



P.O. Box 124, Fort Frances, ON. P9A 3M5

Ph: 807 275 9544, Fax: 807 274 2643

Safety.grace@gmail.com

December 04, 2012

Mayor and Council
Town of Fort Frances
320 Portage Avenue,
Fort Frances, ON, P9A 3P9



Dear Mayor and Council:

On behalf of Safe Communities Rainy River District, I would like to thank you for your support for the 2011 year. The group looks forward to our challenges for coming year, continuing existing programs and developing new and exciting programs that promote both healthy and safe lifestyles within the district.

We request your consideration for the continuation of funding of \$.50 per capita for 2012/2013 endeavors, which help our communities become a safer place to live, learn, work, and play.

In addition to the programs listed in our Annual Report, Safe Communities Rainy River District funding the glow sticks for the 2011 Halloween project as well as administrating many OPP programs. We continually look into new funding opportunities that we may access to help our programs and partners of the district. We continue to compete with multiple applications and shrinking dollars making our efforts more difficult each year. We strongly feel acquiring extra dollars for our community efforts provides additional resources, programs, and sustainability for our safety endeavors and will keep this a top priority.

Our website continues (www.safetycoalition.com) to market the programs that we are involved in as well as partners and links to various organizations throughout the region.

Attached you will find our 2011-2012 annual report for your review. If you have any questions, please do not hesitate to give us a call and thank you in advance for your support.

Sincerely

A handwritten signature in black ink that reads "Grace Silander".

Grace Silander, Administrative Coordinator
Safe Communities Rainy River District

Together we can make our District the safest place to live, learn, work and play!





2011 - 2012 ANNUAL REPORT

Table of Contents

Board of Directors	3
Notes from the Chair	4
Coordinator Comments	5

Reports

United Native Friendship Centre	7
Riverside Health Care Facilities	9
P.A.R.T.Y. Program.....	12
Community Policing Committee	14
CN Partnership	15
Celebrating Diversity	17
Fort Frances Fire Services	19
Seniors and Law Enforcement Together (SALT)	23
Northwestern Health Unit	27
Financial Report	28
Special	29

Board of Directors for 2011/2012

<i>Peggy Loyie</i>	<i>Chair</i>
<i>Linda Plumridge</i>	<i>Co Chair</i>
<i>Judith Lindholm</i>	<i>Secretary</i>
<i>Elaine Fischer</i>	<i>Director</i>
<i>Freeda Carmody</i>	<i>Director</i>
<i>John Beaton</i>	<i>Director</i>
<i>John Albanese</i>	<i>Director</i>
<i>Felix Blasky</i>	<i>Director</i>
<i>Anne McCoy</i>	<i>Director</i>

<i>Grace Silander</i>	<i>Administrative Coordinator</i>
-----------------------	-----------------------------------

Notes from the Chair

Let me begin by welcoming all of you to the 2012 Annual General Meeting and extending a sincere appreciation to you for your continued support of Safe Communities Rainy River District.



Well, it goes without saying that this past year has been challenging on many fronts. We have had to deal with changes within our own Board structure as well as changes on a national level. We continue to seek out ways in which we can generate dollars that will in turn assist us in meeting our objective of providing support to local and district wide initiatives that promote safety.

The dedication and commitment of the members of Safe Communities Rainy River District Committee and Board is what gives SCRRD the drive to continue to move forward and look toward the future; the respective organizations that each member represents are also to be congratulated and applauded for their support of this community and district wide program.

Thank you Grace for your hard work and dedication, we know how important this program is to you and you do a wonderful job of sharing your enthusiasm, concern and vision for Safe Communities Rainy River District.

Once again, thank you to all and best wishes for continued success for SCRRD.

Peggy Loyie, Chair

Coordinator's Comments



As we complete the journey through yet another year of safety, we tend to be inspired and rise to the challenges of the coming months.

The annual report is a time to celebrate our achievements, outcomes and short falls; yet this is always an energizing and proud moment for myself.

I personally would like to thank the Municipalities, First Nation Communities and our partners for their continued support, and invite their input and attendance at our regular meetings. Without this support our efforts would not be met.

Again I would like to commend all our partners on their program delivery, reaching target groups of all ages and focusing on identified priorities and risk factors throughout the district. These programs were the basis of meeting the criterion for both Safe Communities Canada and the World Health Organization.

Together we have achieved a perfect score on the National Report Card which scores our Safe Communities against the Attributes of Canadian Safe Communities as well as the Indicators for International Safe Communities. If you to visit our website <http://safetycoalition.ca> you can view the report card or read more about the activities that are ongoing throughout the District.

Safe Communities Rainy River District continues to work diligently with the National Safety Council of United States and the Collaborating Centre of the World Health Organization through the peer review process. Through this process trained selected individuals from existing Safe Communities who have proven to sustain high standards, visit US communities applying for Safe Community designation. The review team consists of one Canadian and one US delegate who visit the communities to confirm what is in the application is truly alive and working within the community.

Although our ties with the Collaborating Centre of the World Health Organization remain constant, Safe Communities Rainy River District will be venturing into new surroundings this year due to the amalgamation of four Canadian Safety Institutes.

Joining forces for "ONE VOICE FOR SAFETY" are:

- Safe Kids Canada,
- Think First,
- Smart Risk and
- Safe Communities Canada

I would like to share a quote of Mr. Paul Kells, past CEO of Safe Communities Canada which sums up the entire movement, "This merger is a new national organization with equal voice across Canada whose vision is to be *the* strategic injury prevention partner for families, communities, the health sector, researchers, governments and business. The new organization will be known as: ***Parachute – Leaders in injury prevention.***"

Our District has been so fortunate to have the support and leadership of Safe Communities Canada, and will definitely miss this collaboration. We know the merger offers many new and exciting things for our movement in safety, and Parachute leaders will be there for helpful support as well.

On behalf of SCRRD I look forward to the new direction and directives of this new organization in the coming years.

Respectfully submitted,

Grace Silander



In Unity There Is Strength

516 Portage Avenue

PO Box 752 Fort Frances ON P9A 3N1

www.unfc.org

(807) 274-8541

Safe Communities Rainy River District

September 2012

On behalf of the United Native Friendship Centre (UNFC) I wish submit our Annual Report.

The UNFC promotes safety through the following initiatives:

- Our Health & Safety committee consists of 7 members covering 3 sites who actively ensure our safety practices and buildings are up to date;
- Annual safety/fire/security inspections and monthly sites inspections are completed;

- Throughout the year our staff carried out and/or participated in various promotions such as:

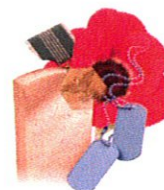
Medicine Walks	Community Youth Justice	National Day of Remembrance
----------------	-------------------------	-----------------------------

Stuff-a-Cruiser	Healthy Living Program	Young Women's Symposium
-----------------	------------------------	-------------------------

FASD Day	Water Walk	Veteran's Day Powwow
----------	------------	----------------------

Rachel's Challenge follow-up Breakfast Buddies program at St Michael's School

- UNFC staff belongs to multiple Boards and committees including:



Safe Communities-RRD, RRD-Substance Abuse Prevention Team, Homelessness Committee, Elder Abuse Committee, Coming Together for Kids Coalition, Victims Services Board, Health Access Centre Board, Domestic Violence Court Advisory Committee, Diversity Committee, Native Housing Board, Legal Clinic Board, Justice Coordinating Committee, Sexual Assault Program Committee, Best Start Network, Sixth/Webster Outreach, Walk for Good Life, Community Garden, and Interagency.

It's been great being part of Safe Communities Rainy River District's collective of partners helping the community.

Sincerely,

Judith Lindholm,

UNFC Program Director



RIVERSIDE HEALTH CARE FACILITIES INC.

"CONNECTING COMMUNITIES – COMMITTED TO CARING"

PARTNER REPORT FOR THE

SAFE COMMUNITIES RAINY RIVER DISTRICT ANNUAL REPORT

2011=2012

Riverside Health Care Facilities Inc. is pleased to provide an annual report to the Safe Communities Rainy River District, with whom we have a longstanding partnership. Our partnership has been both beneficial and complementary to our organization. We truly appreciate our collaboration, which supports and promotes our mission and values:

- " To provide quality patient care with a commitment to clinical achievement, safety and enthusiasm to assure the best possible health care "
- " To support a safe and healthy work environment where each person is valued and respected and where personal and professional growth is encouraged"
- " To respond to community health care needs and providing creative, ongoing community support initiatives"



Riverside Health Care Facilities provides primary, secondary, long-term and community health services at our five health care facilities across the Rainy River District. While this past year has involved some changes internally, we are continuing to focus our efforts on standardizing safety programs, consistency of processes throughout our facilities and expanding our services. Riverside promotes a safe and

healthy work environment through various working groups and committees:

Quality Management is an avenue for improving processes, reducing and/or eliminating adverse events for the patients and staff to ensure quality safe patient care. Through satisfaction surveys and use of the NRC Picker, we are able to elicit feedback on how our patients/residents/clients perceive the services we provide. Presently, the NRC Picker has provided us with valuable feedback for our in-patient units, as a result we are doing follow-up phone calls to some patients post discharge to ensure a safe and successful transition home. We have just received our first quarter results from the Emergency/Urgent Care departments within our facilities and will use those results to improve the quality of our services. Riverside continues to adopt best practice guidelines and looks for continual quality improvement. Staff members receive updates and education on changes to policies, processes, procedures and best practices.

Occupational Health and Safety continues to be a part of our everyday life at Riverside. We underwent a “Work Well Audit” in May 2012, which was a process that helped us strengthen our Occupational Health and Safety program throughout the Organization. We have completed our certification training in both basic and site specific, which ensures we have the knowledge and commitment to oversee safety processes and a safe working environment for all. We have 2 staff who have become certified trainers to provide Non-Violent Crisis Intervention in-services to designated staff at all facilities. Presently, we have 86% of our designated staff trained, with a commitment to continue efforts to reach our goal of 100%. In our Long Term Care Facilities, we have 96 % of all RN’s and RPN’s who have received the “Gentle Persuasive Approach” training provided through our community partnership with the Older Adults Program. Both courses have been very well received and have incorporated this knowledge into their everyday work routines. Riverside continues to update relevant policies and procedures related to bullying, harassment and workplace violence. All staff continue to complete their on-line modules annually, through Discovery Campus, on Violence in the Workplace. This form of education delivery ensures ongoing training requirements are met by all staff.

Infection Control efforts continue to focus on the importance of Hand Hygiene to reduce infection and the spread of disease. We have adopted the program “Just Clean Your Hands”, and the Infection Control Nurse travels to all facilities to demonstrate/talk with front line staff. Audits are conducted and reported. Alcohol based hand-sanitizers and signage have been installed throughout all facilities, as well as, at point of care. Literature, public service announcements and posters in all our facilities help to educate our patients/residents/clients and visitors to the importance of protecting themselves and others from infection—“Clean, Screen and Go” signage is seen within each facilities. Make it your practice when you are in our facilities to utilize the hand sanitizer stations, not only for your protection, but the protection of others. We have just begun our annual influenza immunization campaign for staff and residents in October 2012.



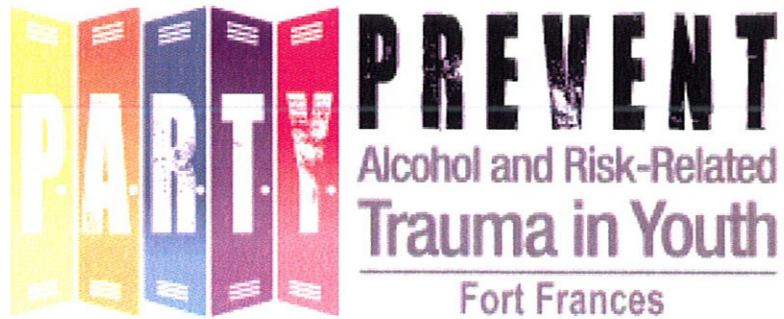
Patient Safety is essential in the delivery of quality, safe care. Our wallet sized medication recorders, developed in partnership with Safe Communities Rainy River District, continue to be available throughout the District. We have had excellent feedback from this collaborative project. Riverside Health Care Facilities have just undergone their on-site Accreditation review from October 21-25, 2012 and are awaiting our final report. Our Falls Prevention Team continues to meet. We monitor and report our statistics, with the goal of reducing the number and severity of falls throughout our facilities. Canadian Patient Safety Week is presently underway, from October 29-November 2, 2012. Promotional products have been distributed to all facilities to mark “Patient Safety Week”. We continue to use our Corporate and Nursing Newsletters to submit articles on the importance of staff incorporating safety into their daily work routines “Patient Safety is Everybody’s Job Everyday!”

Riverside Health Care Facilities Inc. values their partnerships with the Safe Communities Rainy River District. We will continue to provide support and resources to the Opiate Task Force and

PARTY program. The Emergency, Diagnostic Imaging Department and Rehabilitation staff are dedicated to participating in this valuable program for the young people of the District. Riverside is committed to ensuring safe health care services and programs for the communities we serve. We look forward to an exciting year full of challenges and opportunity.

For further information please contact:

- **Felix Blasky** at (807) -274-4818 or f.blasky@rhcf.on.ca
- **Glenna Morand** at (807)- 274-5603 or g.morand@rhcf.on.ca



2011-2012 ANNUAL REPORT



2012 was another busy year working on upgrading program with new tools and keeping relevant to current issues.

9 classes (185 students) from Ft. Frances High School participated. A mini P.A.R.T.Y. was done for Couchiching youth group utilizing some of the tools, injury survivor and multi-media content to make these youth aware of how their choices influence themselves and others.

Myself, Lyle Dolph and Jia Wu spend many hours fund raising, formatting and doing presentations to purchase Metiman simulator.

Fund raising was successful with the support of Community Policing Committee Rainy River District, Emo Lions Club, Ft. Frances Chiefs Secretariat, Ft Frances Royal Canadian Legion Br 29, Ft Frances Royal Canadian Legion Ladies Auxiliary Br 29, Kiwanis Ft. Frances Club, Moffat Family Fund, Ontario Healthy Communities Fund, Rainy River District Safe Communities, Rain River District School Board, Royal Bank Foundation and TD Canada Trust.

Our program is becoming well known and I am assisting Dryden and Kenora in how to setup and run P.A.R.T.Y. InnoCorp E-newsletter has done a profile on us which is seen by more than 12,000 safety professionals around the world. <http://fatalvision.com/news-events/2012/sidne-helps-youth-party-in-ontario/>



The 2012-2013 school year will again be busy with 9 Ft Frances High School Classes, writing program and training helpers for simulator. Multimedia and scripts used by P.A.R.T.Y. presenters will have to be changed to fit the scenario programmed into simulator who has been given a name, Rory Paulson by the high school first responders.

New groups who will experience P.A.R.T.Y. are Couchiching youth and Atikokan High School who see it at Atikokan Hospital.

Thanks again to all the volunteers and professionals who commit their time.

John Beaton,

P.A.R.T.Y. Program Co-coordinator



2011-2012 Annual Report

A number of campaigns were done throughout the year.

Bike rodeos were facilitated by OPP through community policing partnerships. Education in bike and road safety, helmet use with prizes awarded. Rainy River Play School held a bicycle rodeo for children in Rainy River in July 2012. Atikokan Safe and Healthy Communities assisted with a positive tickets campaign to encourage youth to wear helmets during wheeled events.



Public service announcements focusing on distracted driving were given in partnership with our local radio station, 93.1 The Border.

All grade 7 & 8 Robert Moore School students participated in CN Rail Safety Public Service Announcement contest.

Metiman simulator was given financial assistance.

During August, CPC partnered with OPP for a week long youth camp at Sunny Cove which was very successful.

We have a new logo and sign in front of the Emo OPP Detachment.

New members are always welcome.

John Beaton, Chair



Safe Communities Rainy River District CN Rail Safety Initiatives

Safe Communities Rainy River District was successful again this past year in securing funds to put toward a worthy project. This year the funds were requested for funds to help offset some smaller costs for a Kiss and Ride program.

What is Kiss and Ride?.... . It is an innovative program designed to address morning and afternoon traffic congestion and student safety. Kiss n' Ride brings principals, parents, police, and traffic engineers together to identify safe drop off zones at each individual school. While parents remain in their cars, volunteers safely escort children to a designated area. This system allows for convenient and safe drop-off 15-20 minutes before the morning school bell, pick up following the school day and relieves traffic congestion. This was a win/win solution for everyone involved.

Safe Communities Rainy River District has worked diligently on our pedestrian safety as they move to and from our school systems. Past programs our partners are proud of: Safe Routes to School, All aboard for Safety, Photo Voice, Ticket or Teaching, JW Walker Video, Seniors and Law Enforcement Together, and our rapport that we have built with our Boards of Education. It is time to target our traffic congestion challenge in our school zones.



Planning for the Kiss and Ride program has already started. We have acquired information from other community reports, and are beginning to discuss a fit for our community schools that will require little adjustments from school to school.

This program will empower parents and school communities as they strive to keep their school population safe.

Partnerships have been developed with OPP, SALT, and Boards of Education, Parent/Teachers Associations, Town of Fort Frances (operations and traffic safety), Active Transportation and School Administration.

Much planning and work is yet to be done on the project, so the small funds received remain on our CN line for future needs.

Safe Communities Rainy River District has brought one of the larger projects to a close and anticipates a safer environment for those crossing at the Pithers Point crossing. Benches have been placed at both sides of the crossing, inviting those waiting for a train to pass to "TAKE A SEAT FOR SAFETY". Reports were received following the installation of the benches that they were indeed being used.

Safe Communities Rainy River District thanks Safe Communities Canada, Pete LeDrew (CN Police) and Canadian National Railway for their support in this endeavor.



Celebrating Diversity

www.celebratingdiversity.ca

Respect. It lives here

The RESPECT campaign was developed by members of the Celebrating Diversity Committee in the spring of 2011, as a way of reaching out to our communities to talk about diversity issues. A workshop was created, and tested with the committee members, then rolled out to the public.

The workshop is exactly one hour in length, no more, as we acknowledge that we are generally taking time from people's work day. There is a 15 minute powerpoint presentation, that is used to provoke thought and discussion from attendees. People are then broken up into small groups of 3 or 4 people, to discuss their own experiences with disrespect and with respect. The groups then come back to full session, and spend the last part of the workshop talking about what they learned in the small groups. This format is used so that people will learn from each other, rather than just presenters, and hopefully the experience will have a greater impact on them as they learn from friends and co-workers.

There is a group of presenters, so that each workshop is presented by two people working together, to help provide a broader spectrum of information and experience. We have trained 9 presenters to date. When the workshop is completed, participants are provided with a copy of the powerpoint, pens and lanyards with the RESPECT campaign logo on them, and interior window stickers. These are to be used in their workplace, to serve as a celebration of respect and diversity, and a reminder of the things people have learned in the workshop. It is the hope of the committee that these identifiers will soon spread throughout our community.

A summary of workshops to October 23, 2012 follows:

June 2011	Rainy River District School Board	40
October 2011	Atikokan Economic Development	9
November 2011	RRDSB Principals	15
November 2011	Atikokan Interagency	50

February 2012	Public Launch	10
March 6, 2012	DSSAB Managers	10
March 26, 2012	DSSAB	8
March 27, 2012	DSSAB	6
March 28, 2012	DSSAB x 3	22
March 29, 2012	DSSAB x 3	20
April 4, 2012	DSSAB	18
April 12, 2012	DSSAB	12
April 14, 2012	United Church Women, Emo	15
April 16, 2012	DSSAB	10
April 16, 2012	Community Living Atikokan	15
April 23, 2012	Riverside Healthcare managers	20
June 19, 2012	Rainycrest staff	25
June 25, 2012	Rainycrest staff	12
June 27, 2012	Rainycrest staff	20
July 12, 2012	Rainycrest staff	10
July 16, 2012	Rainycrest Staff	15
September 27, 2012	Rainycrest Staff	2
October 10, 2012	Rainycrest Staff	20

Including presenters, and members of the Celebrating Diversity Committee, approximately **384** people have experienced the workshop to date. Further presentations are currently being planned for other Rainycrest staff, RRDSSAB staff, and the Community Police Officers' conference.



Fort Frances Fire & Rescue Service Fire Prevention & Public Education Annual Report 2012

Overview:

Fort Frances Fire & Rescue Service (FFFRS) continues to provide education in Fire and Life Safety throughout the Community and the Rainy River District. We are dedicated to ensuring the highest level of programming and delivery techniques are utilized when imparting educational material necessary for residents to keep safe.

History:

In previous years, Fort Frances Fire & Rescue Service has been very active in achieving the safety needs of the Community and District and 2012 was no exception. While continually analyzing local safety issues, the FFFRS continues to develop, implement, deliver and evaluate all programs to ensure we maintain quality safety initiatives.

Present Community Awareness and Activities:

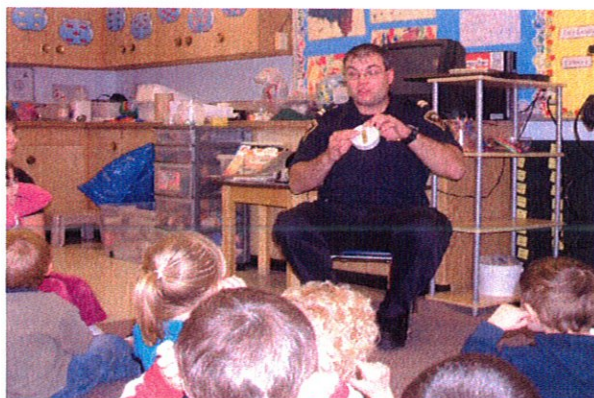
A number of comprehensive programs are presently being offered and delivered in the Community. These programs are directed at what are considered to be groups at higher risk to fire and other safety concerns. For example, Risk Watch is promoted in elementary schools to help young persons make smarter choices in eight separate categories of safety. Older Adults are provided education through group discussions and programs such as Older & Wiser. Fire Prevention Week provides the advertised opportunity to reach all age groups in between with general fire safety messaging on topics such as safe cooking, candle safety and safe use of smoking material.



Fire Safety Day at Canadian Tire – local firefighters

Developed programs presently offered by the FFRS are as follows:

- Risk Watch for elementary schools
- TAPP-C The Arson Prevention Program for Children
- Fire Station Tours with general fire safety messages geared to age
- School Fire Safety & Exit Drill Practices
- “Alarmed For Life” Smoke Alarm Program
- Fire Prevention Week Activities and Awareness Displays/Presentations
- Commercial & Industrial Fire Safety Plan Staff Training
- Fire Safety Training for Staff in Health Care Facilities
- Fire extinguisher training for the workplace
- Routine Fire Safety Inspections/Inspections upon complaint and request
- General Fire Safety Public Service Announcements



Prevention Captain Wayne Riches on a school visit

Photo Courtesy Fort Frances Times

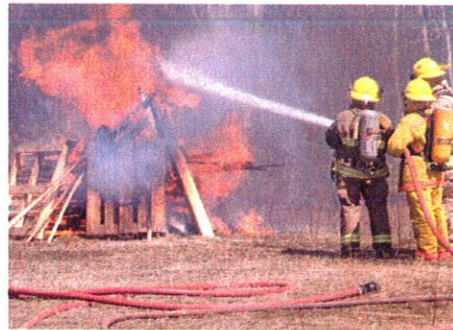
2012 Results:

- Anticipate year-end completion of the required annual Fire Safety Inspections for approximately 150 commercial and industrial establishments within the TOFF
- Many Community groups, school students/teachers and other members of the public were involved in fire station tours or received presentations on fire safety during 2012
- Emergency Services Day held in May 2012 at our local Canadian Tire – various emergency services were in attendance (MNR, Red Cross, FFRS) with displays and activities for Community and District residents
- Fall Fire Safety Day, also held at our local Canadian Tire, with the FFRS in site with equipment, displays and handouts for people of all ages (estimate 800+ people attended the event)
- Approximately 500 JK – grade 3 students and 50 teachers in our community were spoken too by staff of the Fire Department during Fire Prevention Week
- We continue to provide Staff training sessions regarding workplace Fire Safety to many Commercial and Industrial Occupancies within Fort Frances and outside the Community
- Fire extinguisher training continues for many workplace employees within Fort Frances (including TOFF staff) and the request for Fire Department training continues to increase
- The Fire Department continues to utilize a variety of safety related public service announcements, having aired on the local radio stations and in the local paper
- Older Adult Fire Safety sessions continue to be delivered at Senior Housing Complexes
- The Risk Watch Program continues within our local School System
- The Fire Department has seen a further decrease in referrals to the TAPP-C Program in 2012. We would like to attribute this to increased fire safe behaviour through our education programs
- Fire department staff were involved in monitoring this year's fire drills within our Community's public schools

- Fire Safety Displays have been established at various locations within the Community throughout the year



*Fire Safety Day at Canadian Tire
Captain Kirk Armstrong
Photo Courtesy Fort Frances Times*



Local Firefighter training session

Conclusion:

The 2012 Safety Season has been yet another busy and challenging exercise for the Fort Frances Fire & Rescue Service. We are continuing to see positive results in reduced costs regarding fire loss and most importantly, reduced deaths and health care requirements caused by a variety of preventable injuries. A huge thank you goes out to all the Firefighters in the Fort Frances Fire & Rescue Service for their dedication and commitment to ensuring safety to the residents of our Community.

Sincerely

Wayne Riches

Fire Prevention Captain

Fort Frances Fire & Rescue Service



Seniors and Law Enforcement Together
Making a Difference in our Communities

A REPORT ON THE ACTIVITIES FUNDED BY THE NEW HORIZONS FOR SENIORS PROGRAM

The New Horizons for Seniors Program Grant has funded the purchase of equipment, a strategic planning process, training, and the initiation of sustainable activities for Seniors under the umbrella of the Seniors And Law Enforcement Together Group (SALT). The SALT Group meetings are subsidized by this grant as is the work of the Assisted Living Action Group (ALAG) which is a sub-group of SALT. Also the grant has sponsored the maintenance of the SALT website which is up and running to keep our seniors in the loop. The following is a brief summary of the activities sponsored by the grant to date.

Assisted Living Action Group – Strategic Plan

The Assisted Living Group Strategic Planning process is nearing completion. Mission, Vision and Values statements have been reviewed and edited and are in their final state. Action plans have been established for each objective. The group is now working on indicators of success. Indicators of success will be in draft form for the planning meeting on Nov. 22, 2012.

In fact, one working group is up and running as they work on the important action of securing a site for the facility. The group is collecting data and exploring several sites throughout the district. They have looked at and will be looking at more possibilities located throughout the district. They are not confining their search to any one area but are conducting a district wide search.

The timeline for completion of the plan is the end of November and we hope to be sharing the plan and using it for a variety of purposes by the middle of December. A final step will be the creation of a communication plan which will direct how we circulate the strategic plan. A power point presentation is being created to accompany the strategic plan and to assist in our public relations efforts.

This plan will provide a detailed framework for the work of the Assisted Living Action Group for the next three years. We have held two meetings for large groups involving many community stakeholders. Also, a core planning team has met frequently to move the planning ahead. We have had a fantastic response from the community in terms of participation in our planning and the group is working hard to make sure all those who have so generously donated time and resources are kept up to date and given the opportunity to remain involved as we move toward completion of the strategic plan. This strategic plan will be the result of a high degree of collaboration by many partners in the district and will maintain a district wide approach which honors the commitment of all the representatives who have been a part of the process.

Eager B's – Energetic Adults Getting Exercise Regularly for Busy Baby Boomers and Beyond

The Eager B's have been a group of "busy bees". They have conducted numerous activities to encourage healthy exercise and activity. These activities are open to anyone fifty five (55) years of age and over. The following is a list of activities conducted over the Fall:

- Group walks along the waterfront
- Zumba (modified for 55 plus years of age) at Energy Fitness
- Line Dancing (at the Circle of Life Building)
- Tai Chi (provided by the Town of Fort Frances) at the Senior Centre

Upcoming activities include:

- Bannock making and Wild Rice Soup workshops
- A one day curling workshop
- Snowshoeing
- Aquafit exercise
- Wii bowling
- Pole walking

- Tai chi
- Zumba

Other activities fitted in by the group included a bog walk (Cranberry Peatlands Interpretive Trail), riverfront walking, senior games (table shuffleboard and floor shuffleboard)

The majority of these activities have been offered free to anyone over 55 years of age through the grant and community partnerships.

SALT – Elder Abuse Awareness

The Seniors and Law Enforcement Together program is a means to mobilize Seniors to become involved with the Ontario Provincial Police and other services to focus on Seniors' needs in the community. The Elder Abuse Awareness Program deals with elder abuse as it relates to crime prevention. Examples of the types of abuse being discussed are:

1. Financial (by family, telemarketers, mail scams, and email scams)
2. Emotional Abuse
3. Physical Abuse
4. Neglect

Three SALT members have been trained to present Elder Abuse Awareness Workshops. The trainer was Raj Sud of the Ontario Provincial Police. A DVD and a booklet are available to assist in making presentations. The group was also trained in the area of Restorative Justice Circles. Several Elder Abuse Workshops have been held in 2012 and the group has intervened in one restorative justice incidents already.

Computer training for seniors is ongoing and with through the New Horizons Grant computer equipment was purchased. The group purchased a laptop computer, a projector and a screen. This equipment was for use in senior computer training, Elder Abuse Workshops, Assisted Living Strategic Planning presentations and other educational opportunities sponsored by the New Horizons Grant.

Seniors Recognition Event

The "Hats Off to Seniors" Gala will be held on Friday November 16, 2012. There will be dinner and refreshments followed by an evening of recognition and entertainment. The event will be held at the La Place Rendezvous Hotel. The guest speaker will be Ontario Provincial Police Commissioner Chris Lewis. Entertainment will be provided by "Entirely Mac" and other entertainers. Hard working seniors and those who support our seniors will be recognized throughout the evening. About one hundred and fifty persons are expected to attend this night to honour a group of citizens who have gone the extra mile for seniors in the community.



Conclusion:

The New Horizons Grant is responsible for supporting a wide variety of activities for seniors in the Rainy River District. Its scope is far ranging and is providing invaluable assistance to seniors in their efforts to contribute to the community they have lived in and supported for many years. This grant provides the means to establish programs to benefit seniors that are sustainable in the future and it provides recognition for a group of citizens who are contributing a great deal to all parts of our community.

Submitted by: Ian Simpson

Date: November 14, 2012



The Northwestern Health Unit (NWHU) works with a variety of groups toward the creation of safe and supportive environments where people live, work, play and learn. In 2012, the NWHU worked with multiple partners to deliver the following injury prevention efforts across the District:

- **Coalition-Building and Active Participation-** Partnerships, collaboration, and comprehensive health promotion efforts continue to be priorities for NWHU staff. Much of this work is successfully accomplished with local planning tables, grassroots groups and coalitions such as Healthy Communities Coalitions (Emo, Rainy River and surrounding communities), Trails Committees, Safe and Active Routes to Schools, RR District Substance Abuse Prevention Team, Mental Health Planning, Celebrating Diversity, Safe Communities, Atikokan Safe and Healthy Lifestyles Committee, People for Playgrounds, Atikokan Next Generation, Seniors and Law Enforcement Together, Assisted Living Action Group and Eager B's.
- **Road Safety Stencils-** NWHU staff worked with various partners to implement this initiative in several communities across the NWHU catchment area. The stencils with "No Texting" and "Buckle up" messages can be painted onto parking lots to remind drivers to practice road safety.
- **Youth Action on Drugs (YAD) Project-** A student survey, one component of the YAD project, was administered in 30 schools across the region. The survey measured the levels of risk and protective factors among Grade 7-12 students. Seven community reports are being generated to share results across communities in our region.
- **Photovoice Project-** NWHU partnered with several seniors groups to implement this project. The intention was to stimulate discussion, raise awareness of the needs of seniors and highlight the positive aspects of aging in the Rainy River District. Participants took photographs in response to the following questions: "What keeps you safe and healthy as you age?" and "what prevents you from being safe and healthy as you age in the Rainy River District?"
- **Car Seat Safety-** The health unit continues to provide regular car seat inspections and technician training for parents, caregivers and services providers. Car seat safety was delivered to close to 100 parents as a component of the NWHU prenatal class curriculum for new parents.
- **Supportive Environments-** NWHU continues to be involved in local activities and grant proposals to promote and advocate for safe and supportive environments. Rainy River completed a system of trails to promote safe and active recreation (River Trails Project). Fort Frances is working with local stakeholders, parents and schools to advocate for safe and active routes around school areas. Emo continues to work diligently on a sports field/trails project and Atikokan has mobilized to work on enhancing local playgrounds and green spaces.
- **Operation Safe Ride-** This program was coordinated with the OPP and the local Teen Centre in Atikokan. Coupons and prizes were provided to children and youth to encourage positive behaviours such as wearing bicycle helmets. 62 children participated.
- **FALLS Prevention-** physical activity can help reduce the risk of falls, maintain functional independence and maintain mobility. Several initiatives such as urban poling workshops, walking groups, SAGES program (Safe and Gentle Exercises for Seniors), and exercise classes were offered to older adults to promote safe, physical activity opportunities.

We look forward to continuing our membership with Safe Communities-Rainy River District and maintaining quality, comprehensive injury prevention planning and programs across the entire District.



FINANCIAL REPORT FOR PERIOD AUGUST 1, 2011 TO JULY 31, 2012

INCOME REPORT FOR SCRRD AT YEAR END OF JULY 31, 2012

Funding

Municipal Per Capita Donation	11,962.50
Federal Grants	25,890.00
Provincial Grants	<u>1500.00</u>

TOTAL FUNDING 39,352.50

Other Revenue

Fundraising Revenue	9,579.06
Interest Revenue	0
Misc Donations	7,178.42
Miscellaneous Revenue	<u>12,177.80</u>

TOTAL OTHER REVENUE 28,935.28

TOTAL REVENUE **68287.78**

Expense

Accounting & Legal	9,143.94
Administrative Coordinator	12000.00
Advertising and Promotions	295.25
Amortization Expense	0
Bank Charges and Interest	0
Business Fees and Licenses	-1000.00
Insurance	1069.00
Courier and Postage	198.09
Interest and Bank Charges	0
Office Supplies	89.42

TOTAL ADMINISTRATION 21,795.70

Equipment	260.00
Communications	1,287.18
Fundraising Expense	100.00
Meals	750.03
Other Expense	0
Personnel	0
Training	4094.80
Youth Camps	1807.40
Travel	0
Supplies	<u>1770.51</u>

TOTAL GENERAL AND ADMINISTRATIVE EXPENSE 31,865.62

NET INCOME 36,422.16

BALANCE SHEET FOR SCRRD AT YEAR END OF JULY 31, 2012

Bank Balance	68,782.94	
Total Cash		68,782.94
Investments		9,970.94
HST Fed Rebate	52.72	
HST Prov. Rebate	138.31	
Total HST		191.03
TOTAL CURRENT ASSETS		<u>78,944.91</u>
Capital Assets		0
TOTAL ASSETS		<u>78,944.91</u>
Liabilities		
YE Accounting Accrual		8000.00
TOTAL CURRENT LIABILITIES		<u>8000.00</u>
LIABILITIES AND EQUITY		<u>78,944.91</u>

Special thanks to the Municipalities for their continued support. Funds received from the Municipalities are our sustainability. Program dollars go directly into the specific program and used for items declared in their grant requests as teaching, programming, meals, consulting etc. Program dollars are not used for the day to day administration and operational costs of Safe Communities Rainy River in our coordination role of district safety programs unless specifically identified in grant applications.

Township of Alberton
Town of Atikokan
Township of Chapple
Township of Dawson
Township of Emo
Town of Fort Frances
Township of Lake of the Woods
Township of LaVallee
Township of Morley
Town of Rainy River



A LESSON FROM THE PAST.....

Together we can make our District the safest place to live, learn, work and play!



