

GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION
Wednesday, October 16, 2019 – 9:00 AM
Island View Retirement Sites

Present

Darrel O’Shaughnessy, Chair	Angie Heinz, Arnprior Regional Health
Laurel Reid, Vice-Chair	Dennis Harrington, Seniors-at-Home
Sandra Elliott, Secretary	Mandy Stinson, Seniors-at-Home
Glenn Arthur, ARH/SALC	Karen Simpson, Arnprior Family Health Team
Pam LeMay, GASC Member	Tracey Foster, Island View Retirement
Robin Paquette, Town of Arnprior, Planner	Alexandra St. James, Island View Retirement
Zander Abercrombie, Youth Representative	Eric Hanna, Arnprior Regional Health

Regrets

Ralph Chown, GASC Member, McNab-Braeside	Caroline McGee, Hospice Renfrew
Rick Gwalchmai, Town of Arnprior, Recreation	Eleanor Hotchkiss, GASC Member
Karen DeLuca, Town of Arnprior, Library	Audrey Edwards, Dementia Society
Graeme Ivory, Town of Arnprior Recreation	Geoff Patterson, Township of McNab-Braeside

Guest Speakers

Dr. Donna Villis, Chief of Staff, The Grove Nursing Home

1. Call to Order

The October meeting of the GASC was called to order at 9:05 am.

2. Roll Call

All members of the Greater Arnprior Seniors Council were present except as noted above.

3. Adoption of Agenda

The Agenda was adopted as presented. Darrel introduced Dr. Donna Villis, who is present for a round table discussion on Life at the Grove.

4. Approval of Records of Discussion from meeting of September 18, 2019

The Records of Discussion were approved as previously presented.

5. Program Updates

5.1 SALC

Glenn Arthur outlined activities at the SALC for the months of October and November.

Guest Speakers:

- October 21. Cathy Dubois and Jenn Theros. Do Terra Essential Oils demo. "Try Before you Buy", free samples and a door prize
- October 22. Delaine Collins, Quail Creek Retirement Home, Renfrew. This presentation will be at the JAG in Braeside.
- November 6. Falls Prevention. Catherine Schwartz and Riley Quatham. Followed by another Fall Prevention Exercise Program in January.

Bus Trips:

- November 3, Rideau Carleton Slots
- Dec, 12. Christmas Lights at Upper Canada Village plus dinner in Morrisburg. This bus trip was sold out in 3 days and another bus is being added.
- January –Centrepointhe Theatre, Little Mermaid in planning stages.

Other Programs:

- December. Trail Biking. Currently under consideration.
- Line Dancing will start again on Wednesday, October 23 from 2-3:15pm. There is no charge for this program.
- Pilates – 10 people showed interest. An instructor has been found for this evening program. Cost is \$30 for 8 weeks.
- Bridge Lessons. Tuesdays 1-3 pm November. 15 people showed interest. No charge.
- First Aid/CPR Course. Friday November 8 at JAG. Cost is \$90
- Barbara's Sing along. Every second Tuesday of each month from 2:30-3:30. Join Barbara around the piano to sing some old time favourites.
- October 31. "Light Up the Night" In conjunction with Island View Retirement Home. The SALC has ordered 20 pumpkins from Island View in the hopes that members will purchase for \$10 and carve on Tuesday, October 29 from 1-3 at the SALC. Proceeds will go to the Men's Shed.
- Computer programs have been well attended and presented by Amita ?. These instructions are being broken down into segments according to usage of Smart phones, tablets, computers, etc.
- Square Dancing. 10 members have shown interest but so far it is costly. Looking at less expensive options.

Glenn sends out an email every Friday to update members on upcoming events and programs. These updates are also available in hard copy for those without computer access. About 75% of members have email. The SALC currently has 435 members. Dennis Harrington advised that Seniors at Home has had a few requests for transportation to SALC Locations but not a lot.

5.2 Seniors Fair

Glenn advised that The Seniors Fair was well attended with 200-250 participants. Survey results were excellent to very good. Some suggestions were for physio and handyman vendors, hours be reduced from 9-1 or 10-2. Next year booked for September 21. We will still be applying for a provincial grant for this Fair as we can't do on our own as yet.

5.3 Men's Shed

Darrel reported that the current 22 members of the Men's Shed are productive and engaged. Their goal is to increase membership to 30 by year end.

The Lee Valley presentation on September 26 was well received with 40 attendees. Lee Valley were impressed and have asked to do a Spring seminar. Darrel thanked The Grove Nursing home who provided refreshments.

On Halloween night, Island View will be hosting "Light the Path" and encouraged Darrel everyone to purchase a pumpkin, carve it and deliver it to the Island View. Proceeds will be going to the Men's Shed. This will be great entertainment for kids and for the residents at Island View. Darrel thanked Alexandra and Tracey for their involvement in this fundraiser.

The Men's Shed will participate in the Seniors-at-Home Christmas craft sale on November 23 and have a booth location at the Masonic Hall. They will be selling their products. They are currently building bird, and bat houses & feeders, small cutting boards, youth sized picnic tables and chairs, wooden children's toys, wooden bowls and lamps, carved birds and Christmas tree decorations. i

In addition they have a request from the MacNamara Trail to build 3 duck nesting boxes and stands, a piece of pulmonary rehabilitation equipment for the AFHT, 3 squirrel proof bird feeders and two 30' x 60' puddle rinks for the Town of Arnprior. One for Olympic park and one for Caruso park. They currently have an assembly line of men working on this project which they hope to complete by November 1. ADHS students are also providing small hockey nets for these rinks.

They are still working on the Little Lending Library prototypes in partnership with the Arnprior Library and currently have 7 potential locations for them around the

Arnprior, Braeside-McNab communities. Over \$1,000 has been raised for materials and supplies.

They are also working with SALC Marketing team and ARH to develop their own Arnprior/Braeside-McNabMen's Shed website

5.4 Arnprior Regional Health

a) The Grove Redevelopment

The Board of Directors have met to review tenders and have made recommendations to the Ministry of Health to proceed. Eric to confirm date and time for Minister of Health to attend a public announcement.

b) Ontario Health Team

The Ministry has commended Three Rivers align with Kempville and Winchester who have not shown an interest in partnering with us. Arnprior does not have relationships with this team who work with the Ottawa Hospital. The QCH will be joining our group which makes more sense. A further meeting will be held in November and we are not clear of the next steps moving forward but will see what the Ministry comes back with. In the meantime Eric and Karen are meeting with Lanark County. The Renfrew, Deep River areas have been told to play together to consolidate.

- c) At this point in the meeting Dr. Villis was invited to participate in a discussion on What Makes the Grove Special. Dr Villis is in charge of staff at the Grove, she has practiced for 45years in the Arnprior area and was medical director for over 20 years.

Dr. Villis described the atmosphere at the Grove as being friendly and inviting. Family conferences are held at 6 months and 1 year of a patient's residence. New residents get a tour, are introduced to activities and all are seen by the Dietician. Meal choices are plated and shown to residents to choose, rather than having to deal with printed menus. There are gathering spaces for photograph groups, card and puzzle games. There is a hair salon, tea times and there is a recreation group that can take residents out into the community. As well there is a music therapy program where residents are provided with iPods loaded with their favourite music. There is also a program where mums and tots arrive to interact with the residents and there is a pet therapy program with a dog that visits regularly.

The Adult Day Program is a separate program where clients arrive for respite care and resident can also participate in this program. There are 60 residents at the Grove with a waiting list of 110. The need is obviously immense. Volunteers are always welcome and currently there seems to be a need for

volunteers to interact privately with residents. Dr. Willis will be part of the transition team going forward turning the current Grove into a Seniors Village concept.

Darrel thanked Dr. Willis for her informative discussion and enlightening us on the workings of this most important aspect of our community.

5.5 Seniors Affordable Housing Sub-Committee

This sub Committee continues to meet regularly and recently also met recently with the Ad Hoc Committee on Poverty and Homelessness which is a group appointed by Arnprior Council. Laurel advised that they were an overview of our mandate and a list of accomplishments. The Ad Hoc Committee were very interested in what we were doing and it was agreed that it is important that we work together to navigate the housing needs of the community. It is agreed by all that a Needs Assessment should be conducted. Robin stated that she is currently working on a Strategic Plan for Arnprior and housing is an issue which should be addressed. Darrel is on the Board of the OACA which is meeting this afternoon and housing is on their agenda as well.

Laurel brought to our attention a CTV Ottawa News item last night that focused on yet another co-housing initiative which has come forward in the Peterborough area where a group of women have come together to form a “Senior Ladies Living Together” initiative. When one woman suggested this idea on Facebook she was overwhelmed with the response. Obviously affordable housing is a huge issue province wide.

5.6 Island View October Activities

Alexandra updated us on activities at Island View

- Halloween Party – October 31
- November 11 – Cenotaph activities and lunch at the Legion
- Currently going through renovations at the Island View and residents are excited.
- There is a new chef who is working hard to keep residents happy.
- Opening up rooms for winter stays. There are 107 suites at the Island View, 1 and 2 bedrooms plus studios. Current occupancy is at 80%. They are also amenable to friends sharing suites (co-housing) and splitting the monthly rate.

5.7 Seniors-at-Home

Dennis reported that the LOVE reading program which had a successful year at John XXIII school has started up again. They are currently recruiting more volunteers and looking to expand to St. Joseph’s. Glenn advised that he would

happily recruit volunteers through the SALC weekly Friday news update, if Dennis would provide details.

The Transportation Grant was approved and the funds are expected within 60 days. At that time a new vehicle will be purchased. The Grant will cover insurance, a full-time driver, part-time administrator and coordinator.

5.8 **Succession Planning**

Darrel outlined the mandate of the Greater Arnprior Seniors Council and reiterated the Terms of Appointment which states that "Senior Citizen Members appointed to the GASC shall serve for a minimum of 3 years, at which time current members may choose to remain on the GASC, or resign and new appointments will be made for vacancies." He is now asking for advice for Succession Planning from current members. Darrel has been Chair since the inception of the Committee in 2016 and is not prepared to remain Chair for an indefinite period of time. He feels it is time to recruit for new blood and new ideas altho he will always be an active member. Sandra has been Secretary since 2016 and is prepared to remain so for another year but at that time may feel the need to hand over the reins. Laurel agreed last Spring to take on the role of Vice-Chair for one year. Zander Abercrombie is currently in his last year at ADHS and he is working with the Principal to recruit a youth representative.

Karen Simpson suggested that we use the 435 membership at SALC to recruit volunteers who may be interested in community work. Glenn is quite open to recruiting through the SALC weekly news updates or the SALC Newsletter if he is given the details for a write-up. Robin suggested a recruitment ad be placed through local media and that we should be writing articles promoting the work of the GASC. It was also suggested that up and coming politicians interested in running for public office need to show their community involvement and those who unsuccessfully ran for Council could also be approached.

Further discussion needs to take place in order to proceed.

5.9 **GASC Website Viewing**

Robin reported that there is not a lot of activity on the GASC website. She regularly updates the site with news focused on seniors from the local community as well as what other age-friendly communities across Ontario are doing. The GASC does not have a FB Group and Dennis noted that Seniors-at-Home get 500 hits on their FB page. Glenn can also put the GASC website in the weekly SALC updates. www.agefriendlyarnprior.ca Laurel will prepare a small article about the GASC for the SALC newsletter.

6. New Business

6.1 The Grove – Adult Day Program

Angie Heinz advised that Kim Saunders is the Manager of Community Services for this program and provided us with an overview. The program runs Monday to Fridays from 9:30-3:30 and accommodates up to 12 clients per visit.

Residents of the Grove can also attend. They serve a lunch, many activities and day trips. Participants have even baked pies and sold them. Alexandra asked for more information on this program and a brochure outlining the activities, etc. is attached to the email with these meeting notes.

7. Other Business

Darrel thanked Tracey and Alexandra for hosting this meeting and providing such appetizing refreshments and treats.

8. Adjournment

The meeting was adjourned at 10:20 am.

The next meeting of the GASC will be held on Wednesday, November 20 at 9:00 am at the Island View Suites, lower level activity room.