

Soup Ottawa Application - Summer 2018

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Team Members (separated by comma) *

Iwona Buziak-Mohamed, Barbara Campbell, Danielle Rolfe, Silvana Valentone

<https://hapy.ca/daily-dozen-team/>

Project Title * "Daily Dozen"

Summarize your project in 10 words or less *

Hallway Exercise Stations for Senior Residents.

Describe your project (max. 200 words) *

Our project, "Daily Dozen" is a set of 12 carefully selected exercises for seniors promoting regular physical activity. The concept was inspired by Silvana Valentone and conceived by Barbara Campbell, who felt that an easy set of exercises posted within the hallways of Ottawa Community Housing residences would motivate seniors to engage in a regular hall walking program supplemented by the Daily Dozen.

The exercises are based on Canada's Physical Activity Guidelines for Seniors

<http://csepguidelines.ca/adults-65/> and were selected by Ms. Campbell and Dr. Rolfe.

Iwona Buziak-Mohamed, a visual artist, designed the posters and has tested them with seniors. Posters will be displayed in the hallways of Ottawa Senior Residences. Posters target seniors seeking ways to be physically active, particularly during the cold winter, humid summer months and during inclement weather. The Daily Dozen is intended to supplement a daily hall walking routine. Each exercise is visually represented on a poster, which is laminated and mounted permanently on the wall.

How does Soup Ottawa provide a unique opportunity for you? (max. 100 words) *

- Soup Ottawa may help us raise awareness about how physical activity can promote a healthier lifestyle and, in turn, help reduce social isolation among seniors.
- Our project will benefit the community but we may not be eligible for formal funding.
- We may find a network of people and make our project come to life easier and faster.

What community (ie. youth, new Canadians, etc.) does your project benefit and how? (max. 100 words)

The project is intended for seniors, many of whom are low income and new Canadians who speak limited English. Many of them live with physical challenges. The idea for this project

originated with participants in group exercise classes in their building. Participation in these classes contributes to seniors' sense of belonging and reduces their social isolation. This project will support these seniors to engage in physical activity during the days that their class is not held. In addition, this project will reach seniors who are unable to attend the classes and will facilitate social interaction during the hallway walking routine.

How will you use Soup Ottawa money for this particular project? (be specific - people will ask) (max. 100 words) * We would spend the money for production of the "Daily Dozen" Wall Stations: printing, laminating and hardware for mounting the posters on the walls in the Senior Residences.

What does non-monetary needs (ie. volunteers, tech support, etc.) your project have? (max. 100 words) *

- We would appreciate volunteers to contact communities and help with promoting our idea and getting permission from Senior Residence Management
- Printing, laminating facilities
- Tech support in installing the Exercise Stations.

Soup Ottawa Night

We attended Soup Ottawa <https://www.soupottawa.ca/past-events/soup-16-summer-2018/> and presented our project on Thursday, June 14th at Hooley's Pub <http://www.hooleyspub.com/>

We didn't win but we had a lot of support. We collected \$123.00 towards Daily Dozen project and we connected to the people who are interested to join our team. This is priceless.

We had some tough but great competition, here is a list of all presenters:

- *Boomerang Bags Ottawa*: Making reusable bags from discarded fabric from landfills to reduce plastic waste <https://boomerangbagsottawa.wordpress.com/>
- *Shelters Movers*: Providing free moving and storage services for women and children experiencing abuse <http://sheltermovers.com/>
- *Daily Dozen*: A set of twelve hallway exercises and stations for senior residents promoting regular physical activity <https://hapy.ca/daily-dozen-exercise-stations-for-seniors/>
- *Art in our Home*: Using art to brighten the lives and living spaces to individuals leaving homelessness and moving into housing <http://www.optionsbytown.com/>
- *Everyone is Welcome: A Picnic for Refugee families and Friends in Strathcona Park*: A summer picnic for refugee families, newcomers, and the surrounding community <http://cartyhouse.org/>