harvest

An income generating opportunity for our partners in Kenya

Our Sponsor A Grandparent program supports over 500 older persons and their communities in six countries providing nutritious food, shelter, security, medication, social inclusion, financial assistance and a community to belong to.

HelpAge Canada's longest standing Sponsor A Grandparent Program partner is JOOT Family Services in Ahero, Kenya. Gregor had the privilege of visiting JOOT in October and was deeply moved by his experience. In particular, the incredible hard work of the volunteers who run the program day in and day out, and the tremendous challenges older people face in that area.

Through this program, 120 destitute older persons are sponsored. JOOT stretches to also serve over 600 elders in the rural depressed area of Western Kenya. They provide food, medication, funeral services, psycho-social support as well as an elder-led cooperative banking system. This is where elders can save and access credit to pay for their grandchildren's school fees and buy produce and livestock to sell at the local market.

The community recently acquired a four-acre piece of land (pictured above) to grow maize, lentils and other crops to feed the elders and their families. They have asked for a tractor to till the land for the three annual crops and to use as an income generator for the program by leasing it to local farmers.

We are officially launching our Kenya Elders Harvest Tractor Campaign! **Our campaign goal is to raise \$40,000 by May 1st for a new Tractor, Subsoiler and Rotovator.**

Imagine if 200 Donors gave \$200, or 80 Donors gave \$500 today the campaign would be complete!! We would be able to purchase a tractor for the spring harvest.

\$200
From 200 Donors

\$500
From 80 Donors

Join the campaign!



www.helpagecanada.ca/elders-harvest



Sponsored Gran Paskalia Achan Ogola with Sister Damarais



Sponsored Gran Margaret Okon'go with Gregor Sneddon

Gambella Ethiopia

Assisting older persons with disabilities and special needs

Gambella is a region in southeastern Ethiopia that bridges the Baro River and borders South Sudan. It is one of the most marginalized areas of Ethiopia and home to approximately 380,000 refugees from South Sudan sheltered across seven camps.

With funding from Global Affairs Canada Humanitarian Assistance, HelpAge is assisting over 52,000 older persons, people with disabilities and special needs providing nutrition, health, and protection support.

Gregor visited the project in October of last year returning just before the national conflict erupted. He met some of the most vulnerable older people in the world: suffering malnutrition, virtual starvation, lack of blankets and medication. HelpAge remains the single organization directly serving this demographic and we are so proud of the incredible work HelpAge is doing in supporting these older people, and giving hope for a brighter future.

Pictured here is 62 years old Tut Ruot Diang, a man who was carried by 5 people from Sudan. Thanks to the physiotherapy program in the Nguenyiel Refugee Camp, he now has crutches and has gained some independence and freedom.

Always greeted with song and dance, the Older Person Representatives are the eyes and ears of the older people in the camp.

The trained volunteers at the Jewi and Tierkidi Refugee Camps bring food to the elders who cannot retrieve it themselves. The volunteers are also trained to bathe and care for older people in the camps.



Assisted Elder

52,000
Older Persons Assisted



Physiotherapy Program



Refugee Camp Volunteers

Sponsor A Grandparent

Make a difference in the life of an older person in need!

A monthly donation of \$50 (\$1.75 per day) helps support the cost of food, water, shelter, access to clean water, medicine, clothing and end of life services for older persons in need. **It restores dignity and offers hope while giving a Grandparent the respect they deserve.**

Donors receive a photograph and profile of the Grandparent they have sponsored including an annual update on their health and well-being along with information about their community. Donors also have the opportunity to communicate directly with their sponsored Grandparent.

To become a sponsor or to learn more about this program please visit our website at www.helpagecanada.ca/sponsor-a-gran or call 1-800-648-1111 ext. 2.



Sponsored Gran Tsoknyl in India

The Power of My Will is Reconciliation

A Personal Story from a HelpAge Canada Legacy Builder

"Charitable giving was my mother's influence. My mother always helped by giving to charities. She had a strong sense of social justice which increased over the years. The more she became educated in the matter, the more strongly she felt about it."

Led by his mother's example, as soon as Roger Schmitz started working, he too began donating to charity. It was the 1980s and he has since been giving to HelpAge Canada and other charities for nearly 35 years.

"I became aware of HelpAge Canada and started sponsoring elders living in Sri Lanka (through the HelpAge Canada Sponsor a Grandparent program). While I don't have my own family, sponsorship has helped me be connected to others. What's most important to me is the security it gives the people I sponsor: knowing they will be cared for when they can no longer care for themselves."



I feel I should leave a legacy that will help others in need. That's why I left a gift to HelpAge Canada in my Will.

When asked about his motivations to give – both in general and about his decision to leave a bequest to HelpAge Canada in his Will – Roger reflected on our interconnected world and his duties as a Christian citizen of that world.

"People elsewhere in the world have far fewer resources than we do and really need our help. We are part of a global economy, a global network. We have benefited from the resources of these countries for so long and we need to give something back. My Will is my personal opportunity to reconcile this."

Roger is not alone in grappling with reconciliation, nor is Canada the only nation to consider its responsibility in this. It is a multi-faith, multi-cultural and multi-national process. It's the processes of considering how we treat each other as fellow human beings and deciding what kind of communities we want to build for the future. Are we creating a world where we can all grow old together, in equality and with dignity?

Roger has made a personal commitment to a legacy of betterment in this area. "I feel I should leave a legacy that will help others in need. That's what's right to do. That's why I left a gift to HelpAge Canada in my Will."

To become a HelpAge Canada Legacy Builder or to learn more about the process please contact Nicole Perry at 1-800-648-1111 Ext. 3 or nperry@helpagecanada.ca.



Legacy Builder

Meaningful Programming in Nunavut

Few people have the privilege of visiting Canada's territories. Gregor Sneddon (Executive Director), and Nicole Perry (Director of National Programs) were able to visit Nunavut in December 2021 to meet with the delivery and funding partners of HelpAge Canada's Connected Elders & Youth program. Their thoughts? "Freezing temperatures but the warmest people!"

Blizzards and the arctic cold would not deter them or their mission to ensure that HelpAge Canada is providing quality programming, designed with and for community.

"We conceptualized Connected Elders & Youth with the Pulaarvik Kablu Friendship Centre (PKFC). We all know by now of the associated positive outcomes when we can

help people cross the digital divide – things like increased independence, access to information and reduced isolation. Visiting our partners in the Kivalliq has helped us to find even greater possibility for this program," says Sneddon.

"It was a real privilege to meet so many Inuk and northern leaders who offered support and shared enthusiasm for this program," says Perry.

About Connected Elders & Youth:

Connected Elders & Youth pairs Elders and youth to support Elders in building digital literacy skills for connecting with friends and family. As part of the custom education program, 250 tablets with accompanying data plans are provided to program participants and employees.

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