**Greater Arnprior Seniors Council (GASC) Records of Discussion**

**Wednesday,November 16, 2016**

**Location: Nick Smith Centre**

**Present:**

Darrel O’Shaughnessy – GASC Member (Chair)

Sandra Elliott – GASC Member (Secretary)

Ralph Chown – GASC Member

Pamela Lemay – GASC Member

Merryn Douglas – Arnprior Regional Health

Katrin Spencer – Arnprior Regional Health

Robin Paquette – Planner,Town of Arnprior

Karen DeLuca – Library, Town of Arnprior

Rick Gwalchmai- Recreation, Town of Arnprior

Judy Cobus – Hospice Renfrew

Jennifer Torode – Arnprior and District Family Health Team

**Regrets:**

John Heymans – Vice Chair (Out of country until Spring 2017)

Susan Leach – Arnprior Regional Health

Patti Farr – Arnprior-Braeside-McNab Seniors at Home

Kaila Zamojski – Town of Arnprior

Glenn Arthur – Town of Arnprior (Recreation)

Eric Hanna-Arnprior Regional Health

Derek Dunn from the Arnprior Chronicle-Guide was present to listen to presentations being offered and to take a group photo for an upcoming article introducing the GASC to the community.

**Recreation Presentation**

Rick Gwalchmai presented an overview of programs offered by the Town of Arnprior of interest to seniors in our community. Some of these programs are identified as follows: Aquafit (attended largely by well fit seniors); eXcel Waterfit (also available to those experiencing limited mobility due to arthritis, fibomylalgia, joint replacement, post surgical rehabilitation, stroke and other medical conditions); adult swim lessons; chair yoga; Walk, Talk and Tea; Line dancing; couples dancing; Sing along with Me; Sewing; Art; old timers hockey; Chair Fitness (CCAC); Pickleball; carpet bowling. Transportation is provided to some of these programs. Prices range from a program fee, to a drop-in fee of from $2 to $10 and some programs are complimentary.

Ralph Chown provided an overview of programs offered by the Township of McNab-Braeside and circulated a hand out with a description of what was available. These programs are available for adults and seniors and include euchre; archery; horseshoes; rowing; Zumba/yoga; and various festivals. Ralph pointed out that the most disappointing was the attendance at the Renfrew County Seniors Games. There is apparently a committee that organizes these games and it was asked if lack of advertising was the cause.

**Library Presentation**

Karen DeLuca provided an overview of programs offered by the Arnprior Public Library and handed out copies of the Strategic Plan. There are many educational opportunities provided by the Library available for adults and seniors from the use of databases, consumer reports, geneology, language and technology training at no cost. There are scrabble clubs, knitting groups, cooking classes, and learn to paint programs. The library also hosts film clubs, movie matinees and concerts. Their boardrooms are available for rehearsals, Parkinsons Groups, Euchre, Grannies Bridge, Alzheimers Support, Lionettes and Film and Chess Clubs. The library is open to finding volunteer trainers for any special interest adults or seniors approach them with. There is also an exciting iPod Project underway to provide music therapy for residents in nursing or long term care homes. This is the only program available in Canada and the CBC recently interviewed the Arnprior Library. Their phone has been ringing constantly from other municipalities.

**The Grove Redevelopment Update**

Darrel updated us and the media on the letters sent by the Grove Redevelopment team to Eric Hoskins and John Yakabuski asking for their support in Arnprior’s quest for additional Long Term Care beds. Following a productive and encouraging meeting held with Marie-France Lalonde, MPP for Ottawa-Orleans by Chris Havey and Eric Hanna, Eric received an email from Marie-France advising that she has met with Hoskins and presented our case. It is encouraging to know that the Ministers are hearing us and they are talking.

It is now time to inform the public as it can’t only be Arnprior Regional Health advocating for additional licenses and beds. We now need to get the word out to other community groups. The GASC can assist with this. A communication strategy needs to be developed for public input. It can not only be a “political” initiative.

Katrin advised that architects are working on a concept for the redeveloped Grove. It is anticipated that it would not only be a long term care facility but a community hub for seniors which would include adult day programs.

Darrel provided a handout to Derek Dunn for his newspaper article.

1. **Call to order**

Our meeting then continued following the above presentations

1. **Roll Call**
2. **Adoption of Agenda** – Approved as presented
3. **Approval of Records of Discussion from meeting of October 19, 2016**

All approved

1. **Matters of Discussion from meeting of October 19, 2016**
   1. **Communications**

Robin and Darrel will be part of a pre-recorded interview tomorrow (November 17) to be broadcast on Valley Heritage Radio on November 22 as part of the Seniors in Our Community segment. They will discuss the Age-Friendly Plan and the establishment of the GASC.

* 1. **Public Transportation** –Move to New Business
  2. **Compendium of Services**

Sandra will sent the 211 link to Pam LeMay.

* 1. **Educational Opportunities for Seniors**

Sandra will add the development of a survey to determine what programs seniors are interested in pursuing, to the Communication and Work Plan. This survey will be developed in the new year by Pam and Robin and could be incorporate into the Seniors-at-Home newsletter.

1. **New Business**
   1. **Updating of Communication and Work Plan**

Sandra and Darrel will be responsible for updating the Communication and Work Plan going forward.

* 1. **Website Development**

A subcommittee consisting of Darrel, Sandra, Robin, Merryn and Katrin met to discuss the development of a GASC Website and a quote received from Kelsey MacMillan Designs to assist with this process. Lindsay Wilson, Marketing, from the Town of Arnprior also attended to provide guidance and suggestions. Kelsey’s quote was based on 47 hours of work at $25 per hour.

The subcommittee looked at websites from other seniors groups for appearance, functionality, Ontario disability standards and content. Some favourites were Kingston, Brantford, Peterborough, Brockville and Burlington. Merryn prepared a spreadsheet with comments. This spreadsheet will be circulated to all GASC members who will be asked to review and provide any input or suggestions to Merryn by December 2. Also discussed was the possibility of including senior friendly advertising which could recoup some of the costs associated with upkeep of the site.

Jennifer Torode suggested we look at security, who supplies photos, web host, and backup charges. Merryn will incorporate these suggestions in her meetings with Kelsey.

Robin and Darrel will apply for a grant from the Town to fund the website at the December budget meeting. There could be funds available from the 2016 Budget or we would apply for the 2017 Budget.

* 1. **Ottawa Council on Aging**

Darrel met with Sarah Bercier, Executive Director of Ottawa Council on Aging to discuss Grant opportunities, transportation, housing, accessibility and other topics of interest. This is a volunteer based organization which has been in existence for 14 years. They receive funding from the City of Ottawa and the Province. Fundraising also contributes to their financial viability. Sarah would be happy to attend a meeting of the GASC in the New Year. She provided Darrel with contacts to discuss the funding of additional transportation going forward and commended the GASC for the amount of work accomplished in 4 months.

***Note: Darrel and Dennis Harrington are meeting with Diane Breton and Kathy Riley both on the Transportation Committee of the Council on Aging of Ottawa on December 1.***

* 1. **News Articles for Arnprior Chronicle-Guide**

Darrel would like each GASC member to take turns providing an article for the newspaper every month. Judy Cobus will submit a piece on Grieving over the Holidays on behalf of Hospice Renfrew and the GASC.

* 1. **Arnprior Regional Health**

Merryn Douglas and Katrin Spencer will have completed their co-op assignment from Ottawa U on December 23. Darrel thanked them for their contribution to the GASC over the last 4 months and wished them well in future endeavours.

1. **Adjournment**

The meeting adjourned at 11:00 am.

**There will be no meeting of the GASC in December.**

**Next meeting Wednesday, January 18, 2017 at 9 am at Library.**