

## **Nothing Inferior About Being a Senior Project (Completed)**

- **Project period:** Dec 2008 – Nov 2009
- **Funder**

Human Resources and Social Development  
Canada

- **Objectives**

This project is promoting Korean Canadian senior residents at Calvary Manor (Markham, Ontario) to age at home through a peer support model that includes itinerant social, recreational, and educational services.

- To empower seniors to lead an independent and active lifestyle
- To utilize the seniors' energy, enthusiasm and volunteerism to mutually support each other to age at home

- To reduce the risk of social isolation of seniors
- To provide culturally and linguistically appropriate social and support services for seniors and their families
- To enable seniors to actively participate and contribute their experience and wisdom in the community for social integration

- **Activities**

- Peer support program
- Recreational program
- Educational program
- Brunch program
- Group grocery shopping

- **Partnership**

Calvary Manor

## **Hand in Hand – Breast Health Promotion Project (Completed)**

- **Project period:**  
September 2007 - May 2009

- **Funder**

Canadian Breast Cancer Foundation (CBCF)

- **Objectives**

This project has a peer leader training program for Korean immigrant women to increase their awareness of breast health and it will educate women on how to do breast self-examinations and to distinguish between medical facts and myths about breast cancer.

Women gain knowledge to detect breast cancer early and get adequate treatment. As a result, we can build a supportive social network for Korean immigrant women to have healthy and beautiful lives.

- **Activities**

- Peer leader training
- Community outreach workshop
- Mobile clinic services
- Support group