

GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION
Wednesday, April 17, 2019 – 9:00AM

Location: Arnprior Public Library, Main Hall

Present

Darrel O’Shaughnessy, Chair	Dennis Harrington, Seniors-at-Home
Laurel Reid, Vice-Chair	Mandy Stinson, Seniors-at-Home
Sandra Elliott, Secretary	Caroline McGee, Hospice Renfrew
Eleanor Hotchkiss, GASC Member	Caitlin Brydges, Dementia Society
Ralph Chown, GASC Member, McNab-Braeside	Audrey Edwards, Dementia Society
PamelaLeMay, GASC Member	GlennArthur, SALC Co-ordinator
Zander Abercrombie, GASC Member, Youth Rep	Angie Heinz, ARH

Regrets

Eric Hanna, ARH	Karen DeLuca, Town of Arnprior, Library
Graeme Ivory, Town of Arnprior Recreation	Geoff Patterson, McNab-Braeside
Rick Gwalchmai, Town of Arnprior, Recreation	Karen Simpson, Arnprior Family Health Team
Robin Paquette, Town of Arnprior, Planning	Wendy Knechtel, Island View Retirement
Kaila Zamojski, Town of Arnprior, Clerk	

1. Call to Order

The meeting was called to order at 9:00am.

2. Roll Call

All members of the Greater Arnprior Seniors Council were present with the exception of those shown above. Darrel introduced and welcomed Caroline McGee, the new Executive Director of Hospice Renfrew who will be representing Hospice on the GASC.

3. Adoption of Agenda

The Agenda was adopted as presented.

4. Approval of Records of Discussion of March 20, 2019

The Records of Discussion from meeting of March 20 were approved as presented.

5. Program Updates

5.1 SALC Update

Glenn Arthur advised that membership now totals 356.

New programs:

- Expressive Dance on Tuesday evenings, starting April 23, 2019
- Joy of Dance, Fridays 1-2 pm starting April 26 for 8 weeks.
This is a live streaming, on-line, ballet inspired, exercise program by the National Ballet of Canada in partnership with the Dementia Society. It will be personalized and tailored to SALC and its clients.
- Shuffleboard at the new McNab-Braeside, John A. Gillies (JAG) Recreation Centre which is an alternate SALC location. 2x/week
- Darts and Euchre at JAG.
- Horseshoes and Bocci ball being considered at both SALC locations.
- Bus trips in works for summer programming. i.e Brewery and Wine tours, Upper Canada Playhouse, Gananoque Boat Tours, Come from Away at NAC.
- Guest Speakers are booked though until November.

Guest Speakers

Darrel introduced and welcomed Sherryl Smith, from the Pakenham Bridging Generations Group. “Bridging Generations” is a grass roots, seniors-led project that is connecting older citizens of Pakenham in inter-generational and community action activities to help build a resilient age-friendly community. Sherryl outlined the challenges faced by Pakenham residents and particularly seniors. Pakenham is a unique community in that its location is on the cusp of several municipalities, I.e. Ottawa, Renfrew County, Lanark, Mississippi Mills and as such, often falls between the cracks when it comes to funding for health, home and community support. Pakenham has a population of 2,000 with 400 seniors over the age of 65. Some other key concerns expressed by residents in recent group “café” conversations were transportation, housing, recreation and tourism. One of their major challenges is the lack of potable water. All residents are on wells and septic systems (which has the potential for cross contamination) and must purchase bottled water which is a huge expense for residents. This surprised and shocked our Council members. Pakenham also has an active seniors group that have free use of the Stewart Community Centre.

Dennis Harrington of Arnprior, Braeside-McNab Seniors-at-Home and Angie Heinz of Arnprior Regional Health both expressed interest in meeting with the Bridging Generations Group to offer support to the community. Darrel encouraged Sherryl to reach out to Dennis and Angie and also offered whatever support the GASC could provide. Attached to these meeting notes is a list of successes the Bridging Generations group has accomplished over the past 3 years. This was a very informative and thought provoking presentation and Darrel thanked Sherryl for enlightening us to the challenges the residents of Pakenham face.

Becky Ranger, Arnprior, McNab-Braeside Seniors at Home Development Coordinator was our next guest speaker.

Becky outlined a new fundraising initiative being introduced this year in support of the Seniors-at-Home program. **The Grand Parade** is a national walk-a-thon in support of senior support services and will be held on June 1st with sign-in at ADHS at 9am and the walk beginning at 10 am. This will become an annual and the biggest fundraiser of Seniors-at-Home. They have pledged to raise \$20,000. The walk will proceed up John St, across Elgin and up to Hugh St to the Seniors at Home location for a pit stop and back to ADHS. A light lunch will be provided at the High School. They are asking the GASC to create a team by visiting thegrandparade.org to Register. Pledge forms are available and it was suggested that individual team members reach out to their email contacts for support. Registration fee for Ages 18+ to raise \$150 or pay a personal fee of \$25. Darrel suggested that Becky also reach out to the ADHS athletic teams.

5.2 Men’s Shed

The Men’s Shed opened on February 28 with 3 members and is now up to 19 members. They have received orders for 16 accessible picnic tables from the Town, McNab-Braeside, ARH, AFHT, Seniors at Home, SALC. Planter boxes for the Museum, shutters at the old Fish and Game Club, a storage shed for The Grove, gates at the Marina, 6 bat houses and 6 bird houses. Youth will be invited to paint the bat and bird houses. Building materials are supplied by those who place the orders and the Men’s Shed provides the

labour. Members have also been given first aid and defibrillator training. Lee Valley as a sponsor, will also be holding some workshops at the Men's Shed.

5.3 Seniors Active Living Fair

Graeme was not available to provide a review but by all accounts it was a huge success. Eleanor advised that there were 250 visitors.

5.4 Age Friendly Training Programs – Dementia Friendly Training

Robin and Karen were not available to provide input however Caitlin took the opportunity to introduce Audrey Edwards, a new colleague at the Renfrew County Dementia office location in the Kenwood Centre. Audrey is a local gal who's had a career in senior care, most recently with CareFor in Pembroke. Audrey will be replacing Caitlin as a GASC member and Audrey will connect with Robin and Karen on this training initiative. There is a new dementia-friendly curriculum for businesses and communities at large, in order to train businesses to be more cognitive of dementia issues.

5.5 Intergenerational High School Program

Eleanor has nothing to report at present other than a new interview session between local seniors and Grade 10 ADHS students is scheduled for May with 4seniors involved. She has had great support from the students and the History teacher at ADHS.

5.6 MTO Transportation Grant

Dennis advised that Seniors At-Home are still waiting for the \$500,000 grant but it is in the works and just a matter of time.

However, in addition and effective mid-April Seniors at Home will be adding a "NEW" 2nd in town vehicle to their service. In collaboration with ARH they have been able to acquire funding to increase attendance at the Adult Day Program at the Grove Nursing Home. They will now have 2 vehicles to assist seniors with transportation to medical appointments, hair, banking and shopping. Rates will remain at \$6 each way (\$7 each way to Braeside). This was very welcome news.

5.7 Seniors Housing Initiative

A sub-committee working group has been formed to advocate for increased seniors housing in Arnprior. Laurel Reid is chairing this group consisting of Dennis Harrington, Angie Heinz, Wendy Knechtel, Pam LeMay, Darrel O'Shaughnessy, Robin Paquette and Sandra Elliott. An initial meeting was held March 25th with research tasks assigned. It will then be decided what are best practices and how to proceed. The group will be meeting again on April 29.

6. New Business

6.1 Hospice Renfrew and Hike for Hospice

Caroline McGee has been in her new role as Executive Director at Hospice for 3 months now and advised that 60% of the Hospice budget is fundraising and how important it is for sustainability. There have been fears of having to close down but so far are holding their own. There are currently 6 beds at Hospice and almost always a wait list. The annual Hike for Hospice is held the first Sunday in May and Caroline requested GASC participation.

6.2 The Council on Aging of Ottawa

Dennis Harrington, Glen Arthur and Darrel will be attending the Spring Luncheon and AGM on April 24th.

6.3 Ontario Association of Council on Aging (OACA) AGM, Toronto, May

The GASC was invited by the OACA and Darrel will be attending. The OACA will pay for his accommodation and GASC members have unanimously approved that our funds be allocated for his travel expenses.

7. Other Business

Ralph Chown advised that the Renfrew County Senior Games AGM and Banquet will be held June 19 at JAG in Braeside. Cost is \$15. The Senior Games schedule will be posted in the upcoming SALC Newsletter. The Games are being held in May and June in various Renfrew County towns. Arnprior will be hosting Carpet Bowling on May 15.

Eleanor Hotchkiss advised that the Arnprior Bridge Club is hosting a Bridge Sectional on May 3, 4 and 5. There were 900 participants last year.

8. Adjournment

The meeting adjourned at 10:45 am.

The next meeting of the GASC will be held on Wednesday, May 15. Location to be advised.

PAKENHAM BRIDGING GENERATIONS ATTACHMENT

Simple Process- Strong Impact

Over the past 3 years we have-

- Organized 2 Forums/Potluck dinners to discuss age-friendly issues with the community
- Organized [WaterWays](#) - a one day educational event about waste water solutions- August 2017
- Advocated for a pharmacy in Pakenham (active in 2017)
- Monitored and advocated for health and community support services in Pakenham
- Proposed the crosswalk for the main street (pending 2019)
- Worked with School Council to ensure Pakenham Public School stays open and vibrant
- Rebooted the Pakenham Business and Tourism Association
- Presented our success at the Teeny Tiny Summit in Tweed in 2018 – OMAFRA
- Requested successfully senior's gathering space in the renovated Pakenham branch Library
- Developed a speakers' series with the Pakenham Branch Library in 2018 and 2019
- Working with Mississippi Mills to develop a Loop Trail around Pakenham
- Expanded our working group to involve younger people
- Working with town planner to develop a Vision for Pakenham's future development

Contact Sherryl Smith- sherryls@sympatico.ca -613-800-1236 for more information