

Small Tractor, Big Possibilities!

THANKS TO YOUR GENEROUS SUPPORT, WE GAVE OLDER KENYANS A TRACTOR!

What a difference something as small as a tractor can make! After recurring droughts ravaged Kenya and left an estimated 5.4 million Kenyans at risk of severe food insecurity, JOOT Family Services – a community organization in Ahero, Kenya, that supports over 700 destitute older people in rural communities – bought land to ensure they could continue providing for those in need. **There was just one problem: JOOT Family Services couldn't grow food without equipment to tend to the land.**



That's when thousands of generous Canadians stepped in to help. Thanks to you, **we raised over \$20,000** to give JOOT Family Services a tractor. Pictured here is Sister Paul – she is thrilled that she and other volunteers can now provide fresh food and veggies to their community!

The money we raised together didn't just help to buy a piece of farm machinery – **it's given over 700 older people agency and security in the unimaginable drought and famine facing western Kenya.** Thanks to your support, these older Kenyans can look forward to their harvest for years to come.



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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SPECIAL UPDATE

On October 1st, Celebrate **International Day of Older Persons!**

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A Word From Our Executive Director

ON INTERNATIONAL DAY OF OLDER PERSONS

Designated by the United Nations General Assembly in 1990, **October 1st is International Day of Older Persons** – a day to recognize and respect the contributions older people make to society, and to advocate for older people's rights to be protected, promoted, and upheld worldwide.

We have a long way to go in creating a world for all to age with dignity but because of you, we are getting closer every single day. HelpAge Canada is so proud of all the community-based seniors' services organizations in Canada and our partners around the world, who are joyfully bringing International Day of Older Persons into the spotlight. **Let's celebrate together!**

Yours truly,



Gregor Sneddon
Executive Director



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From a Community Tool Library to Something Bigger

THE STORY OF FUNDY MEN'S SHED

The Fundy Men's Shed, located in Saint John, New Brunswick, launched earlier this year with eight members. Since then, it has flourished, both in terms of members and its positive impact on the community. The members of this shed were fortunate to find the perfect setting for their weekly gatherings: a collaborative workspace at the Fundy Tool Library. Established in 2018, the Tool Library serves as a community workshop, offering the entire community affordable access to tools and a workspace.



While none of the founding members have a construction background, the Men's Shed has ignited a shared passion for enhancing the community and learning new skills in retirement.

The Fundy shedders told us how the shed has given them a sense of purpose and belonging and has allowed them to create bonds with men they otherwise wouldn't have crossed paths with. Collaborating on various projects within the same workspace, enjoying coffee breaks together, lending tools to their community, and tackling building projects together has fostered a shared sense of pride for the Men's Shed among its members.



"Having been retired for a while, I've noticed that in the work world, I would do lots of joint problem solving. It's kind of neat that there are some projects [with the Men's Shed] where we don't necessarily know what needs to be done to accomplish what we're working on, but collectively we can find a solution. It's back to doing group problem solving without the pressures of a work environment, it's a fun environment."

— Rick, 70, Fundy Men's Shed, NB.

Now Accepting Applications for Men's Sheds Start-Up Grants!

Have you heard of Men's Sheds? They're spaces where men can build friendships and give back to their community while working shoulder-to-shoulder on a wide variety of activities.

From bicycle repairs to gardening and so much more – Men's Sheds have something for everyone.

HelpAge Canada offers start-up grants to community-based seniors' services organizations, and to individuals looking to start a Men's Shed in their community. Visit our website to learn more and apply.

Seeing Clearly with Frieda

HOW A SASKATCHEWAN COMMUNITY STEPPED UP WITH THE HELP OF AN AGE BETTER GRANT

Frieda is an older Canadian living in rural Saskatchewan. In the span of only two short months, her husband and son both died, she lost her driver's license, and her eyesight began to deteriorate – she hadn't been able to go to the optometrist for over six years because of her fixed, limited income as an older person.

Cartier Senior Citizens Support Committee heard Frieda's story and contacted HelpAge Canada to apply for an Age Better grant, so that they could help Frieda and other older Saskatchewanians in their community. Frieda's story is heartbreaking, and we hear stories like hers every day – stories of older Canadians showing resiliency even in through the hardest times.

With an Age Better grant, we helped Cartier Senior Citizens Support Committee to help Frieda, so she could get new glasses, hot meals, transportation to appointments, and the support she needed to get back on her feet. **Now, Frieda has a new outlook on life – one she can see clearly!**



The Days are Getting Shorter and Colder!

WILL YOU HELP OLDER PEOPLE KNOW THEY'RE NOT ALONE?

Autumn brings to mind apple pies, kids heading back to school, and colourful leaves. But as the days shorten and temperatures drop, many older people become lonelier and more isolated in their homes.

We work year-round to make sure older people are seen, heard, and valued. Will you join us?

Don't wait until the holidays – show your support and donate today.