

We Need Your Ideas

We are warming up for our next hot event. This October, in partnership with OCSA, we will be hosting the **Keep on Rockin': Sexuality and Aging** symposium.

We would like to showcase your experiences and best practices around sexuality and aging. Do you have examples that you'd like to share with our members?

If so, please email us at crncc@ryerson.ca.



Updates from CRNCC

This spring, we are presenting an expanded Newsletter to tell you about the activities that have kept us exceptionally busy over the past few months. Here are some highlights.

- With funding from the Ministry of Health and Long Term Care, CRNCC and the Department of Health Policy Management and Evaluation, University of Toronto partnered to mount a highly successful e-symposium: **Aging At Home: Connecting the Dots in Ontario and Beyond** on June 22, 2009. This e-symposium was ground-breaking as it connected participants from across countries, regions, sectors and media to exchange knowledge and identify fundamental design dimensions of integrating care initiatives that provide quality care for individuals and cost effectiveness for the broader health and social care system. Participants were virtually linked with international experts (Eigil Hansen from Denmark, Henk Nies from the Netherlands, and Grace Li from the United States), as well as regional panelists from Champlain, North West, Central, South West, North Simcoe Muskoka and Toronto Central. Over 1000 local and international participants logged on to the live webcast and chat room for the event!
- On June 15, 2009, Janet Lum presented **Myths, Models and Challenges of Integrating Care** at the 26th Annual McMaster Summer Institute on Gerontology, Hamilton, Canada. Congratulations to Dr. Margaret Denton and her team for a successful event.
- At the end of March, further expanding our global reach, CRNCC partnered with Capital Medical University, the Centre for International Health as well as the Department of Health Policy, Management and Evaluation, University of Toronto, and the Department of Politics and Public Administration, Ryerson University to present the **Primary Care Reform and Community Based Health Care Symposium**. The event was hosted by Capital Medical University in Beijing, China.
- Along the same international vein, Paul Williams was invited this February to present at the CISS (Inter-American Conference on Social Security)

Monthly Seminar on the topic of **Integration Benefits in Caring for Vulnerable Populations** in Cuernavaca, Mexico.

Other events include the following:

- In June, 2009, Carolyn Steele-Gray, CRNCC graduate student Steering Committee member gave a paper presentation titled: **Policy, Performance Measurement and Supportive Housing: the Devil is in the Details** at the Canadian Political Science Association's 81st Annual conference in Ottawa.
- This past May, Janet Lum and Carolyn Steele-Gray gave presentations on the topic of evaluation frameworks and strategies for supportive housing at the **Then, Now, Next: OANHSS 2009 Annual Meeting & Convention**, and, the **Ontario Gerontology Association 28th Annual Conference: Annual Age Friendly Communities - Supporting Aging at Home and Across the Continuum of Care**.

Please visit the CRNCC Knowledge Bank for archived event presentations and webcasts .

Janet M. Lum
Co-Chair, CRNCC



A. Paul Williams
Co-Chair, CRNCC

Warm Welcome

A special welcome to Dr. Mary Stuart, the newest addition to the CRNCC Steering Committee. As mentioned in the last e-newsletter, Dr. Stuart is Professor and Director of the Health Administration and Policy Program based at the University of Maryland, Baltimore County. She brings to the table many years of experience in health care organization and delivery, as well as decision support for health and policy management. We are proud to have Mary Stuart as a part of our team!



Do you have a Champion in your organization ?

Nominate a person or organization that has made significant contributions to the Home and Community Care sector.

Winners will be featured in the next newsletter and will also receive a printed certificate from CRNCC in recognition of being selected as a Home and Community Care Champion.

Send an email to crncc@ryerson.ca for application and rules



JANET SHERMAN
St. Paul's Speed Dating Event



DON HAWS
St. Paul's Speed Dating Event



LINHUA JIANG
St. Paul's Speed Dating Event

Profile of Success

Michele Cauch M.S.W

We are proud to present Michele Cauch as our first **Profile of Success**.

Michele Cauch earned a MA in History in 1996 from the University of Toronto with a focus on the History of Sexuality. She spent ten years teaching and consulting. Looking for a career change and more diversity in her training, Cauch decided to pursue a master's degree in Social Work with a focus on older adults and end-of-life care. While researching the increase in sexually transmitted infections among 50+ population, she came up with the idea for SageHealth Network.



The mandate of SageHealth Network is to promote seniors' sexual health and positive aging.

SageHealth offers education and training for older adults, caregivers, care providers and health

professionals.

Cauch has presented at conferences such as the American Association of Adult and Continuing Education Conference and the Ontario Gerontology Association. Her work has been featured in *Toronto Life Magazine*, *Toronto Star*, *Scarborough Mirror*, *The McGill University Daily* and *Help's Here Magazine: Resources for Seniors and Caregivers* as well as her blog: seniorsex.blogspot.com. She has been featured on CBC Radio's *The Current*, and *Toronto Life Magazine*.

Cauch is also the Community and Corporate Development Officer at St. Paul's L'Amoreaux Centre, an agency providing community services and housing to older adults and seniors in Scarborough, Ontario (www.splc.ca). At St. Paul's, Cauch organized one of the first Speed Dating for Seniors event in Canada this past April.

Look for Michele Cauch at our **Keep on Rockin': Sexuality and Aging** symposium on October 20, 2009.



This Issue's Fast Facts

- 60% of men and 48% of women aged 60+ believe that sexual activity is a critical part of a good relationship¹
- 52% of men and 52% of women aged 60+ say that sex remains important to them as they age¹
- 69% of men and 55% of women aged 60+ feel that people can still have a sexual relationship even if not married¹
- 98% of men and 94% of women aged 60+ feel that sex is NOT only for younger people¹
- 44% of men and 18% of women between the ages of 55 to 59 actively date²
- 13% of men and 2% of women aged 75+ actively date²
- 20% of online daters at sites like Match.com are aged 50+³
- Organizations who have offered speed dating for seniors in Canada: ONE
- Organizations who have offered speed dating for seniors in the USA: FIVE
- In 2006, people over 50+ accounted for 14% of all positive HIV test reports. This is almost double the rate reported in 1985-1998⁴

1 Montenegro, X.P. (2005). *Sexuality at midlife and beyond: 2004 update of attitudes and behaviors*. Washington, D.C.: AARP.

2 Connolly, L. (2001). *Family ties and aging*. Thousand Oaks, CA: Sage.

3 AARP. (2006). *Life@50+ National event & expo*. Washington, D. C.: AARP.

4 Public Health Agency of Canada. (2007). *HIV/AIDS Epi updates November 2007*. Ottawa: Author.



On The Mic.

Henry Furman at St. Paul's Speed Dating for Seniors

Did you have an overall positive experience today?

I would say yes.

Where did you hear about this program?

I did a search on the Internet for um...what was the term I used... "seniors speed dating Toronto". It was the only one that I could find. All the rest were dating sites. I realized that there aren't too many programs like this around. So I thought that this summer I'll have a t-shirt that says: "I'm available" and walk around down.

Have you ever done anything like this before?

No, but I went to dating sites shortly after my wife passed away around a year and a half ago. The first 6 months I couldn't focus on very much since I was just trying to organize my day-to-day existence. Eventually, I wanted to try and see what was out there.

Was everything clear to you in this speed-dating program?

When Michelle explained it all- yes. I think everyone should have had a bottle of water.

Did you meet any special ladies?

I...yes...about 4 or 5 of them.

What did you think of the participants?

I think they're lonely people. They're missing something in their lives and they want to try to find it. I know what it's like to be with a partner for 22 years now then being on my own and not having any of my kids around. I have 4 kids who are currently spread across North America and I have no other relatives here. Right now, I'm just living on my own with my dog...it's uh...I miss the company.

The dog helps?

Tremendously but I miss the bed partner. But I think a lot of the women here are very similar to myself in what I'm looking for a partner.

Do you only date people who are similar to your ethnicity?

Absolutely not. I'm an American...born and raised as a Jew. I'm a dual citizen...my wife...her mother was Dutch and Jewish and her father was an Indonesian Muslim. There's an article about me in Toronto Life October issue called "The New Death Etiquette". I dated a French Canadian for 2 years. I also dated a black woman from Africa and my daughter is married to an African black man.

Do you have any general feedback?

I think the positives are that it's precisely what I expected...not knowing what the mix would be...being in this area of the city. But of course...the other issue is that you don't know what baggage people are bringing in. In 6 minutes you can't learn much about the baggage. I took in what I could instinctively learn about that person. Then I took some names because I wanted to go a bit further than the 6 minutes allowed. The 6 minutes here...the spotlight is on...the pressure is on...read what you want to read and hear what you want to hear...or hear whatever you do hear...let it all filter through and say: "Do I want to continue on with this or not?"

It gets tiring too...it must be the fourteenth person...

Yes...if you come with all dead serious like I was...

Does that affect the spark with other people?

Well that's the challenge in making our judgments about another person...when you look at someone you make an immediate judgment...nothing to do with rational. For example...most executives are tall people...why are they all tall? That's his theory...being tall has a leadership quality. Sometimes we make snap judgments...so it's really difficult to sit and ask a person questions at a table...you get some kind of feel...my belief in all my life and my experiences as a husband as a boyfriend as a father as consultant is that verbal communication is the key. If English isn't their first language I have to adjust. Is it a difficulty in English? Something like this is good because it's an opportunity.

Would you come back for this program again?

Yes, I'm very specific in what I like. I was married to the right one for 22 years of my life but I lost her to cancer. She would want me to have another relationship and I want another one. But it's got to be something that's right. At this point in my life, with many marriages and many women in between marriages, I found that after being with the woman that I was with for 22 years I'm pretty sure I know what I want now.



Henry Furman Profile

Age: 68

Relationship Status: Single

Residence: Downtown Toronto

Birthplace: New York, USA

Pets: Dog named Ozzie

Hobby: Piano

Recent Research Reports

Marcus J. Hollander, Guiping Liu and Neena L. Chappell

Who Cares and How Much? The Imputed Economic Contribution to the Canadian Healthcare System of Middle-Aged and Older Unpaid Caregivers Providing Care to The Elderly
Healthcare Quarterly, Vol. 12, No. 2.

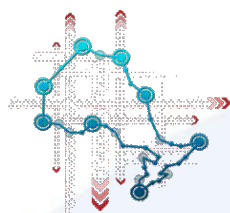
Marcus J. Hollander

Costs of End-of-Life Care: Findings from the Province of Saskatchewan
Healthcare Quarterly, Vol. 12, No. 3.

A. Paul Williams, David Challis, Raisa Deber, Jillian Watkins, Kerry Kuluski, Janet M. Lum and Stacey Daubs

Balancing Institutional and Community-Based Care: Why Some Older Persons Can Age Successfully at Home While Others Require Residential Long-Term Care
Healthcare Quarterly, Vol. 12, No. 2.

Highlights of Recent Events



Aging at Home: Connecting the Dots in Ontario and Beyond

June 22, 2009

Toronto, Canada

This groundbreaking e-symposium was presented by CRNCC in partnership with the Department of Health Policy Management and Evaluation, University of Toronto and funded by the Ontario Ministry of Health and Long Term Care. It featured international experts and change leaders from across Ontario. The event was also webcasted live, providing virtual access for a broader audience interested in the challenges and successes of the Aging at Home program. To view the presentations, please visit www.crncc.ca/ConnectTheDots.html

Canadian Political Science Association 81st Annual Conference 2009

May 27-May 29, 2009

Ottawa, Canada

To view the presentation, please visit <http://www.crncc.ca/knowledge/events/documents/CPSA2009.pdf>

Then, Now, Next: OANHSS 2009 Annual Meeting & Convention

May 4-May 6, 2009

Toronto, Canada

To view the presentation, please visit www.crncc.ca/knowledge/events/documents/OANHSSPresentation.pdf

Ontario Gerontology Association Age Friendly Communities: Supporting Aging at Home and Across the Continuum of Care

April 30-May 1, 2009

Toronto, Canada

To view the presentation, please visit www.crncc.ca/knowledge/events/documents/OGAPresentation.pdf

Primary Care Reform and Community Based Health Care Symposium

March 28-29, 2009

Beijing, China

CRNCC Co-Chairs Janet Lum and Paul Williams were invited to a two-day forum to examine the challenges that China and Canada have experienced around community-based health and social care and how innovations and best practices in each country can be transferred to the other to promote health equity and system sustainability. To view the presentations, please visit www.crncc.ca/knowledge/events/BeijingSymposium2009.html.



Primary Care Reform and Community Based Health Care Symposium, (Beijing) China

CISS Monthly Seminar: Integration Benefits in Caring for Vulnerable Populations

February 24-25, 2009

Cuernavaca, Mexico

Paul Williams was invited to present at Mexico's National Institute of Public Health. His presentations focused on Ontario's Local Health Integration Networks (LHINs), Balance of Care: How to Plan and Prioritize Services in LHINs, and the Benefits of Integrating Care for Vulnerable Populations. To view the presentation in both English and Spanish, please visit www.crncc.ca/knowledge/events/CISS_Feb_2009_seminar.html.

CRNCC products



NEW CRNCC DVD

Seniors in Motion: Lifestyles of the Aged and Active

Look for the upcoming CRNCC DVD on *Seniors In Motion*, a compilation of older adults staying active in a variety of creative and exceptional ways including cardio training, Nintendo Wii and Latin dancing.

CRNCC events

OCSA-CRNCC Symposium

Keep on Rockin' - Sexuality and Aging

October 20, 2009

- *How do older people understand sexuality, intimacy and its relation to quality of life?*
- *Do views about sexuality differ by sex, race, ethnicity, ability and sexual orientation?*
- *What is the current state of knowledge of care providers toward sexuality and aging?*
- *What additional education and training are needed for those who provide health, social and personal care, long term care and supportive housing?*
- *What best practices can be learned from international experiences?*

Given Canada's increasingly diverse and aging population and the challenges of providing a range of care so that people can stay at home in their communities, the topic of sexuality and aging is timely.

This symposium will help inform policy and practice for government policy makers, political decision makers, university researchers, health care managers and providers of community services, personal support, long term and residential care as well as social and supportive housing around key issues in the area.

Watch for e-mail updates to this event or visit www.crncc.ca

*We encourage you to check www.crncc.ca/events often as our calendar is continually updated

In The Know...

CRNCC is producing a series of In-Focus Factsheets on exciting topics such as:

- Australian Retirement Villages Care Pilot
- Personal Support Workers
- Self-Managed Care
- Seniors' Sexuality and Intimacy
- Supportive Housing Evaluation

Look for these upcoming In-Focus Factsheets and other exciting resources in the CRNCC Virtual Knowledge Bank at www.crncc.ca/knowledge/index.html





CRNCC is committed to creating an open and accessible environment that offers the most current and relevant information. We welcome all comments, questions, and concerns via any of the following contact options.

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If you would like to be removed from this listserv, or know someone who would like to be added, please contact us at crncc@ryerson.ca.

The views expressed here do not necessarily represent those of the Social Sciences and Humanities Research Council of Canada, Ryerson University, or the University of Toronto.