

# PRESS RELEASE

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## SPL AWARDED FUNDING IN-PART FROM THE GOVERNMENT OF CANADA TO SUPPORT 'AGING WITH AGILITY' PROGRAM

The Stratford Public Library proudly announces its receipt of \$21,968 in funding from the Government of Canada's New Horizons for Seniors Program (NHSP). This grant aims to empower seniors and enhance their communities through impactful initiatives. The funding will bolster the implementation of the 'Aging with Agility' program—a comprehensive, year-long endeavor designed to address crucial aspects of seniors' lives such as health, security, and independence.

NHSP is a vital grant and contribution program by the Government of Canada, dedicated to catalyzing positive change in the lives of seniors and within their communities. Stratford Public Library's 'Aging with Agility' program aligns with NHSP's core objectives, focusing on:

- Fostering volunteerism among seniors and across generations
- Encouraging senior engagement in community mentorship activities
- Raising awareness about elder abuse, including financial exploitation
- Promoting the social integration and inclusion of seniors.

The overarching goal of the 'Aging with Agility' program is to facilitate healthy aging, prevent elder abuse, and foster inclusion and independence among seniors. Over the course of a year, seniors residing in rural Perth County will have access to a diverse array of workshops and opportunities to contribute to a specialized library collections. These workshops and collections are being created in collaboration with an advisory team of Stratford residents aged 55+. The project will cater to enhancing seniors' physical, spiritual, financial, mental, and emotional resilience, while also prioritizing their personal and financial security.

"The New Horizons for Seniors Program plays a pivotal role in empowering senior-serving organizations to engage and support older adults within our community," says CEO Krista Robinson. "We are delighted to receive this federal funding, and eagerly anticipate the positive impact the 'Aging with Agility' program will have on the lives of seniors in our region."

With this funding injection, the Stratford Public Library is poised to launch an innovative program that will empower seniors to lead fulfilling and secure lives, fostering a vibrant and inclusive community for all.

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If you would like more information about this topic, please contact Robyn Godfrey, Adult Collections & Outreach Library at 519-271-0220 x132 or [rgodfrey@splibrary.ca](mailto:rgodfrey@splibrary.ca)