

**Greater Arnprior Seniors Council (GASC) Records of Discussion  
Wednesday, November 29, 2017**

**Location: The Arnprior Library**

**Present:**

Darrel O'Shaughnessy – GASC Member (Chair)  
Pamela Lemay – GASC Member  
Robin Paquette – Town of Arnprior, Planning  
Glenn Arthur- Town of Arnprior, Recreation  
Karen DeLuca – Town of Arnprior, Library  
Eric Hanna – Arnprior Regional Health  
Katrin Spencer – Arnprior Regional Health  
Dennis Harrington – Arnprior-Braeside-McNab Seniors at Home  
Mandy Stinson – Arnprior-Braeside-McNab Seniors at Home  
Rick Gwalchmai – Town of Arnprior Recreation  
Geoff Patterson – Township of McNab/Braeside Recreation  
Caitlin Brydges – Dementia Society of Ottawa and Renfrew County

**Regrets:**

Sandra Elliott – GASC Member (Secretary)  
Ralph Chown – GASC Member  
Eleanor Hotchkiss – GASC Member  
Maureen Sullivan-Bentz – Hospice Renfrew  
Judy Cobus - Hospice Renfrew  
Susan Leach – Arnprior Regional Health  
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

**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 November 29, 2017, be Adopted as presented.

### **Approval of Records of Discussion from September 20, 2017**

Approved with the correct spelling of member Eleanor Hotchkiss.

### **Matters for Discussion**

#### **1. Transportation –Trillium Grant Update**

Our Trillium Grow Grant Application to expand In-Town Seniors Transportation Services was denied. Dennis thanked the GASC for our support as well as a tremendous thank you to the Town of Arnprior and to Chanti Birdi, a summer student with the Town, who put many hours into the application. This was disappointing news as it was felt that a solid application was submitted. However the OTF responded that “the information provided in the application did not align with the Grant Result selected, and/or with the grant metric selected”. The Arnprior-Braeside-McNab Seniors at Home program is turning away approximately 70 requests a month for local transportation. Seniors at Home will continue however to provide excellent one to one seniors transportation to our community as they have done for the last 38 years with one vehicle.

Darrel has developed an ASK initiative to improve and expand transportation options in the community and to position Arnprior as an age friendly community in the Province of Ontario. As a result, Dennis and Darrel will follow-up with Alice Grenon, Chair of the Champlain Community Transportation Collaborative, conduct a needs analysis and a jurisdiction comparison, review funding sources that may be available from Champlain LHIN, and develop an effective plan of action.

#### **2. Compendium of Services – Seniors Services Listing**

Robin advised there has been no movement on this as yet.

#### **3. Elderly Abuse Ontario Program**

Jennifer Torode is working with The Grove Nursing Home to offer an information program with a guest speaker aimed at members of the Family Health Team and the general public. They are currently looking at February 14 or 21. Dennis Harrington would like to send his staff as well.

#### **4. Senior Expo/Senior’s Games Opportunity**

Glenn Arthur advised that Council has approved Arnprior hosting the Ottawa Valley Senior’s Games followed by a Senior’s Expo in 2018 and a Grant Application is currently being prepared. The cost is estimated at between \$10,000-\$11,000 with Town providing funding and the Province providing support of \$7700. Buses would leave from Deep River and Barry’s Bay with stops to pick up participants in communities along the way.

The Senior's Games would take place in late May followed by a Seniors' Expo in early June of 2018. Darrel advised that he attended a Seniors Expo in Almonte this year. There were over 700 participants and 50 vendors ranging from provincial health services to local hospice, funeral homes, recreational, travel and other agencies or public vendors aimed at seniors.

#### **5. Seniors Active Living Centre – SALC**

Katrin Spencer of ARH in partnership with the Town of Arnprior, the Municipality of McNab-Braeside and the FHT is currently preparing a grant application to develop a SALC in our community. The Ministry of Seniors Affairs will contribute up to \$42,700 annually towards the net operating annual budget to run the centre. The deadline for submission is December 31<sup>st</sup>.

Darrel has written to the Ministry of Seniors Affairs for the Province of Ontario on behalf of the GASC in support of the development of this Seniors Active Living Centre in our community.

Katrin advised that a budget and a program have been identified and that the seniors programs would be available prior to the development of a Seniors Village at the Grove Nursing Home and could be held in other community facilities (one in Arnprior and one in McNab-Braeside). 20% of the budget would be divided between the municipalities of Arnprior and McNab-Braeside and a meeting is forthcoming with the mayors of Arnprior and McNab-Braeside. A large portion of the budget would be for transportation to provide access for seniors to the available programs.

#### **6. Creative Writing Opportunities for Seniors**

Darrel introduced Sue Evans from Almonte who joined our meeting to outline the Centre for Creative Living that she heads in that community. Creative Writing is part of the Centre and its purpose is to help seniors find their own voice. The program started in June of 2017 and participants meet weekly at a local church. There are currently 12 members. The fee is \$100 per year. There are mentors available to initially prompt the participants with ideas to get the creative juices flowing, followed by skill development and discussions on written paragraphs in the weeks following. Some of the writing is poems and some are life experiences and adventures to be shared by future generations. It is important that participants have a monthly goal in order to achieve a positive outcome. Books and the internet are available to help start the writing process.

This was a very interesting presentation and Darrel thanked Sue for joining us. It is a program that could interest seniors in our community and the GASC will be happy to promote in partnership with the Arnprior Library or the Seniors Active Living Centre.



## **7. Arnprior Region and Ottawa West Health Link -AROW**

Darrel introduced Joshua Hambleton, Project Manager for AROW and Adele Muldoon a client engaged advocate for AROW.

Joshua advised that Health Link covers the area from Arnprior to Kanata and is made up of health service providers working together to coordinate care for people with many medical needs. It involves different sectors of providers working together and ARH, CCAC, FHT and Assisted Living are all working with this group to build community relationships. The Health Link provides a skilled and dedicated care coordinator to work with patient clients, caregivers and family practitioners to develop a coordinated care plan to support the health care needs of patients. There is no charge except for individual agencies such as CCAC however subsidized fees are available for exceptions.

Adele provides friendly visiting and support to individual clients and expressed the need for volunteers. She encouraged everyone to be “good neighbours” and to reach out to those in our community who might need support. Anyone wishing to volunteer can contact Joshua at 613-818-0809 or by email at [jhambleton@arnpriorhealth.ca](mailto:jhambleton@arnpriorhealth.ca).

Darrel asked what the GASC could do to contribute and Joshua advised the need to continue to support what happens here locally and to be an ambassador for Health Links.

Darrel thanked Joshua and Adele for attending

Dennis advised that Seniors At Home provides friendly visiting and cautioned about reaching out individually to someone down the street. Some of Health Links initiatives are already in existence through Seniors at Home and we should focus on supporting what is already in place. Seniors at Home are also experiencing a volunteer crisis and are continually reaching out for more support.

Pam LeMay brought up the goal of the GASC to provide a compendium of services and she and Robin will discuss this further and work on it.

It is noted that Joshua currently reports to Eric Hanna at ARH until March when this will then be transferred to Pembroke.

#### 8. **ARH Strategic Planning Retreat**

This is the 2<sup>nd</sup> year of the retreat. Three critical areas of concern were identified.

- Volunteerism at ARH
- The need to recognize the variety of services available. Are the needs of the community being met?
- Engage more community

As a result, ARH will continue to pursue and effectively develop these particular initiatives.

#### 9. **Grant Application – Ministry of Seniors Affairs, Seniors Community Grant**

Katrin is currently completing an application on behalf of ARH to promote senior led activities to help ensure that our seniors are connected to meaningful community engagement opportunities that promote social, health and wellbeing. The Grant is to target rural communities and we are asking for \$14,700. The deadline for submission is November 30, 2017.

Katrin outlined a pilot musical NEURO movements program that will be piloted in Ottawa in January 2018, which they are willing to bring to Arnprior targeting seniors. Katrin proposed in her application that the class would be offered weekly at three unique locations to target 3 different senior audiences (ARH, Island View and Kenwood Centre through the Dementia Society).

#### 10. **Anti-Ageism Program Opportunity**

Darrel has contacted Tom Havey, the Principal of Arnprior District High School to see if there is an opportunity for seniors and youth to collaborate on recording stories from interesting local seniors. This would support our mandate to bring more public awareness to seniors in our community and to introduce an intergenerational component to programs and services.

The Principal was very enthused as is Mark Roe, a History teacher at ADHS. A program is in the works for students to interview and produce a video on the lives of identified seniors. **Darrel is asking Council members to provide him with suggested names of seniors in the next week or so.**

#### 11. **GASC Monthly Newsletters**

Rick Gwalchmai has submitted an article to the Arnprior Chronicle Guide on the Importance of Physical Activity for Seniors.

**Correspondence**

Darrel has written two letters to the Ontario Ministry of Seniors Affairs on behalf of the GASC. One in support of Arnprior Regional Health's application for a grant to support the Seniors Activity Living Centre and the other in support of a grant to fund a Collaborative Age-Friendly Business Initiative locally.

**Future Meetings**

There will be no meeting in December 2017 or January 2018.

Robin Paquette will act as Chair for our next meeting on **February 21, 2018** in Darrel's absence. Location to be determined.

Robin will also recruit someone to record meeting notes in February and March in Sandra's absence

**Adjournment**

The meeting adjourned at 11:20 am.

**MERRY CHRISTMAS AND HAPPY NEW YEAR EVERYONE!**