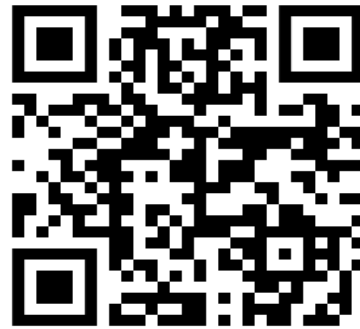


Wildfires rage across Nova Scotia as people evacuate their homes



In late May 2023, wildfires ignited across Nova Scotia, covering over 12,360 hectares of land. The regions of Western Halifax, Pubnico, Yarmouth County, Westwood Hills, Tantallon, and Hammonds Plains continue to be affected.

HelpAge Canada will support Community Links Nova Scotia in their emergency response to the wildfires, ensuring that older Nova Scotians who have fled their homes and who remain in affected areas are supported during this unprecedented wildfire season.

Our goal is to support emergency responses that are tailored to the specific needs of older Nova Scotians, so that aid is available when and where they need it.

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A Word From our Executive Director

HelpAge Canada Executive Director, Gregor Sneddon, on a visit to a Refugee Camp in Asosa, Ethiopia

One of our guiding values at HelpAge Canada is **Agency & Advocacy**, which means that we believe older people should have a voice and a choice about the present and the future. Personal agency is a hallmark of what it means to be human.

We must include everyone – regardless of age, income, or ability – in decisions that affect them. Older people are not victims that need to be saved. Rather, they are valued members of their communities, with a human right to dignity, agency, and freedom. We work with our partner organizations in creating structures and space like Older Person Associations, or Older Person Councils, like the photo here in an Internally Displaced Person Camp in Asosa, Ethiopia, and other models to give older people voice, and to assist them in advocating for themselves.

HelpAge Canada joined Canada's Minister of Seniors, the Right Honourable Kamal Khera, and Canada's Representative to the United Nations, Mr. Bob Rae, at the 13th United Nations Open-Ended Working Group on Aging in New York. The Working Group advocates for the creation of an International Convention on the Rights of Older People – a mechanism that will

hold countries accountable to how they treat older people and ensure older people's human rights and their freedom to participate in the political process are upheld everywhere in the world.

Rooting ourselves in the value of agency and advocacy means we stand with older people, we walk with older people, and we support them in their human freedom, first.

Thank you to all of you who so freely and generously support HelpAge Canada. We wish you a joy-filled summer!

Yours truly,



Gregor Sneddon

Making a Difference Around the World

Celebrating 40 years of Impact for the Sponsor A Grandparent program

Did you know that the Sponsor A Grandparent program marked its 40th anniversary in 2022? Incredibly, over 30 Canadians have been sponsoring an older person (or several older people!), and today, over 300 Canadians sponsor an older person (who sponsors call 'Grans') in many parts of the world.

Compassionate and committed donors are why Sponsor a Grandparent has served as a foundational part of HelpAge Canada's mission for decades, and what began with three partner care organizations has more than quadrupled to fifteen organizations caring for older people experiencing poverty, thanks to the support of these donors.

The first care home that HelpAge Canada partnered with is JOOT Family Services in Ahero, Kenya. This home now supports 216 sponsored Grans, providing them with a place to call home, meals, healthcare, activities, and, perhaps most importantly, a community where they are safe and uplifted.

An Inspiring Visit to Communities and Grans in Dominica



Executive Director, Gregor Sneddon, with the incredible volunteers from the Immaculate Conception of Mary Sisters, Dominica



Maggie Charles, Sponsored Gran, Dominica

HelpAge Canada is proud to support older people in the island nation of Dominica through our Sponsor a Grandparent program, which is made possible thanks to the hard work of volunteers in Roseau and Calibishie and the support of dozens of Canadian sponsors.

Dominica is the poorest country in the Caribbean, and in 2017, residents were left devastated by a category five hurricane. Despite a lack of infrastructure and social security, Dominica is home to the highest population per capita of centenarians in the world!

We had the pleasure of visiting our partners and several sponsored Grans in January 2023. One especially remarkable Gran we met with is Mrs. Maggie Charles, who turned 109 years old in April. She gardened in her yard until just last year and for most of her life, she walked two hours each way to work at a banana plantation.

For many of the older people supported by Sponsor a Grandparent, the financial contributions they each receive from their sponsor monthly is their only source of income, and they remain so thankful. It is truly a humbling experience to receive a 'thank you' from these brave souls who have lived through so much, and survive on so little.

Our recent visit only further proved how important and worthwhile Sponsor a Grandparent is. It's more than just a donation – it's a special relationship between Canadians and older people on the other side of the globe. Thank you to our sponsors; you are changing lives.



Our Support in Action – Stories from Communities across Canada

HelpAge Canada works with community-based seniors' services (CBSS) organizations from coast to coast to coast, providing them with the resources, guidance, and funds they need to support older people in their communities.

U-Tunes and the Power of Music

Older Manitobans living with Parkinson's disease find joy in musical therapy classes.

It's music to our ears! U-Tunes, a program lead by a musical therapist and hosted by U-Turn Parkinson's in Winnipeg, MB, gives Manitobans living with Parkinson's disease the chance to stretch, move, and connect with one another through music classes.

We heard from Gary Dikkema, who participates in U-Tunes, about what the program means to him:

"My voice has really suffered in the couple of years due to COVID, and I refused to go out. Doing U-Tunes, though, it's started to get a little stronger again. You always meet somebody there who you can talk to and find out how they're doing, so in effect, U-Tunes is also a support group."



U-Tunes is offered both online and in-person and is completely free to participants.



Age Better
Investing in Wellness
by HelpAge Canada

Age Better (formerly *Seniors Can!*) grants are just one of the ways we ensure older people have access to social programs, classes, and mobility devices they need to lead healthy, engaged, and active lives in the places they live.

Food, Fun, and Friendship at Innovation Jeune's Solidarity Market

The youth-lead organization brings fresh fruits and vegetables to older people in Montréal with a 'pay-what-you-can' farmer's market.



Twice a month, a farmer's market opens shop in the Peter-McGill neighbourhood of Montreal, QC – but this is no ordinary market. Dubbed "The Solidarity Market," this twice-monthly event spearheaded by Innovation Jeunes, a youth-lead organization in Montreal, is a cornerstone of the community for older people in the Peter-McGill neighbourhood, providing nutritious food to residents at a "pay-what-you-can" price.

The Solidarity Market feeds around seventy individuals, and the Mobile Market brings the experience directly to the doorstep of around thirty older people who have mobility challenges. Speaking to the buzz around the program, a volunteer with Innovation Jeunes said:

"The Mobile Market has become especially popular. We love being in the community and seniors always want more markets, and it's really beautiful to see such a variety of fresh food being offered to seniors without them having to go too far or spend too much."

With good weather in the forecast this summer, Innovation Jeunes hopes to host the market outdoors more often, and to expand their food selection to include salads, eggs, pre-cut ingredients, and other items the market's patrons enjoy.