

The Canadian Multicultural LEAD Organization for Mentoring and Training

# LEAD Seniors' Art Project







Welcome to the second edition of the LEAD Seniors' Art Project newsletter.

As we begin the third quarter of the LEAD Seniors' Art Project, we're excited to reflect on the impactful events that defined our summer. This past quarter was filled with energy, learning and community engagement as we hosted a variety of workshops, activities and collaborations that brought people together. In this newsletter, we are sharing pictures that capture the spirit and excitement of our summer events.

From creative workshops to hands-on activities, it has been a season of growth for the LEAD Seniors' Art Project, and we are excited to share some of the highlights with you. We welcomed new faces, strengthened relationships, and celebrated the progress we have made toward the project goal. As we transition into the next quarter, we are filled with gratitude for the support and enthusiasm of our community.

In this newsletter, you will read about the following events:

- Group of Seven Art Workshop
- St. Lawrence Market Trip
- Sip & Paint Art Workshop
- Art Workshop Open Studio
- Online Safety & Digital Literacy Education Session
- Chair Fitness Session

- Origami, Watercolour & Virtual Reality Art Workshop
- Art Therapy Session
- Tech Café
- EchoHorizon Concerts
- 1,000 Islands Cruise Trip
- Dementia Friendly Communities
   Education Session

### **Group of Seven Art Workshop**



On Friday, July 4, Sydney Baxter, one of our summer students, led our Group of Seven Art Workshop, where we learned about the members and created art inspired by their work. The Group of Seven consisted of seven Canadian artists, known for their focus on Canadian landscape and everyday life.

#### **Group of Seven Members**

- 1. **Frank Johnston** was born in Toronto, Ontario; and trained in Germany and the U.S. Johnston worked in commercial art before turning to landscape painting. He exhibited with the Group of Seven only once in 1920 before pursuing a solo career. He went on to become the principal of the Winnipeg School of Art. The prompt to create art inspired by Johnston was: *Paint a lake or river scene*.
- 2. **Franklin Carmichael** was born in Orillia, Ontario, and received training in both art and music. Carmichael studied at Ontario College of Art and in Belgium. He worked as a designer and taught at Ontario College of Art. He went on to co-found Ontario Society of Painters in Watercolour and Canadian Group of Painters. The prompt to create art inspired by Carmichael was: *Paint an Autumn forest*.
- 3. Lawren Stewart Harris was born in Brantford, Ontario. Lawren studied art in Berlin and helped establish the Toronto Studio Building. He also helped form the Canadian Group of Painters and, in 1969, was named a Companion of the Order of Canada. The prompt to create art inspired by Harris was: *Create a mountain range*.
- 4. **A.Y. Jackson** was born in Montreal and studied Impressionism in France. Jackson lived and worked in the Studio Building and taught at the Banff School of Fine Arts. In his later years, he became an artist-in-residence at McMichael Gallery. The prompt to create art inspired by Jackson was: *Create your own Aurora Borealis night sky*.
- 5. **Arthur Lismer** was an English-born Canadian painter. Lismer trained in Sheffield and Antwerp, and moved to Canada in 1911. He was a pioneer in children's art education, teaching in Halifax, Toronto and Montreal. He later spent years painting on Vancouver Island. The prompt given to create art inspired by Lismer was: *Create a mixed media collage seascape*.
- 6. **J.E.H. MacDonald** was born in England and raised in Ontario. MacDonald worked as a graphic designer before turning to painting in 1911. He helped shape a distinct Canadian national art movement, and became a respected art teacher and mentor to fellow artists. The prompt given to create art inspired by MacDonald was: *Paint your own Tangled Garden*.
- 7. **Frederick Varley** was born in England and moved to Canada in 1912. Varley was a WWI war artist who primarily focused on portraits rather than landscapes. He taught in Vancouver from 1926 to 1933. The prompt given to create art inspired by Varley was: *Make a self-portrait that represents you*.

# St. Lawrence Market Trip

Saturday, July 12, we had a wonderful day at St. Lawrence Market, enjoying the perfect weather and exploring both the Main Market and the newly built North Market. We wandered through a variety of vendor stalls, each complete with fresh produce, colourful flowers, cheese, honey, and a tempting variety of food, including pastas, fish and chips.

As we made our way back, we took a moment to reflect on our purchases. The seniors and youth shared what they had bought, from handmade crafts to snacks, and we couldn't help but discuss the changes in the city that the seniors had witnessed. It was a beautiful exchange of wisdom and fresh perspectives, with both the seniors and youth offering words of wisdom. The trip was more than just about exploring the city; it was an opportunity to connect across generations, share stories, and enjoy the simple pleasures of a sunny day in one of Toronto's most iconic markets.

#### Words of Wisdom Shared by Seniors to Youth

- Fight through the bad times because the good times will come.
- Don't feel like you need to rush through your life. The small moments are often the most meaningful.
- It's never too late to start something new.
- Save money, but don't forget to enjoy it too.

#### Words of Wisdom Shared by Youth to Seniors

• Be open to learning from younger generations.









# Sip & Paint Art Workshop

On Tuesday, July 15, we partnered with Sodexo to host a Sip & Paint session. The session brought together youth and seniors for an afternoon of creativity and connection in the Courtyard Cafe.

Over cups of tea and coffee, participants chatted, laughed and expressed themselves through painting. The relaxed atmosphere made it easy for everyone to meet new people, share stories, and enjoy each other's company. Whether first-time painters or experienced artists, everyone contributed to a warm, welcoming space where creativity and inspiration flowed freely. It was a wonderful blend of community, conversation, storytelling, and art.



# **Art Workshop - Open Studio**

On Wednesday, July 16, we facilitated an art workshop with the theme: What brings you joy? Seniors and youth dove into various mediums, including drawing and painting, as well as mixed media, and also explored crochet and knitting. The art workshop encouraged everyone to explore personal themes of happiness, with many creating art based on their cherished memories or beloved images that brought them comfort and joy.

The room was filled with seniors and youth sharing the stories behind their artwork. Many participants created vivid landscapes of sunsets and blooming flowers, reflecting on the beauty of nature they had witnessed. Other participants brought their favourite memories to life, whether through detailed paintings of their pets or depictions of their family.

The art workshop was particularly heartwarming, with participants exchanging their personal techniques and inspiring one another. The shared joy of creating something meaningful made the event a beautiful reminder of how art connects us all. By the end of the art workshop, the room was filled with a stunning array of work, where each artwork expressed what brought joy to the participants.









# Online Safety & Digital Literacy Education Session

On Thursday, July 24, we collaborated with Behishta, Mimi and Princess from the Scarborough Centre for Healthy Communities (SCHC) to facilitate the Online Safety and Digital Literacy education session. We discussed how to detect scams, fraud and misinformation.

#### What is Online Safety?

Online safety refers to protecting your personal information and devices when using the internet. This includes being cautious on email, social media, websites, and when shopping or banking online.

#### **Why Online Safety Matters**

- Seniors are increasingly using the internet for communication, banking, and entertainment
- Online fraud targeting seniors is on the rise
- Criminals see seniors as more trusting and less tech-savvy, making them prime targets

#### **Scams and Frauds**

**Scams**: A dishonest scheme or trick to deceive someone.

Frauds: Criminal deception intended for financial or personal gain.

#### **Identity Theft and Identity Fraud**

Identity Theft: When pieces of your personal information are taken by identity thieves.

- Without your knowledge or consent
- Through phishing, a system breach, mail theft and other methods

Identity Fraud: When someone uses your stolen personal information to commit crimes like fraud or theft.

• The thief pretends to be you to access services, make purchases, or take out credit in your name

#### **Common Scams Targeting Seniors**

- Grandparent Scam: Caller pretends to be a close family member in trouble
- Tech Support Scam: Fake tech support claims your device has a virus
- CRA/Tax Scam: Claims you owe money to the government
- Romance Scam: Online relationship requests money and doesn't share photos or videos
- Phishing Emails: Fake messages from banks or companies asking for your info

#### **Artificial Intelligence-Related Scams**

- Deepfake Scams: Criminals use artificial intelligence to mimic a family member's voice
- **Chatbot Scams**: Artificial intelligence bots pretend to be real people in chats or emails
- Fake Websites and Videos: Artificial intelligence can generate realistic-looking sites or messages from "official" sources

**Example**: You receive a phone call using your grandchild's voice, asking for emergency money, but it's generated by artificial intelligence.



# Online Safety & Digital Literacy Education Session

#### **How to Spot a Scam**

Look for red flags:

- Unexpected requests for money or gift cards
- Messages filled with spelling errors or urgent language
- Offers that seem too good to be true
- The caller or email sender avoids direct answers or pressures you to act quickly

#### **Tips to Stay Safe Online**

- Never share personal info (like SIN or banking details) by email or phone
- Verify requests by calling a trusted number (not the one provided in the message)
- Use strong passwords and two-factor authentication
- Keep devices and antivirus software up to date
- Don't click on suspicious links or attachments
- Hang up or delete suspicious messages
- Report fraud immediately to the police or the Canadian Anti-Fraud Centre
- Talk to someone you trust before sending money
- Learn how to block scam numbers and emails

#### **Understanding Misinformation**

Misinformation is false or misleading information that is spread regardless of intent.

Different types of misinformation:

- Fake news: Completely fabricated stories found on websites and social media.
- Misleading headlines: Sensationalized headlines that don't reflect the content.

Common sources of misinformation:

- Social media: Facebook, X (Twitter), and Instagram
- News outlets: Blogs and websites with no accreditation or journalistic standards

Tips to stay safe and spot misinformation:

- Check the source: Is it a reputable organization? Look for established media outlets or academic institutions
- Cross-reference information: Confirm details with multiple sources before believing or sharing
- Look for evidence: Check if claims are supported by research or data
- Be skeptical of clickbait: Think critically about sensational headlines

#### **How to Find Credible Health Information**

Trusted websites:

- Centers for Disease Control and Prevention (CDC)
- World Health Organization (WHO)
- National Institutes of Health (NIH)

Peer-reviewed journals:

• Look for research published in reputable medical journals (e.g., The Lancet, JAMA, NEJM)

Health professional guidance:

Always consult licensed medical practitioners for accurate and personalized advice



# Online Safety & Digital Literacy Education Session

#### **How to Filter Misinformation**

- Use fact-checking sites: Websites like Snopes, FactCheck.org, and PolitiFact verify claims and rumours
- Educate yourself on bias: Understand your own biases that may affect judgment
- Develop critical thinking skills: Ask questions like: Who is the author? What evidence is provided?

#### **Role of Artificial Intelligence in Misinformation**

Artificial intelligence can create realistic text, images and videos (like deepfakes), making it difficult to distinguish between real and fake content.

- Bots: Automated bots can generate and share misleading articles or social media posts rapidly.
- **Amplification**: Algorithms on social media platforms use engagement metrics to promote content. Misinformation that garners attention can be spread widely, leading to misinformation virality.
- Targeting vulnerable users: Artificial intelligence can analyze user data to identify and target individuals more likely to believe and share information, making it effective in influencing public opinion.

#### **Stay Informed and Aware**

- Educate yourself and others: Stay informed about common types of misinformation and the tactics used to disseminate it. Share this knowledge with friends and family.
- **Think critically**: Before reacting to content, consider the source, check for evidence, and look for alternative viewpoints.

#### **Use Reliable Sources**

- Follow established news organizations and fact-checking websites known for their credibility.
- Adjust privacy settings on social media profiles to minimize data collection and targeted misinformation.
- If you encounter misinformation, report it to the platform, helping to reduce its spread.

#### **Online Safety Resources**

- RCMP Online Safety Tips: <a href="https://rcmp.ca/en/bc/safety-tips/online-safety">https://rcmp.ca/en/bc/safety-tips/online-safety</a>
- Get Cyber Safe (Canada): <a href="https://www.getcybersafe.gc.ca/en">https://www.getcybersafe.gc.ca/en</a>
- Ontario Seniors Guide: <a href="https://www.ontario.ca/document/guide-programs-and-services-seniors/safety-and-security">https://www.ontario.ca/document/guide-programs-and-services-seniors/safety-and-security</a>
- Canadian Anti-Fraud Centre: https://antifraudcentre-centreantifraude.ca/index-eng.htm
- Canadian Bankers Association Toolkit:

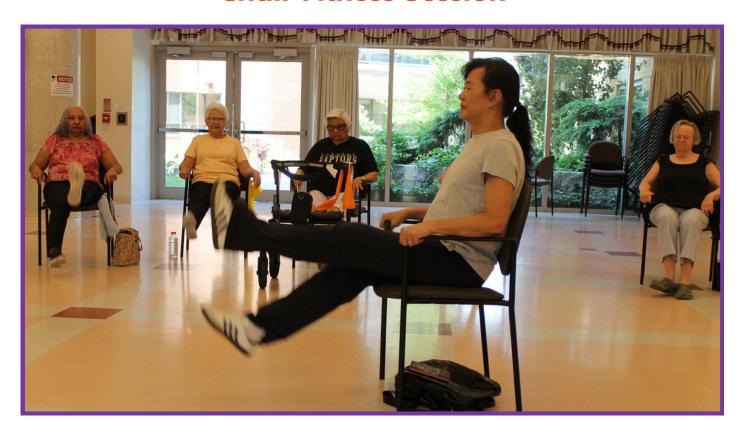
https://cba.ca/Assets/CanadianBankersAssociation/Documents/Articles/Scam Prevention Toolkits/2024 cybersecurityolderadulttoolkitupdated en.pdf

#### **Misinformation Resources**

- MIT Media Lab: <a href="https://www.media.mit.edu/">https://www.media.mit.edu/</a> (Look for research on misinformation)
- Stanford University: <a href="https://www.stanford.edu/">https://www.stanford.edu/</a> (Check for papers related to misinformation)
- The Lancet: <a href="https://www.thelancet.com/">https://www.thelancet.com/</a>
- Websites for Fact Checking: https://library.csi.cuny.edu/misinformation/fact-checking-websites
- Government of Canada: https://www.canada.ca/en/campaign/online-disinformation.html

For more information on Scarborough Centre for Healthy Communities Programs and Services, go to: <a href="https://www.schcontario.ca">www.schcontario.ca</a>.

### **Chair Fitness Session**







On Tuesday, July 29, the chair fitness session brought seniors and youth together for a fun and energetic workout. Led by Guy Lew, a senior fitness instructor, participants engaged in gentle exercises designed to improve flexibility, strength and balance, using chairs for support.

The session was filled with encouragement, with everyone cheering each other on. The session not only provided a great physical workshop but also fostered a sense of community, as youth and seniors connected through movement. By the end of the session, everyone felt energized, proud of their efforts, and eager to attend another session. Participants left the session with a new appreciation for staying active at any age.

# Origami, Watercolour & Virtual Reality Art Workshop

On Tuesday, August 5, Vanessa Odunuga and Samia Yusuf from the Black Students Summer Leadership Program facilitated the Origami, Watercolour and Virtual Reality Art Workshop.

#### What is Origami?

Origami is a traditional Japanese art of paper folding which has gained significant popularity across the world. It is an art form where only paper is used to create intricate shapes and models. This popular traditional Japanese art form has been around for centuries. The uniqueness of this art form lies in its ability to require no cuts or glue to hold the folds in place.

Fun fact: "Origami" means "folder paper" from the Japanese words "oru" (to fold) and "kami" (paper).

#### What is Watercolour?

Watercolour is a type of paint that can be mixed with water to create translucent layers of colour on paper. You can also call a painting made this way a watercolour.

Common mistakes when using watercolour include overworking the painting, using too much water, and not allowing the layers to dry.

#### What is Virtual Reality (VR)?

Virtual reality (VR) is a computer-simulated, 3D environment that utilizes technology to create an immersive and interactive experience for users.

Why seniors use virtual reality:

- To improve their cognitive and brain health through playing memory games and using brain training apps
- To increase their physical exercise and therapy using virtual exercise programs
- To "travel the world" virtually, visiting places like Paris, South Africa, and Italy in the comfort of their own homes
- For social interactions, allowing seniors to connect with family or friends in virtual games
- For entertainment and fun, playing interactive storytelling games, virtual museums, and virtual concerts



# **Art Therapy Session**

On Tuesday, August 12, we held our second art therapy session led by Raquel McNamee, Student Art Psychotherapist from the Toronto Art Therapy Institute. The theme was: *Make an artwork about a life lesson you have learned over the course of your life*. This was a deeply meaningful and reflective session, where participants of all ages came together to express key lessons they've learned throughout their lives. The participants explored how personal experiences shape our understanding of the world, expressing their individual journeys through art, whether through painting, drawing, or mixed media.

Raquel guided participants with thoughtful prompts, encouraging them to reflect on significant moments that taught them important lessons. From the wisdom gained through overcoming challenges to the simple joys, everyone created art that had meaning. It was amazing to see the connection between seniors and youth as they shared stories and found common ground in their life experiences.













### Tech Café

On Monday, August 18, we had youth from the Canadian Youth Champions (CYC). The CYC's mission is to help youth find their purpose, passions and place in their community through learning opportunities and experiences. They believe that everyone can make a difference in their community.

We hosted a general tech workshop, which allowed us to better meet the varying needs of our seniors. The workshop started with a brief introduction to the CYC, followed by a quick overview of how the day would unfold, and then breaking off into different booths.

The seniors left the workshop with their tech-related questions answered and eager to attend another tech café.

### **EchoHorizon Concerts**

On Tuesday, July 29 and Monday, August 25, we had the pleasure of hosting two incredible concerts with EchoHorizon, a youth-led organization dedicated to enriching the lives of seniors through music. During the performances, young artists sang, danced, and played instruments, filling the Community Hall with so much energy and emotion. The seniors, in turn, actively participated, danced, clapped to the beat, and sang along with the artists. There were many beautiful moments that showcased the power of music and created lasting bonds between generations.

EchoHorizon's mission of fostering intergenerational connections through live performances shone bright, creating meaningful experiences that benefited both the seniors and the youth involved. The concerts were a reminder of the importance of community and sharing your talents with others.

We are grateful for the continued collaboration with EchoHorion and look forward to more of these heartwarming performances in the future.



# 1,000 Islands Cruise Trip

On Wednesday, August 27, we embarked on a memorable day trip to the 1,000 Islands in Kingston, Ontario. The weather was perfect, and our adventure began aboard the Island Star, a beautiful catamaran dining ship. With its transparent rooftop, we were treated to panoramic views of the crystal-clear waters and picturesque islands that make this region famous. As we cruised, we enjoyed a delicious luncheon, lively guided tour and entertainment, making for a relaxing and scenic afternoon.

On our way back, we made a stop at The Big Apple, a charming destination known for its serene atmosphere and mouthwatering baked goods. Here, we indulged in their famous apple pies, as well as an array of other treats like pecan pies and apple crisps.















# **Dementia Friendly Communities Education Session**

On Tuesday, September 16, Bernice Chan from the Alzheimer Society of Toronto facilitated the Dementia Friendly Communities education session.

Dementia friendly communities are welcoming, inclusive, and supportive.

#### Dementia is:

- Progressive: The amount of damage done by the disease increased over time.
- **Degenerative**: The nerve cells/neurons in the brain degenerate or break down.
- Irreversible: Damage caused by the disease cannot be repaired.

How can I tell if a person might be living with dementia?

- Memory changes that affect day-to-day abilities:
   The person may forget things more often and struggle to retain information
- Changes in mood, personality and behaviour: The person may act differently from what is normal for them
- Changes in language and communication: The person may forget simple words, use wrong words without noticing, or have difficulty understanding what others are saying
- Problems with abstract thinking: The person may have trouble making sense of symbols and pictures
- Difficulty doing familiar tasks: The person may have trouble doing things that are quite routine
- Misplacing things: The person may lose things often, put things in unusual places, or believe someone has taken the item when they can't find it
- Loss of initiative: The person, on their own may not take part in things previously enjoyed or may be willing to participate if you suggest something to do
- Disorientation of time and space: The person may lose track of time, not recognize the day, month or even year, or become lost even in familiar places
- Challenges understanding visual and spatial information: The person may bump into things or search for what is right in front of them
- Impaired judgement: The person can make uncharacteristic decisions, such as dressing in warm clothing on a hot day or making risky financial decisions





# Dementia Friendly Communities Education Session

#### **Interacting With a Person Living With Dementia**

#### Offer Appropriate Help

- Approach in an open, friendly manner from the front
- Ask if and how you can help
- Avoid making assumptions
- Offer simple choices
- Provide clear instructions

#### **Enhance Your Own Communication**

- Reduce distractions
- Make eye contact
- Use short, simple sentences
- Allow the person time to respond
- Speak slowly and clearly, using a comforting tone of voice

#### Support the Person's Reality

- Recognize how the person might be perceiving the situation
- Offer reassurance
- · Connect, don't correct
- Observe the person's actions and body language

#### The Built Environment

Considering the physical environment is part of creating a Dementia Friend Community, which is **welcoming**, **inclusive**, and **supportive**.

The built environment includes:

- Sanage/wayfinding
- Entrances and lighting
- Flooring
- Seating
- · Waiting areas
- Washrooms
- Background noise
- Surfaces

Dementia Friendly Design
= (Interacting with a person living with dementia) + (The Built Environment)

For more information, visit www.dementiafriendlyontario.ca.



# **LEAD Word Search Puzzle**

R	S	I	R	R	С	Α	I	S	Е	S	L	Т	R	Е	Е	Н	U	Е	Т
K	Ε	ı	Т	Е	Υ	Т	I	L	Α	Ε	R	L	Α	U	Т	R	I	V	D
Т	Н	I	S	0	Α	Α	Α	С	Т	Α	Ε	V	Е	Α	R	0	М	S	N
L	R	S	U	N	R	l	l	Т	N	R	R	Α	0	Н	S	0	l	Ε	E
S	М	Т	E	Υ	Р	Α	R	Ε	Н	Т	Т	R	Α	Н	W	F	I	I	R
Υ	Н	Ε	Т	С	Α	Н	U	С	С	I	K	Ε	С	Α	0	V	0	С	R
S	I	R	Ε	Т	I	S	0	R	S	S	Ε	I	Т	Е	R	F	Ε	Y	I
Т	R	0	I	Ε	I	R	S	U	L	Т	R	Ε	S	О	Α	I	I	Ε	Ε
R	I	I	Υ	Т	I	0	L	I	Ε	S	R	F	S	S	Α	Т	Α	Α	U
E	М	R	F	G	0	I	Ε	S	С	С	Т	Ε	E	Т	I	N	D	Α	С
С	S	0	Α	Е	Α	N	S	Ε	0	0	M	Ε	I	Т	Т	Ε	R	С	I
N	Т	M	Ε	Т	R	Ε	S	L	S	0	С	Α	Т	С	М	S	U	С	Т
0	I	R		0	С	S	0	R	Ε	Н	С	I	I	Е	R	S	S	R	S
С	Α	Т	S	Т	R	U	С	N	S	R	Т	R	N	Т	Н	Α	V	Α	Α
0	М	С	M	I	R	Α	Α	S	Ε	D	Α	Т	U	F	Ε	N	Т	Т	L
Υ	U	Ε	Т	V	K	L	U	Α	R	Ε	I	Т	M	Α	R	K	E	Т	Н
Α	Р	Α	0	Т	Р		Т	С	I	Α	Т	N	M	G	Т	R	U	Α	С
0	Α	S	V		Т		U	Ε	R	L	Ε	С	0	0	Т	Т	С	0	Т
Е	I	Y	Ε	W	V	Т	R	С	M	V	M	N	С	l	С	S	0	Т	U
Е	R	R	Α	E	N	Т	E	С	Н	С	Α	F	Е	R	L	С	Т	С	Α

COMMUNITIES
FITNESS
VIRTUAL REALITY
SENIORS
CREATIVE

CONCERTS
ORIGAMI
ART THERAPY
YOUTH
TECH CAFE

ARTISTS
WATERCOLOUR
CRUISE
MARKET
DEMENTIA