

**GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION  
Wednesday, January 16, 2019 – 9:00AM**

**Location:** Arnprior Public Library, Main Hall

**Present:**

Darrel O’Shaughnessy (Chair)	Graeme Ivory-Town of Arnprior, Recreation
Sandra Elliott (Secretary)	Dennis Harrington-Seniors at Home
Eleanor Hotchkiss-GASC Member	Judy Cobus-Hospice Renfrew
Mandy Stinson-Seniors at Home	Karen Simpson-Arnprior FamilyHealth Team
Laurel Reid-GASC Member	Glenn Arthur-SALC Program Coordinator
Zander Abercrombie-GASC Member, Youth Rep.	Katrin Spencer-Arnprior Regional Health
Wendy Knechtel-Island View Retirement	

**Regrets**

Ralph Chown-GASC Member	Karen DeLuca-Town of Arnprior, Library
Eric Hanna-Arnprior Regional Health	Pam LeMay-GASC Member
Robin Paquette-Town of Arnprior, Planner	Kaila Zamojski-Town of Arnprior, Clerk
Rick Gwalchmai-Town of Arnprior ,Recreation	

**1. Call to Order**

The meeting of the Greater Arnprior Seniors Council commenced at 9AM

**2. Roll Call**

All Members of the Greater Arnprior Seniors Council were present with the exception of those noted above.

**3. Adoption of Agenda (Additions/Deletions)**

The Agenda was adopted as presented.

**4. Approval of Records of Discussion from meeting of November 21, 2019**

The Records of Discussion from meeting of November 21, 2018 were approved as presented.

**5. Program Updates**

**5.1 SALC Update**

Glenn Arthur provided an update on the Seniors Active Living Centre. A smoking Seminar was introduced on Monday January 14 with 6 attendees. These will continue on Thursdays from 2:30-3:30. Karen Simpson advised that the AFHT also offer a complementary Smoking Cessation program with Nicotine Replacement Therapies provided at no cost to patients.

In conjunction with the Arnprior Winter Carnival, SALC will be hosting a movie night on Friday, January 18 at 6:30. Members are encouraged to bring their grandchildren, nieces, nephews to view the movie Benji. Complimentary drinks and popcorn provided.

On Monday, February 4 from 10am-12 noon, Ms. Brittany Harris will be speaking on Medi-Vail, a locally developed program designed to make important medical and prescription information available to paramedics in the event a patient is unable to communicate. Members are asked to sign up in advance.

Carpet Bowling is continuing 2 days/week.

On Monday, January 25, Grade 6 students from A.J. Charbonneau School will be attending SALC at 10am to play cards and introduce new card games to seniors. The students are quite excited about this opportunity to interact with seniors.

There are currently 277 members at SALC.

Darrel advised that horse shoes will be introduced in the spring at the back of the building.

### **Guest Speaker**

Kelly Graham, a High Five Principals of Healthy Aging instructor spoke to us about this program which is a division of Parks and Recreation Ontario and is available across Canada. The program initially started as a childrens' recreation program and has expanded to include older adults. It is a one day training program that provides insights into the needs of older adults when participating in recreation and leisure activities in municipal, not-for-profit and retirement communities. PHA Training is ideal for program supervisors/coordinators, general interest instructors and group fitness and aquafitness instructors. The High Five Principles include Play, Friends, A Caring Leader, Participation and Mastery. This is a Certificate program and workbooks are available to provide guidelines and tools to implement the program. A Trillium Grant is available to the Town to provide a Facilitator. Our recreation department is interested and Karen Simpson also expressed an interest through AFHT. Darrel said the GASC is available to assist in promoting this program should volunteers become available.

### **5.2 LOVE Program – Dennis Harrington,**

Dennis advised a meeting was recently held with the 8 volunteer readers and the principal at John XXIII to review the past semester. All feedback was positive and he will be looking to expand to other schools in Arnprior. If anyone knows of any older adults who might be interested, contact Dennis. Once other schools and volunteers are identified in the spring we will expand the program next September. Dennis will be asking Tina Brown-McGrath for a Letter of Recommendation to present to other local principals.

### **5.3 Grove Fundraising – Bruce Hill**

Bruce attended the meeting to update Council members on the "Come Home to Great Care" fundraising campaign. He reiterated that the \$5 million goal is the largest Arnprior has experienced since 2006. \$2 million has already been raised to date with the Hospital Auxiliary (Opportunity Shop) pledging \$600,000 over 5years. Volunteers are needed to reach out to local businesses and the community at large. 15-20 volunteers have already been identified. Training is available. The official launch is being held this afternoon at the Grove Nursing Home. It is hoped to break ground this year with a 2 year build timeline. Local trades will be hired and it is anticipated that there could be a 30% increase in employment at the expanded facility. It was noted that there are currently 84 on a wait list at the Grove, 38 from Arnprior. Darrel offered support of the GASC and said we are open to any ideas to assist in raising funds.

#### **5.4 Men's Shed Progress – Darrel O'Shaughnessy**

Darrel is pleased to report on the progress of the Men's Shed, being opened on the Asselin property, 328 Nieman Drive. This property is off Russet Drive in McNab-Braeside Twp and will be open on Tuesdays and Thursdays between 8 am and 4 pm. There will be 6,000 sq.ft. of shop space available. The Lease has been signed and all legal and insurance sign-offs are complete. A clean-up team comprised of members of the ADHS football team, Optimist, Rotary and Lion's Clubs will be on hand Saturday morning January 19 to assist. The Town of Arnprior has offered a vehicle to transport junk to the dump, Rona/Sullivans and Home Hardware will be picking up tools and equipment to be set-up at the site. Lunch is being provided by the Grove Nursing Home.

A security system will be installed, safety standards will have to be met and hosts will be on site every day. The Grand Opening and Open House, open to everyone, is Thursday, February 28<sup>th</sup> from 1-3 pm. Anticipated projects at the Men's Shed include accessible picnic tables, wooden canes, toys, bicycle repairs. This will be the 22<sup>nd</sup> Men's Shed in Canada and a huge coup for Arnprior, thanks to the vision and hard work of the SALC Team of Volunteers to make this dream a reality. Sandra asked if membership was restricted to woodworking. It is not but offers a learning opportunity. Just yesterday Lee Valley Tools offered their sponsorship of the Men's Shed and will provide 20 Lee Valley aprons.

Graeme Ivory suggested that there is an opportunity here to set up a booth and sell products at Arnprior's Sunday Market this summer and advised that Lindsay Wilson, Marketing and Economic Development Officer, Town of Arnprior, is currently taking requests for vendors. Darrel will contact Lindsay to register the Men's Shed.

#### **5.5 Age Friendly Training Programs – Katrin Spencer, Karen Simpson**

It is hoped that the Town could hire a summer student to survey local businesses and merchants as well as the Chamber of Commerce to identify where gaps are in training employees to identify accessibility and other needs of older adults and those with disabilities. It is thought that it would be advantageous to have such a survey shelf ready for any upcoming grants that might become available in the fall. We would be looking at a grant of between \$5,000 and \$20,000. We will keep this item on the Agenda for future follow up.

#### **5.6 Seniors Expo – Graeme Ivory**

Graeme will meet with the committee next month to continue with planning for Arnprior's Seniors Expo. Posters and marketing material will be available later this week. Liz Wall left Graeme with a footprint for setting up the hall at the NSC to accommodate vendors. We will be limited to 30 vendors. The Older Adult Grant received has certain partner vendors that are required to participate and Graeme is waiting to hear back from them so we can then solicit local vendors.

### **5.7 Intergenerational High School Program – Eleanor Hotchkiss**

This interview process is being held tomorrow at the Arnprior Library. Thirteen ADHS Grade 10 students will be interviewing seniors about their life experiences. The ADHS History teacher, Tim Waterhouse, has provided the students with a checklist of instructions to get them started and to proceed with the interview process. Starting with “charge your cell phones”. Eleanor will be on hand to facilitate the program. The next set of interviews is scheduled for May.

### **5.8 McMaster Health Forum Webinar – Wendy Knechtel**

Wendy participated in this webinar back in October/November which focused on navigating the health care system. Wendy felt it was more geared to students going into health care and didn't feel it offered any benefit to the GASC.

### **5.9 Supporting Better Connections-Creating New Volunteer Opportunities**

Soliciting volunteers is an ongoing challenge in all communities. The SALC currently has 13 volunteers identified. It was noted that 211 has become a great source of information and we will continue to promote by providing a link on the GASC website and Seniors-at-Home also provide a link on their website. Graeme advised that the Town was providing information on 211 plus the Fire Department. 211 will also be represented at the Seniors Expo. Graeme will check on the roll out plan with the Town. **This item will be put on the Agenda for our next meeting in February.**

### **5.10 2020 Men's and Women's Curling Championship**

Arnprior was not successful in their bid for hosting this event in 2020. Cornwall was the competition and was the winning bidder. We did however receive compliments on our bid and the Ontario Association will follow up with us for future events. Our proximity to Ottawa is a plus.

At this point in our meeting, Darrel gave a thank you to Katrin Spencer who is leaving ARH to further her career at CHEO in Ottawa. Katrin has been an outstanding member of the GASC and her contribution to the community has been notable. She will be missed by all. Katrin responded that she has been overwhelmed by the welcome Arnprior has given her and it is with mixed feelings that she is leaving. Being closer to home and family was a deciding factor. We will all miss her professionalism, dedication and cheerful personality.

### **5.11 Seniors Snow Removal Process**

Zander and Dennis sent out a message at ADHS but Dennis has not received a response from the Principal. Dennis will follow up again as both he and Zander feel there is a good opportunity here to solicit volunteers.

### **5.12 GASC Work Plan Update**

An updated Work Plan was distributed to all GASC members a few days ago. Katrin apologized for the short notice but noted the importance of not losing track of the goals identified by the Age Friendly Community Plan. This Work Plan needs to be updated on an annual basis. Members were asked to review the plan in the next few days and forward any edits or changes to Katrin so she can finalize the document before she leaves. Her replacement will be apprised of the importance of this document.

Discussion followed on the need for affordable housing in the community. Laurel Reid feels there is a need in the town to form an active group to address housing issues. There was an urgent need 5 years ago and nothing has been done. One of the GASC goals is to promote a co-housing initiative. Dennis felt the need to communicate with the Town and with the county to explore new and innovative housing opportunities. In the updated Work Plan – At a Glance, Senior Housing Opportunities is a goal for the year 2020 and this goal should be emphasized. Under the year 2019, McNab-Braeside will be added under “Maintain and grow social, recreational and educational opportunities through SALC/Men’s Shed.”

Darrel asked if there is a need to increase membership in the GASC. We don’t want to be so large to prevent goals being met but it was suggested that sub-groups or committees be formed to deal with specific programs. Perhaps having representation from local service groups would be an asset. Sandra will put together a list of local organizations that might be a fit for discussion at next meeting.

## **6. New Business**

### **6.1 Health Links Advisory Committee**

Darrel read a letter he wrote to Jennifer Kennedy of this Advisory Committee offering his resignation from the committee. Karen Simpson of AFHT will represent the GASC on this committee going forward.

### **6.2 2019 Dragon Boat Festival**

This popular annual event will be held on July 20. Arnprior is a national qualifier and last year we had 25 teams participating. Darrel advised they are hoping for 30 teams this year. He is hopeful ADHS will again provide a youth team and if we know of any other organizations expressing interest, to advise him. Training is provided.

## **7. Other Business**

No other business was brought forward.

## **8. Adjournment**

The meeting was adjourned at 11:00 am

Next meeting of the GASC will be held on Wednesday, February 20 at 9:00 am at Arnprior Hospital Board Room.