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March Issue

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Women Appreciation Edition

THE BRONSON HUB

Promoting generations of creative health and happiness

**SOCIAL SOLIDARITY IN A
TIME OF SOCIAL ISOLATION
INCLUDES SENIORS**



AND MORE!

COME VISIT US AT OUR NEW WEBSITE!

bronsoncentre.ca/hub-blog

Coronavirus and the Isolation Paradox



Written By: Pat Kelly

Our small team at the Bronson Hub was just starting to get our federally funded seniors social inclusion projects off the ground, when the cataclysmic changes caused by the COVID 19 pandemic this past week brought a shocking and humbling reminder of how fragile we humans are.

While the early spring days grow sunnier and longer here in our Ottawa neighbourhood, the reality of life in a pandemic, seems to grow darker. We worry that the public safety measures of social isolation, handwashing, avoiding touching hands to face will not stop the virus spreading. It is hard to believe that the best we can do now is slowing the spread of the virus to keep the healthcare system from being overwhelmed, as has happened in Italy and elsewhere.

But believe it we must. All of us.

[**READ MORE**](#)

The Grandmothers Of Plaza De Mayo, An Example Of Justice In Argentina



Written By: Alicia Borisonik

Grandmothers for me represent a solid, warm and rich place of wisdom where we can always go back when we lose our path. They are the carriers of the stories of our civilization, our ancestors, our land. They have the wisdom of so many years of experiences, they don't need the approval of others and in the happiness curve they are almost at the top.

Very often, I think, with some regret why I didn't ask my grandmother to tell me more stories about her life. My Bobe Rosa (grandma in Idish) came from Romania to Argentina escaping the pogroms, she was 7 years old and she traveled for one month in a big ship not knowing anything about what the future was bringing to her. Thinking about grandmothers and their power, I wanted to write about a group of amazingly strong grandmothers; "Asociacion Civil Abuelas de Plaza de Mayo" (Grandmothers of Plaza de Mayo, Argentina). These amazing elders changed the life of many Argentinians.

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My Grandmothers



Written By: Isaac Prazmowski

My view of aging and growing older has largely been experienced through the lives of my grandmothers. As the Bronson Hub has developed and our activities have taken shape, I have often been driven by the question, “what would my grandmothers want?” Colleen Henderson (Grandma) and Amelia Prazmowski (Babcia) have been a part of my life since its beginning. Now eighty-four and ninety-one years old respectively, they have lived lives embedded within their communities. In Oshawa, Ontario, Babcia raised five children and has been a staple of the Polish Catholic church up the road from her for 60+ years. Grandma raised three boys, first in Mumbai, India and then in Ottawa, worked as a Director for the federal Labour Relations Board, was the president of the Royal Commonwealth Society of Canada, and most recently, was chair of her condo board. These are capable women. And as they’ve grown older, I’ve witnessed firsthand the challenges that older adults face in aging.

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Interview with Vera from Dalhousie Food Cupboard



Vera Theokritoff has been with the Dalhousie Food Cupboard since 2007. She serves as President of a critical organization responsible for fighting hunger in the Ottawa community.

She has been a driving force with the Bronson Hub about reimagining what the Bronson Centre courtyards will look like in the Spring. We're delighted to feature her in our first ever interview.

[READ MORE](#)

Bronson Hub Learning Corner



SOCIAL INCLUSION

People can live in a community without feeling like they belong. Being socially included means that people:

- Experience a sense of belonging
- Are accepted (for who they are)
- Have valued roles in the community
- Are involved in activities they choose
- Have social relationships with others and share common interests
- Have friends

When people experience some or all of these conditions in their life they are more likely to be happier and healthier.

Bronson Hub Learning Corner

SOCIAL DISTANCING VS. SOCIAL ISOLATION

Social distancing is a temporary public health recommendation to avoid catching and spreading coronavirus. It's advised for everyone and strongly advised for people over 60 or people with a long-term health condition. You can go outside for a walk to the park or into your garden if you stay more than 3 steps (2 metres) from others.

Social distancing serves a purpose – to reduce the spread of a highly contagious and serious virus.

Social isolation describes the long-term absence of social contact and can lead to loneliness. It is a state of being cut off from regular social contact with family, friends, neighbours, or coworkers which can be triggered by factors such as loss of a spouse, moving to a new place, unemployment, or health issues. Isolation can involve staying at home for long periods of time, having no access to services or community involvement.

Social isolation is painful and has harmful effects on long-term health and wellbeing.

Fortunately, even during the coronavirus pandemic, there are ways to help one another stay connected and to remind us that we belong to our community, our families, our friends.

KAIROS Blanket Exercise Recap (March 8)



On March 8th – International Women’s Day – KAIROS and Kateri Native Ministry, hosted the KBE for other long-time tenant and neighbour organizations at the Bronson Centre – the first time the KBE has been offered to Bronson Centre organizations since its creation in 1997.

You can see more photos from the March 8th, KAIROS Blanket Exercise on our website.

[SEE PHOTOS](#)

Bronson Hub Sharing Corner

During these uncertain and life altering times, the Bronson Hub wanted to share a few resources and laughs to help you through this current pandemic.



THE NEW YORKER

**MEET THE ITALIANS MAKING MUSIC
TOGETHER DURING CORONAVIRUS
QUARANTINE**

WATCH HERE

Bronson Hub Sharing Corner



Older Ladies by Donnalou Stevens

[WATCH HERE](#)

Bronson Hub Sharing Corner



NWT Seniors' Society: Collaborating for Inclusion of Older Adults

[**READ HERE**](#)

Bronson Hub Sharing Corner



The Good Companions

Supporting a Vibrant Community

SENIORS' CENTRE WITHOUT WALLS March Calendar

[READ HERE](#)

Revenue Development Workshop



Friday April 17th

Location & Time TBD

Through an online platform, gain fundraising skills, be supported by professional fundraisers; and build a fundraising plan to increase available resources for seniors' inclusions.

The Revenue Development Workshop series will be offered ONLINE to Bronson Centre organizations to build skills and knowledge of fundraising strategies, create a sustainable Community of Practice and increase long-term sustainability, allowing organizations to continue and expand their work with seniors beyond the life of the Bronson Hub project. Participants will gain fundraising skills, be supported by professional fundraisers, initiate a Community of Practice and build a fundraising plan to increase available resources for seniors' inclusion.

More information will be shared here:

[**HUB BLOG**](#)

Final Words



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