

**GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION**  
**Wednesday, May 15, 2019 – 9:00AM**

**Location:** Arnpriorand District Memorial Hospital

**Present**

Laurel Reid, Vice-Chair	Mandy Stinson, Seniors-at-Home
Sandra Elliott, Secretary	Audrey Edwards, Dementia Society
Eleanor Hotchkiss, GASC Member	Graeme Ivory, Town of Arnprior Recreation
Ralph Chown, GASC Member, McNab-Braeside	Rick Gwalchmai, Town of Arnprior, Recreation
Zander Abercrombie, GASC Member, Youth Rep	Karen Simpson, Arnprior Family Health Team
Glenn Arthur, SALC Co-ordinator	Angie Heinz, ARH

**Regrets**

Darrel O’Shaughnessy, Chair	Karen DeLuca, Town of Arnprior, Library
Robin Paquette, Town of Arnprior, Planning	Geoff Patterson, McNab-Braeside
Wendy Knechtel, Island View Retirement	Pam LeMay
Dennis Harrington, Seniors at Home	Caroline McGee, Hospice Renfrew
Eric Hanna, ARH	Denis MacNeil, Guest, Men’s Shed

**1. Call to Order**

The meeting was called to order at 9:00am.

**2. Roll Call**

All members of the Greater Arnprior Seniors Council were present with the exception of those shown above.

**3. Adoption of Agenda**

The Agenda was adopted as presented.

**4. Approval of Records of Discussion of April, 17, 2019**

The Records of Discussion from meeting of April 17 were approved as presented.

**5. Program Updates**

**5.1 SALC Update**

Glenn Arthur advised that paid memberships now total 277.

Bus trips have been booked and both members and non members are welcome.

May 29, Brewery Tour – 15 signed up so far

June 26, Upper Canada Playhouse

July 31, Gananoque Boat Tour

August 23, Winery Tour

New Programs include, Fall Prevention, Pole Walking, Crafts, Boxing (Parkinson’s Disease), Joy of Dance (Dementia), Swimming, Horseshoes and Boccia Ball.

Guest Speakers have been booked until November. Topics include Fire Extinguishers-Home Fire plans, Respiratory Specialist, Sr for Sr, Helix hearing Care, Senior Vacations.

## **5.2 The Council on Aging of Ottawa, Annual Spring Luncheon**

Darrel and Glenn attended and Glenn reported that this is a large organization and the luncheon was well attended, including Raymond Cho, Minister of Seniors Affairs. Glenn was able to make a lot of contacts for future guest speakers at SALC.

## **5.3 High Five Principals of Healthy Aging Certification Course**

This course will be held at the Nick Smith Centre on May 30<sup>th</sup> from 8:30-4:30.

It is partly focused on training staff and volunteers working with seniors participating in recreation and leisure activities in municipal, not-for-profit and retirement communities. It's also geared to helping to develop interaction skills for those working with children. There are 20 spaces available.

## **5.4 Grove Foundation Update**

In Ed Reid's absence, Glenn reported that fundraising has reached \$3M, aiming for \$4M by September. The Maritime Lobster dinner event was sold out and is estimated to have raised \$13,000 (to be confirmed). There were lots of great donations towards a silent auction.

## **5.5 Men's Shed Update**

Denis MacNeil, an active member of the Shed, reported on their activities. 18 accessible picnic tables have been completed, 2 planters for the museum, bat and birdhouses are flying off the shelves and a garden shed is in production for the Grove. Future projects include a request for an octagon picnic table, Gatehouses for the town marina, shutters for the old Fish and Game Club. There is a youth participation program in the works with the Township of McNab-Braeside which will involve students from ADHS helping to do some assembling and painting.

The Men's Shed have formed Team Leads for various projects and are designating lead hands to deal with the volume of work in progress. A member with an appropriate background in safety/training, has been designated.

The team are constantly on the lookout for more tools and are scoping out garage sales.

A group from North Bay have expressed interest in our Shed and Denis feels we are gaining a reputation as a "cadillac" of Men's Shed's in Ontario. The diversity of skills is apparent and the interaction between members, some with no previous woodworking experience, is most exciting and heartwarming. It's clearly a "happening place" with 22 members, with more expected in the Fall, and the possibility of opening 3 days a week.

## **5.6 Age Friendly Training Programs-Dementia Friendly Training**

Audrey advised that the Dementia Society will be rolling out a program throughout the Ottawa Valley to retail and business to increase awareness of clients and customers dealing with dementia and also hearing impairment issues. They are targeting retailers, banks, fast food restaurants and will be training mainly front line staff and managers. These businesses currently train staff on accessibility issues but this training is not complete.

Audrey has reached out to the Chamber of Commerce but has no response as yet. Laurel asked how the GASC could help and Audrey advised that we could advocate and spread the word. Flyers are currently being prepared and will be distributed throughout Renfrew County. It is hoped church groups and other social organizations will support. Audrey will distribute material at our next meeting in June.

### **5.7 Intergenerational High School Program**

Eleanor reported that the next round of interviews has been delayed until June. The winter interviews are being edited by the fellow from the Waba museum and will eventually be posted on the GASC website. Eleanor will report further at our September meeting.

### **5.8 MTO Transportation Grant**

Mandy advised there is nothing to update at this time. The funds are there but have yet to be released.

### **5.9 Seniors Housing Initiative**

Laurel noted that the Province does not currently have a plan to address affordable housing for seniors and that Renfrew County looks after housing in this area and this is currently under review. One housing model that the subcommittee are currently reviewing is Abbeyfield. There are 23 Abbeyfield models across Canada, 2 in Ontario and 450 in the U.K.. Their headquarters are in Ottawa and their President, Jim Galloway, will be giving a half hour presentation on May 27 at 1:30 pm at SALC. Laurel has sent out invitations to the Mayor, council and other local stakeholders. GASC members are encouraged to attend. Coffee and snacks will be provided by ARH.

Laurel gave a shout-out to Pam LeMay who has done an incredible amount of work researching Abbeyfield and has made the arrangements for Jim Galloway to speak to us in Arnprior with an outline this housing model.

### **5.10 Seniors Games**

The Renfrew County Seniors Games are currently being held until June 1. Arnprior is hosting carpet bowling today and 4 teams are registered. Horseshoes will be held in McNab-Braeside on May 25. Cycling in Westmeath May 28 and Ralph participating. There is no swimming this year as it appears the time and cost format is restrictive and there is little incentive from organizers,

The AGM is being held at JAG in Braeside on June 9 which includes dinner at \$15.

### **5.11 Hospice Renfrew**

Sandra read a report provided by Caroline McGee who advised that Hospice has some new staff. A Clinical Service Coordinator, Cynthia Stafford and a Volunteer/Fund Development Coordinator, Deborah Coelho.

Hospice had a very successful hike on May 5th, raising more than \$120,000. They had participation from the Algonquins of Pikwaknagwan (Golden Lake).

Hospice are participating in the Request for Proposal for an Ontario Health Team – the Highway 60 Health Team from Renfrew to Barry's Bay.

One of the Hospice volunteers has received the June Callwood award at the annual HPCO Conference held at the end of April. This award is to acknowledge and thank outstanding hospice volunteers throughout Ontario and is named in honour of the late June Callwood a longtime advocate of hospice, a community activist, an author and recipient of the Order of Canada.

### **5.12 Pakenham Bridging Generations Follow-up**

There has been little contact right now partially due to flooding issues in the Pakenham area. However, Angie has visited their senior's facility at the Pakenham Library and is attempting to keep in touch with Sherryl Smith and her group. Dennis is also following up to provide support to them from Seniors at Home.

## **6 New Business**

### **6.1 Grand Parade**

Everyone is encouraged to attend this walk on Saturday, June 1 and Laurel handed out pledge sheets and took pledges on behalf of the SALC/Men's Shed, Torpedoes team. Mandy Stinson advised that people can go into the Seniors at Home office who will provide assistance with signing up. Participants are encouraged to dress up, wear crazy hats, etc. This is a national event and Arnprior, being new, is the smallest participating municipality. \$4800 has been pledged so far.

## **7 Other Business**

### **7.1 Falls Prevention Clinic**

AFHT has sourced funding from LHIN for three sessions each consisting of a 12 week strength and balance exercise program to help avoid falls. The first session will be held in June with others in the Fall and Spring. Sandra asked how this would differ from the current LHIN Heart Healthy exercise program currently being offered by LHIN at the NSC and another program offered by SALC. Karen will learn more about these programs to avoid duplication altho the Falls Prevention program is geared to more at risk participants.

## **8 Adjournment**

The meeting adjourned at 10:10 am.

**The next meeting of the GASC will be held on Wednesday, June 19 at 9:00 am at the Arnprior Pubic Library, main boardroom on first floor.**

**Laurel asked that all GASC members make an effort to attend the June meeting before we break for the summer. There will be issues to address prior to our summer hiatus.**

**We also would like to have a group photo taken at this meeting to update our website.**

