



## CREATING COMMUNITY FOR ETHNO-CULTURAL SENIORS



## YEAR 1 2016 - 2017

### What is SPCO's role in KOSC?

- Works with 20 different ethno-cultural seniors' groups
- Supports the groups in offering activities that help to reduce isolation among seniors in their communities
- Provides core organizational capacity, while the groups bring their expertise on the needs of their community members

### Groups' Activities

- Arts and crafts
- Collective birthday and holiday celebrations
- Cooking classes
- Exercise, fitness, and wellness activities
- Lectures, seminars, and info sessions
- Outings
- Volunteering
- Individual support activities (appointment accompaniment, daily phone calls, etc.)

### NUMBERS

Engaged **1404** ethno-cultural minority seniors

Attracted **\$36,598** in in-kind donations

Signed Third Party Agreements  
with **20** groups

Engaged **521** volunteers over the age of 55 years





### Why do participants like the groups?

- **SOCIALIZE:** Seniors have opportunities to get to know other seniors in their community and make friends
- **BUILD SKILLS:** Participants are encouraged and supported to learn new skills and volunteer in their group and in broader community activities
- **CONNECTION:** Seniors feel connected to others in their community who speak the same language and have similar cultural backgrounds

### What do seniors have to say about the groups?

- *"This is just something for me and I can just come out and enjoy myself."*
- *"Socialization is a big thing and then health comes along and you feel good."*
- *"I enjoy the activities very much and I feel enriched, I feel helpful and beneficial, all through those activities."*

### What is the impact of the program?

- More seniors are connected to their community and support each other
- More seniors are empowered to share their skills, stories, and culture in their groups and in the broader community
- Groups build cross cultural understanding and support each other through their participation in activities together
- Group share a collective voice to advocate for increased support for grassroots organizations in Ottawa

