

**Greater Arnprior Seniors Council (GASC) Records of Discussion  
Wednesday, October 18, 2017**

**Location: The Grove Nursing Home, 275 Ida St. N, Arnprior ON**

**Present:**

Darrel O'Shaughnessy – GASC Member (Chair)  
Pamela Lemay – GASC Member  
Ralph Chown – GASC Member  
Glenn Arthur- Town of Arnprior Recreation  
Katrin Spencer – Arnprior Regional Health  
Dennis Harrington – Arnprior-Braeside-McNab Seniors at Home  
Rick Gwalchmai – Town of Arnprior Recreation  
Kaila Zamojski – Town of Arnprior, Deputy Clerk  
Geoff Patterson – Township of McNab/Braeside Recreation  
Jennifer Torode- Arnprior and District Family Health Team  
Maureen Sullivan-Bentz – Hospice Renfrew  
Caitlin Brydges – Dementia Society of Ottawa and Renfrew County  
Eleanor Hotchkins – GASC Member

**Regrets:**

Sandra Elliott – GASC Member, Secretary  
Robin Paquette – Planner, Town of Arnprior  
Mandy Stinson – Arnprior-Braeside-McNab Seniors at Home  
Karen Deluca – Arnprior Public Library  
Judy Cobus - Hospice Renfrew  
Eric Hanna – Arnprior Regional Health  
Susan Leach – Arnprior Regional Health  
Karla Blemkie – Township of McNab-Braeside, Recreation  
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, except Sandra Elliott, Robin Paquette, Mandy Stinson, Karen Deluca, Eric Hanna, Susan Leach, Karla Blemkie and Janet Perry.

## **Adoption of Agenda**

Be it resolved that the agenda for the Greater Arnprior Senior Council dated October 18, 2017, be Adopted as presented.

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

All approved

## **Matters for Discussion**

### **1. Introduction/ Welcome of New Members**

The Chair welcomed Caitlin Brydges who is an active member of the Dementia Society which was previously known as the Alzheimer's Society. Caitlin provided some background information about herself as well as the Dementia Society.

The Chair also welcomed Eleanor Hotchkins. Eleanor provided some background information about herself, noting her previous involvement in the Renfrew County Senior Games.

### **2. Work Plan and Communication Strategy Update.**

Darrel provided an overview of the Work Plan and Communication Strategy, noting it is a living document that is constantly being refreshed and updated with information.

An overview was specifically provided of items that have not yet been accomplished/ require further attention, with comments on what is proposed to complete or continue to pursue these items:

- 1.3- Improve Accessibility of Buildings and Outdoor Spaces Across the Community
  - Begin to meet with the Arnprior Accessibility Advisory Committee.
- 1.4- Increase Transportation Options for Seniors
  - Remains an ongoing initiative.
  - Currently working on obtaining a Trillium Grant.
- 2.1- Raise Awareness and Knowledge of Existing Senior Services.
  - Remains an ongoing initiative.
  - The website is up and running, it seems to be popular and interesting to people.
- 2.1.1- Compendium of Services
  - Maureen Sullivan-Bentz asked if it was possible to post a "Senior Services Section" in Arnprior Life. Maureen also offered to send the list developed at Hospice Renfrew, to Robin, to help begin developing a Seniors' Services List in Arnprior Life that can be linked to the GASC Website, as the Arnprior Life document is already updated on a bi-annual basis.

- This information, once compiled, will come back at a future meeting.
- 2.3- Maintain and Grow Recreational and Educational Opportunities for Seniors
  - This initiative remains ongoing.
  - New things the GASC is working on:
    - Elder Abuse Ontario Program- Jennifer
    - Creative Writing Opportunity for Seniors- Karen
    - Seniors Expo/Senior Games – Dennis Harrington and Glenn Arthur
    - Stick Curling Program for Seniors – Going ahead this year as well
- 2.6- Increase Agency Collaboration and Resource Sharing
  - Remains an ongoing initiative.
  - It was proposed that the GASC reach out to the local high school to deal with an “Anti-Ageism Program”. This would be to touch on respect for elders, social inclusiveness, and intergenerational learning opportunities.
- 3.1- Pursuing Various Grant Opportunities
  - Remains an ongoing initiative.

### **3.1 Grove Redevelopment and Seniors Village Hub Update**

Katrin Spencer of Arnprior Regional Health provided a brief update on the Grove Redevelopment and Seniors Village Hub project, noting public consultation for the licences was very well attended and drew more than 50 people. A lot of positive feedback was brought forward from the community and no negative comments were received. The next public information session will be held at the Grove Nursing Home on November 1, 2017 at 4:00 pm. Katrin noted she would send out this invitation for distribution.

It was further noted that an “Elderly Persons Centre” task force has been created which includes the following members from the GASC:

- Glenn Arthur
- Darrel O’Shaughnessy
- Dennis Harrington
- Karla Blemkie

Also in attendance at this meeting as a guest was Bruce Hill, the Executive Director of the Hospital Foundation. He provided an overview of his role and vision for the Grove Redevelopment Project, indicating the overall mandate is to raise approximately \$4 million. This is the largest campaign effort that Arnprior has seen, and thus Arnprior Regional Health is working with a consulting firm whose specialty is capital campaigns. The hope is to receive the necessary donations over a 5-year period.

### **3.2 Website Launched Status Report**

The GASC website has been launched and looks great. We have not heard of any issues of any parts not being functional. We have received training on how to update it and are looking at taking a monthly over view of the website. We would like to encourage ideas to keep coming in.

### **3.3 Ontario Boosting Opportunities for Senior's to be Active, Healthy & Engaged- Potential Grant Opportunities.**

Katrin Spencer of Arnprior Regional Health provided an overview of the Senior's Community Grant, noting the grant has been around for a couple of years. There are three (3) streams of funding, the largest being up to \$100,000. Currently there are over 2 million seniors in Ontario, according to the Ministry of Seniors' Affairs. Katrin then requested ideas from the Committee, for this Grant Opportunity, while reminding members that the mandate is to promote seniors being active and healthy in the community as well as encouraging partnerships with other organizations. Discussion ensued with the following option being what Council members felt the GASC should move forward with, in consultation with the Dementia Society and Arnprior Regional Health:

- A robust "dementia education awareness program"
- This program would be a pilot project to assist in certifying businesses to be "dementia friendly" and would be brought forward to the community for their participation. Individuals and businesses would be trained and then training would continue for the community over time. Partnerships would be developed with the Highschool and various volunteers, hopefully including organizations like the Greater Arnprior Chamber of Commerce.
- The Age Friendly Community Plan notes that one of the needs is Dementia Awareness.
- This project would fit under stream three (3) of the funding streams available.
- The Deadline to apply for this grant is November 30<sup>th</sup>, 2017, with the funding being received in February of 2018. The project must be completed by March 2019.

### **3.4 Senior's Expo/ Sr. Games Opportunity**

Glenn Arthur, Town of Arnprior Recreation and Dennis Harrington, Arnprior-Braeside-McNab Seniors At Home Program, proposed to host a Senior's expo in Arnprior as well as pursue a Summer Seniors Games opportunity. They have a meeting scheduled in Almonte on Friday to discuss the expo and options. They have also arranged a meeting with Carmen Goold in Pembroke this week to discuss the Summer Seniors Games.

They stated they will be applying for the Boosting Seniors Opportunity for \$12,000.00, classified as stream 2 of the grant. Glenn Arthur noted he will come back with a report to this Council after the meeting. Dennis Harrington stated that interest has declined over time for Seniors' Games, however it is a good initiative and hopes the expo being part of the day will help gain further interest going forward.

### **3.5 Elder Abuse Program “How Can Identify Abuse & Help Older Adults at Risk”**

The Chair noted he met a lady from “Elder Abuse Ontario” and spoke to her about coming to Arnprior and giving a presentation. He then asked Jennifer Torode to see if this was something that could be arranged.

Jennifer noted she is looking at her coming out to Arnprior for a day. The first part of the training would be to providers in the morning, and the second part of the day would be a larger session for the public who are interested in learning about elder abuse. This session would be held at the Grove Nursing Home in the Auditorium. Dennis Harrington noted that we should reach out to the Renfrew Hospital Elder Abuse Program, and involve them in the process as they are the contact for this area.

### **3.6 Creative Writing Program Opportunity for Senior’s- Karen**

A brief overview of this initiative was provided, noting that further information will follow at a separate meeting, in consultation with Karen Deluca of the Arnprior Public Library.

The plan is to have Sue Evans, Creative Writing provider, give a presentation about this program, and then the Arnprior Public Library kick start program in the future.

Maureen Sullivan-Bentz of Hospice Renfrew noted that they have completed a lot of work on memory making, and could be involved in/ assist with this initiative. Please contact Judy at Hospice Renfrew for further assistance.

Jennifer Torode also noted that this program could become a part of the Seniors Expo, as it is always fun to listen to stories from the past.

### **3.7 GASC Monthly Newsletter-**

Jennifer Torode noted that she has another article ready for an upcoming paper, that she will send for publishing.

The Chair noted that we are still looking for a piece on the importance of exercise and sport, in regards to Seniors, to publish in the paper. Rick Gwalchmai, Town of Arnprior Recreation noted he will work on putting something together.

### **3.8 McNab/ Braeside Senior’s Recreational Opportunities**

The Chair began the discussion by noting that the 150<sup>th</sup> video produced by the Township of McNab/Braeside was fantastic. Geoff Patterson noted that video was completed by local kids in the Burnstown area.

Geoff Patterson provided an overview of the highlights from this past summer, in regards to Recreation activities offered in the Township of McNab/Braeside.

The following activities were noted:

- The 150<sup>th</sup> Relay was well attended this year;
- The Recreation Trail has seen a steady increase in usage;
- There is a Halloween Event planned for October 28<sup>th</sup> in White Lake featuring things such as hayrides;
- A Christmas Sign Night is planned to occur for adults in the near future;
- The Tartan Tough Trek Run is planned to occur on November 25<sup>th</sup>;
- Mary Cook is going to be doing an Exposé on Senior Volunteers in the Community, which will be promoted on the radio and online, to showcase the senior volunteers in the community;
- Euchre is an ongoing program being offered, which brings out about 40 people each week;
- Tentative events being looked at for the Winter Season:
  - Snowshoeing combined with astronomy sessions on the McNab/Braeside Recreation Trail
  - Nordic Polling
  - Bird Watching
  - Drawing classes
  - Skating

#### **4 Correspondence**

##### **4.1 ARH Strategic Planning Retreat- Saturday October 28<sup>th</sup>, 2017**

The Chair noted he was invited to the Arnprior Regional Health Strategic Planning Retreat, and will be attending. He indicated he will provide a report at a future GASC meeting.

##### **4.2 Arnprior Region & Ottawa West Health Link- Partnership Opportunity**

The GASC received an invitation from this organization. The Chair provided an overview noting the following:

- Continuing conversations of Arnprior Regional Health and the GASC becoming a partner in Health Links should take place;
- Coordinated care plans and ongoing care coordination is fundamental in patient care;
- A client engagement partnership and working group has been created, and they are proposing that there are three (3) areas for the GASC to be involved in:
  - Client Engagement Partner
  - Community Presenter
  - Task Force Member

The Chair noted that he will be inviting Joshua, one of the leaders in this initiative, to present at a future GASC meeting.

## **5 Other Business**

The following other business was discussed:

- A GASC Group Photograph is to take place following this meeting.
- Maureen Sullivan- Bentz of Hospice Renfrew noted they have hired a Resident and Family Support Counselor, with a focus of providing grief and bereavement counselling to residents and their families. Her support is at no cost to our residents and their families. We have partnered with Dennis Harrington of Arnprior-Braeside-McNab Seniors At Home Program to help promote this service available.
  - It was further noted, there are many workshops coming up including one on “Grief Over the Holidays.”

***Next Meeting Wednesday, November 29, 2017 at Arnprior Library***

***Guest Speakers: Sue Evans, Creative Writing for Seniors  
Joshua Hambleton, Health Links***

***Please prepare for a team photo at this meeting***