

**Greater Arnprior Seniors Council (GASC) Records of Discussion
Wednesday, March 21, 2018**

Location: Town Hall, Madawaska Boardroom

Present:

Darrel O'Shaughnessy – GASC Member (Chair)
Robin Paquette – Town of Arnprior (A/Secretary)
Ralph Chown – GASC Member
Pamela Lemay – GASC Member
Eleanor Hotchkiss – GASC Member
Dennis Harrington – Arnprior-Braeside-McNab Seniors at Home
Mandy Stinson – Arnprior-Braeside-McNab Seniors at Home
Geoff Patterson – Township of McNab/Braeside Recreation
Karen DeLuca – Town of Arnprior, Library
Rick Gwalchmai – Town of Arnprior Recreation
Maureen Sullivan-Bentz – Hospice Renfrew

Regrets:

Sandra Elliott – GASC Member
Glenn Arthur- Town of Arnprior, Recreation
Eric Hanna – Arnprior Regional Health
Judy Cobus - Hospice Renfrew
Jennifer Torode- Arnprior and District Family Health Team
Karla Blemkie – Township of McNab-Braeside, Recreation
Kaila Zamojski – Town of Arnprior, Deputy Clerk
Janet Parry – GASC Member
Caitlin Brydges – Dementia Society of Ottawa and Renfrew County

Call to Order:

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

Roll Call

The Chair called the roll with all Members of the Greater Arnprior Seniors Council being present, with the exception of those shown above.

Adoption of Agenda

Be it resolved that the agenda for the Greater Arnprior Senior Council dated March 21, 2018, be Adopted as presented.

Approval of Records of Discussion from February 21, 2018

Approved with amendments

Matters for Discussion

1. Senior Transportation Options – Community Transportation Grant Program

Dennis and Robin provided an overview of the Grant Program. The Town must apply for the Grant and partner with community agencies, in this case Arnprior Braeside-McNab Seniors at Home and Carefor Health & Community Services. If successful we will receive \$500,000 over 5 years to pay for the cost of a new accessible vehicle, a driver, training, etc. Carefor will purchase the vehicle and ABMSAH will provide the service. The Grant was due February 28, 2018 and we hope to hear in May.

2. Community Anti-Ageism Program

Eleanor Hotchkiss explained that seniors in the community are being interviewed by High School students, typically 2 students for 1 hour and the interviews are being recorded. The first interviews were held on January 11th at the library. Mr. Mark Rowe, history teacher at ADHS, reported that the students were nervous getting started but really enjoyed the experience. He will not be teaching history this term but we have the contact for the gentleman who is. They thought this to be an excellent opportunity for intergeneration work and were impressed with the professionalism shown by the students. There was discussion around producing a video at the end that could be shown at the theatre, posted on the GASC website, etc. Darrel and Eleanor will discuss this with the school, as well as moving forward with more interviews. Darrel proposed creating a certificate or plaque to recognize the high school's efforts in this program. Eleanor and Robin will work on that aspect.

3. Senior Expo/Senior's Games Opportunity

Glenn Arthur was not in attendance to provide an update however Rick advised that the town was not successful in receiving a Grant to hold the Senior Expo and Senior Games banquet. The funding was primarily to provide bus transportation to the Town that day. If the GASC is still interested in spear heading the Senior Expo, this should have little cost. The Town would provide the hall for the day, perhaps a service group or the Chamber of Commerce could partner. It was suggested that we consider hosting a small expo in the fall, with efforts put into ensuring good quality exhibitors. Darrel has the list of vendors from Almonte and will circulate. Everyone could indicate their top 10 suggestions. An activity to draw people, such as free yoga or Zumba demonstrations, perhaps Valley Heritage radio as a sponsor could host a senior trivia, etc., could be investigated as well. Darrel and Rick, with Glenn's assistance, will continue with planning and provide additional details at the next meeting.

4. Seniors Active Living Centre – SALC

Katrin was unable to attend the meeting however, advised through the Chair that no news has been received regarding the Grant as yet. Hope to know before March 31st. She advised that she and Eric will be making a presentation at the Advantage Conference in April about the SALC and co-design approach, versus a Toronto long-term care hub model. The Conference typically has 700-800 participants and is for not-for-profit long-term care homes.

5. Creative Writing Opportunities for Seniors

Karen Deluca advised that an artist-in-residence program has been launched and has over 40 people on the waiting list. With the success of this program, she is actively looking for someone to be the library's writer-in-resident. This person would lead the program and would lead workshops open to everyone but held during the day so as to be more attractive to seniors. She will continue to update the GASC on the progress of her search for a candidate.

6. Senior Volunteers for the Library

Karen advised that the Friends of the Library group is looking for volunteers this spring to assist with the library's gardens. As well, she is aware that the leader of the Walter Zadow PS breakfast program is looking for volunteers to help serve breakfasts to the 60-80 students who take advantage of this program. Healthy breakfasts are served 3 days a week at no cost to the students. Funding is received from the Province. The need is strictly for help with the breakfasts from about 7:30 to 8:30am. Karen agreed to send out a "Work Description" of particular duties and responsibilities that would be required. Anyone interested can also contact Karen and she will link them to the leader. A vulnerable sector check and short training session would be required.

7. Age-friendly Business Initiative

Robin Paquette suggested that we look at what others are doing as there has been quite a bit of work on this initiative in other communities and perhaps we could be creating a work plan around this. Robin is planning on working on this during the summer and will report back.

8. GASC Monthly Newsletters

Ralph has drafted an article on the Chair Exercise program and will be finalizing after attending a chair exercise class on March 22nd. Ralph also advised of the Provincial Swimming Championships being held this coming weekend in Nepean. Eight swimmers, including male seniors, will be participating from Arnprior. A relay team consisting of members whose ages total 280+, with an average age of 70, will be competing from Arnprior. They have a chance to set a Provincial record. An article on this will follow! Darrel will be writing an article on the upcoming Dragon Boat Festival.

Correspondence

No correspondence.

Other Business

- a) Senior Game Status – All venues have been established and poster should be coming out shortly. Arnprior will host carpet bowling and some swimming, while McNab-Braeside will host horse shoes.
- b) Age-Friendly Community Recognition Award - Robin advised that the Town has been awarded the Age-Friendly Community Recognition Award under Category 2 for its work in preparing and implementing the Age-Friendly Community Plan. The award will be presented by the Minister of Senior Affairs in Toronto on Monday March 26th and both she and Kaila Zamojski, Deputy Clerk will be attending to receive the recognition.
- c) Age-friendly Community Symposium – March 26th, 2018 at the Sheraton Hotel in downtown Toronto. Darrel, Robin and Kaila will be attending. Darrel received \$700 funding from the Ministry to assist with travel expenses. They will report back on information received at the next meeting.
- d) Youth representation on GASC - Darrel requested all members to consider inviting a student, most likely the President of the Student Council of ADHS to sit on the GASC to provide the youth's perspective on senior issues. This would continue our efforts to be intergenerational in our focus on anti-ageism and community involvement. This item will be on the next agenda for discussion.
- e) Dragon Boat festival - scheduled for Saturday July 21st, 2018 and is going to be bigger than ever as this event will be recognized as a Dragon Boat Canada National Qualifier which is a real honour and a privilege for the Town of Arnprior to host. Darrel proposed entering an intergenerational team with 11 youth (14-18) and 11 seniors participating. He suggested the name could be the "Mixed Assets" and that his wife, Betty, would be the team coach. Looking for interest from GASC members, he asked members to please consider being a part of the team.

Future Meetings

The next meeting is scheduled for April 18th, 2018 at 9:00am. Location to be determined.

Adjournment

The meeting adjourned at 10:30 am.