

**Greater Arnprior Seniors Council (GASC) Records of Discussion  
Wednesday, September 19, 2018**

**Location: Kenwood Corporate Centre, Suite 102  
16 Edward ST.S, Arnprior**

**Present:**

Sandra Elliott – GASC Member (Secretary)  
Eleanor Hotchkiss – GASC Member  
Laurel Reid, GASC Member  
Katrin Spencer, Arnprior Regional Health  
Glenn Arthur- Co-Chair, ARH Fundraising Campaign  
Graham Ivory, Town of Arnprior Recreation  
Rick Gwalchmai – Town of Arnprior Recreation  
Caitlin Brydges – Dementia Society of Ottawa and Renfrew County  
Ralph Chown – GASC Member  
Kaila Zamojski – Town of Arnprior, Deputy Clerk  
Dennis Harrington – Arnprior-Braeside-McNab Seniors at Home  
Zander Abercrombie – GASC Member, Youth Representative  
Geoff Patterson – Township of McNab/Braeside Recreation  
Pamela Lemay – GASC Member  
Karen Simpson – Family Health Team

**Regrets:**

Darrel O'Shaughnessy – GASC Member (Chair)  
Robin Paquette – Town of Arnprior  
Mandy Stinson – Arnprior-Braeside-McNab Seniors at Home  
Karla Blemkie – Township of McNab-Braeside, Recreation  
Maureen Sullivan-Bentz – Hospice Renfrew  
Judy Cobus - Hospice Renfrew  
Karen DeLuca – Town of Arnprior, Library  
Eric Hanna – Arnprior Regional Health  
Jennifer Torode- Arnprior and District Family Health Team  
Janet Parry – GASC Member

**Observers:** Frank Dugal, Town Councillor, Arnprior, SALC Task Force; Gary Dowd, Member of the Public

**1. Call to Order:**

The Greater Arnprior Seniors Council (hereinafter shown as GASC) meeting commenced at 9:00 AM.

## **2. Roll Call**

All Members of the Greater Arnprior Seniors Council were present, with the exception of those shown above, under “Regrets”.

Sandra Elliott, Acting Chair, introduced and welcomed the presenters.

## **3. Adoption of Agenda**

The agenda for the Greater Arnprior Senior Council of September 19, 2018, was adopted as presented.

## **4. Approval of Records of Discussion from June 20, 2018**

Approved as presented.

### **Guest Speaker: Michelle Reis-Amores, Executive Director, Galilee Centre**

Michelle Reis-Amores, of the Galilee Centre, gave a presentation on the Galilee Centre. Presenting the history of the Centre. Michelle noted the Galilee Centre is a community based center in the Catholic faith, but open to the public and all faiths/beliefs. The center is sponsored by the Oblates (ordained priests), who are now known as the Board of Directors, who make decisions for the center.

The Galilee Center is an inclusive place in the community which offers programs and services. Michelle provided examples of various programs offered, one being a Thanksgiving program being offered in the near future.

Michelle asked for support to manage the deficits, as well as for partners to help figure out some of the challenges they are currently facing, such as volunteerism, supporting special events, and programming ideas.

Committee Members requested Michelle send information on the current programs being offered, so the GASC can assist with disseminating this information to the public.

### **Guest Speaker: Dean Henderson, Director of Clinical/Client Services, The Dementia Society**

Dean Henderson, of the Dementia Society, provided an overview presentation of the Dementia Society, noting who they are, their vision and mission, as well as who is affected by dementia, and the various programs offered to support those with dementia and their families. This presentation is attached as Appendix A and forms part of this record of discussion.

A further overview of the various Support Groups and Social Programs was also provided, noting the Dementia Society is currently looking into offering a new program that is in

partnership with the National Ballet of Canada. This is an exercise program that is adaptable to the needs of each site and individual.

Dean noted the Dementia Society is looking to offer more programs in the Renfrew County Area, and in order to do so needs individuals who are willing to be trained/ train others to develop and instruct new music programs in this area. The Dementia Society is also looking for opportunities for web casting “Dementia Basics” and “Dementia Friendly” education and awareness sessions.

Committee Members noted there are several musicians in the area that may be interested in participating.

Dean further noted the Dementia Society will be coming as a Delegation to the Town of Arnprior Council with Arnprior Regional Health in November. This presentation will focus on helping Arnprior move toward being a “Dementia Friendly Community.”

## **5. Program Updates**

### **5.1 - ARH Fundraising Campaign Update – Glenn Arthur**

Glenn Arthur was not present; thus this presentation was moved to the next regular meeting.

### **5.2 - Seniors Transportation Options – Community Transportation Grant Update – Dennis Harrington**

Dennis Harrington, of Arnprior-Braeside-McNab Seniors at Home Program noted the Transportation Grant is still under review by the new Provincial Government, and thus we are still waiting to hear on the outcome.

### **5.3 - Hospice Renfrew Update – Maureen Sullivan Bentz**

Maureen Sullivan-Bentz was unable to be present, thus this presentation was moved to the next regular meeting.

### **5.4 - Community Anti-Aging Program – ADHS Student/Seniors Interviews- Next Steps - Eleanor Hotchkiss**

Eleanor Hotchkiss noted that she is letting the students get settled in and hoping to line up at least 8 students in Grade 10, this October to get the Community Anti-Aging Program running again this year. If any committee members have students in mind that would like to participate this year, please let Eleanor know.

### **5.5 - Arnprior & District Family Health Team – Program Updates – Karen Simpson**

Karen Simpson, Executive Director of the Arnprior & District Family Health Team provided an update on the programs/ services being offered by the Family Health Team:

- Two new physicians joined the Arnprior Family Health Team in August.
- Dr. Shi has left the Family Health Team.
- The Cardio Program being offered has been very successful. It is beginning its 3<sup>rd</sup> session next week. There may be room still if anyone is interested in joining.
- The Walking Program was successful again this season. It runs from May-October and is open to anyone. The program is monitored by an RPN, at the Arnprior District High school track. Sandra Elliott noted that this is a great program, and would like to advertise this on the GASC website in the spring.
- Arnprior Rural Health Hub – the Family Health Team is now a part of this group, and is looking at how they can partner and collaborate.
- The Family Health Team website lists a number of programs being offered and that are open to everyone. This is updated regularly.

#### **5.6 - Let Older Volunteers Educate (LOVE) Program Update – Dennis Harrington**

Dennis Harrington provided an update on the LOVE Program, noting they met in the spring, and hope to get this program running again in the next few weeks. There are 7 volunteers on the board, who met last week. They will be running a pilot program at the end of this month.

## **6 New Business**

### **6.1 - 8<sup>th</sup> Annual North Lanark Seniors Expo – Sandra Elliott**

Sandra Elliott, Acting Chair, provided an overview of the North Lanark Seniors Expo, as she was in attendance. She noted it was held last month in Almonte and was very well organized. There were around 78 vendors present. She was provided with a list of all vendors and their contact information, which she will provide to Graeme Ivory, Manager of Recreation for his information.

### **6.2 - Arnprior Seniors Fair – Graeme Ivory**

Graeme Ivory, Manager of Recreation noted in July we applied to become a member of the Older Adults Centre, and also applied for a grant. The Grant application was approved from OACO, providing \$2,500 to host a Seniors Fair in Arnprior. The fair needs to be hosted between September and March, 2019. The selected date is Saturday, March 30<sup>th</sup>, 2019. The Fair will be run out of the Nick Smith Center Community Hall. Profitable exhibitors will be charged \$25.00/ each and not for profit exhibitors will be free of charge. Presentations and healthy snacks will also be offered throughout the day. Currently, Graeme noted he is looking for individuals that would like to be part of the organizing committee.

### **6.3 - Town of Arnprior's Recreation Survey – Graeme Ivory**

Graeme Ivory, Manager of Recreation for the Town of Arnprior noted the survey was started in the last week of August, and is looking for feedback from the community on the programming available in Arnprior and the Facilities. The survey closes on Sunday at

midnight, and is available online through the Town's website or in person at Town Hall or the Nick Smith Center.

#### **6.4 - SALC Grand Opening – October 1 – Katrin Spencer**

Katrin Spencer, from Arnprior Regional Health, noted the grand opening of the Seniors Active Living Center will be held on October 1, 2018 at the temporary location of 77B Madawaska Street (side entrance), beginning at 10:00 am. The Centre is open from 10:00 a.m. to 2:00 p.m., Monday to Friday and on occasional evenings and weekends for special events. Transportation to the SALC is available through the Arnprior-Braeside-McNab Seniors at Home Program. Phone: 613-623-7981.

#### **6.5 - SALC Program and Services – Glenn Arthur, Program Coordinator**

In Glenn Arthur's absence, Katrin Spencer of Arnprior Regional Health provided a brief overview of the Seniors Active Living Center, noting the center looks great, and should be an awesome venue for Seniors to gather and participate in various activities. The SALC is a partnership between the Ontario Ministry of Seniors Affairs and Accessibility, Arnprior Regional Health, the Town of Arnprior and Township of McNab/Braeside.

Membership - \$15/year for October 2018-March 2019

Membership - \$25/year going forward 2019

#### **6.6 - SALC Men's Shed Opportunity – Katrin Spencer**

Katrin Spencer, of Arnprior Regional Health, provided some background information on a new initiative called the "Men's Shed", which will form part of the Seniors Active Living Centre, if everything moves forward. Currently the SALC is trying to solidify a location for the Shed. This is ultimately a social workshop. Darrell is spearheading this initiative, and will provide more information at the next meeting.

### **7. Other Business**

None

### **8. Adjournment and Next Meeting**

The meeting adjourned at 10:35 am.

The next meeting of the GASC will be held on Wednesday, October 17, at 9:00 am at Islandview Suites – Meeting Room.