

FINAL REPORT

ISOLATION TO ENGAGEMENT OF NEPALI SENIORS

October 2016 to February 2017



Organized by Neighborhood Empowerment and Resource Centre

TECHNICAL SUPPORT FROM MANITOBA ASSOCIATION OF SENIOR CENTRES (MASC)

Financially Supported by Small Grants Program of the CNRI & administered by Community Neighborhood Development Corporation (CNDC)



Through the project, "From Isolation to Engagement for Nepali Seniors" - A Unique Social Initiative for Nepali Speaking Seniors, NEARC Inc. worked to lessen the social isolation Nepali Speaking Seniors residing in the various neighborhoods of downtown through by creating various social engagement activities and also. Thus, through the small grant funding support from the Community Neighborhood Renewal Initiative (CNRI), NEARC has tried to break the social isolation amongst Nepali Speaking Seniors (NSS) residing in downtown area while engaging them in four different neighborhoods of the city with various social engagement opportunities.

"From Isolation to Engagement for Nepali Seniors" has actively involved our Seniors for **Sixteen Weeks** with well planned activities that will actively promote volunteerism not only amongst Nepali Speaking Seniors but also among other group of seniors. It will actively involve youths which will bridge the intergenerational gap making the relationship more harmonious. This project will also focus on Conversation and Sharing Circles which has prepared our Seniors to take part in various community initiatives and mentor others. While working with our seniors, their main concerns are; Social Isolation mainly because of the language barrier; Personal Safety on the street ; and in their home, Medication Safety, Exercise/activities, and Socialization.

NEARC Inc. with active partnership and technical support from Manitoba Association of Seniors Centre(MASC), especially, the Executive Director of MASC, Ms. Connie Newman will connect these Seniors from various neighborhoods with Senior Centre closest to their area and support successful transitions by organizing various social engagement activities and engaging them on social events which may include, social gatherings, presentations, exercise with Nepali music, line dance using a certified instructors.

There has been numerous papers and reports published on social isolation of seniors in Canada including the "Report on the Social Isolation of Seniors" by the National Council of Seniors.

With the active partnership and technical support from MASC and other organizations NEARC will serve and empower Nepali Speaking Seniors in our community. Besides these, NEARC will work with other active groups. NEARC Inc. would like to sincerely thank Small Grant Program of the Community Neighborhood Renewal Incorporated (CNRI).



The title of the project, "From isolation to Engagement" itself speaks. Obviously, through various social events, sharing circles, field trips and varieties of presentation and activities, NEARC Inc. plans to break the social barriers amongst Nepali Speaking seniors and gradually encourage them to connect with Seniors Centre. Thus, we believe in the long run these seniors will be able to connect with other seniors from other ethnic communities. We would explore various ways to connect them with other seniors, be it playing cards, watching soccer, food or any other social activities that interests them and connects. We believe, this would certainly one of the most meaningful way for our Nepali Seniors to break the walls of social isolation and engage and be more creative.





Seniors posing the Picture with Father Bill who has been working in Nepal for more than 36 years