

## GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION

Wednesday October 19, 2022- 9:00 AM

Galilee Centre

### Present

Darrel O'Shaughnessy, Chair	Eleanor Hotchkiss, Arnprior
Glenn Arthur, Vice Chair	Graeme Ivory, Town of Arnprior, Recreation
Sandra Elliott, Secretary	Karen Gibson, Dementia Society
Megan Postin, Galilee Centre	Mickie Mackie, Men's Shed
Karen Robertson, Arnprior	Leah Levesque, ARH
Robin Paquette, CAO, Town of Arnprior	Carmen Goold, Ministry of Seniors & Accessibility, Renfrew County

### Absent

Pam LeMay, Arnprior	Paul Helm, Arnprior
Mandy Stinson, Seniors at Home	Karen Simpson, AFHT
Dennis Harrington, Seniors At Home	Tracey Foster, Island View
Janyne Fraser, McNab-Braeside Recreation	Lynn Russet, Island View
Andrea Lamontagne, McNab-Braeside Recreation	Karen Bretzlaff, Arnprior
Ralph Chown, McNab-Braeside	Marjoie Joly, Hospice Renfrew
Kaila Zamojski, Town of Arnprior, Deputy Clerk	Brittany Harris, Arnprior Villa
Dana McCabe, SALC	Lucas Power, Town of Arnprior Recreation
Judy Cobus, ARH	

### ARH

#### 1. Call to Order

The April 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

#### 4. Approval of Records of Discussion from meeting of September 21, 2022

The Records of Discussion were approved as reported.

#### 5. Program Updates

##### 5.1 Arnprior Regional Health

- Approval was received for the purchase of a CT Scan and a fundraising campaign will be launched in December. Existing space in the Imaging Dept. will be renovated to accommodate.
- Accreditation survey approved by Accreditation Canada.
- 3 year Strategic Plan in progress

- There has been a COVID outbreak in one section of the Grove resulting in that section being isolated.
- Darrel asked how the GASC could assist in the fundraising efforts and Leah will reach out when ready.

### **SALC**

Graeme advised that the Seniors Fair scheduled for Nov. 28 has been postponed until March 2023.

### **The Men's Shed**

- 12 bird houses for McNab Braeside as well as 10 bat houses. Done and Delivered
- Signs for ARH. Delivered and installed
- Youth Muskoka chair order as a result of the fair....80% complete
- Project kits for Youth Recreation Program for town of Arnprior in progress each month.
- 2 seats for flax production projects.....completed
- Staining loveseat for winner of raffle.....done and delivered
- Blanket holders for towel or blankets for the Family and Children Services Renfrew County.....progressing for 3 Dec
- 3 lending libraries.....2 already sold....in progress
- Storm benches to be completed and delivered to Galilee this week
- A pond surround completed.
- Tap handles for draught beer, 2 Breweries.....80% done
- Sample trays (flights) for 2 Breweries.....almost done
- A love seat ordered by the daughter of a member will be completed this week.
- Island View benches ....planters and benches.....?
- The Men's Shed Christmas Craft Sale is scheduled for November 20<sup>th</sup> at the NSC.
- Darrel mentioned how the Men's Shed is assisting a member who is having difficulty coping with his wife who has dementia and how important this group is in making a difference in the lives of members.

### **5.2 Seniors at Home**

No report available

### **5.3 Island View Activities**

No report available

### **5.4 The Villa Activities**

No report available but a Christmas Craft Sale is upcoming, and a poster will be send separately.

### **5.5 Hospice Renfrew**

No report available

### **5.6 Arnprior Family Health Team**

No report available

### **5.7 Town of Arnprior**

#### **Executive Summary**

- Robin reported that everyone at the Town is busy with the upcoming elections.
- A full time replacement has been found for Janet Carlisle at the museum. Emily Stovel has been hired effective October 31 as Manager of Culture/Curator and has extensive background in the field.
- The Cultural Night was a huge success.
- A new Strategic Plan will be undertaken with the new Council.

#### **Recreation**

##### **Aquatics Update**

- There is a growing shortage of aquatic staff across the province and the country.
- Currently the Town of Arnprior has sufficient staffing, however the Town is actively seeking out additional lifeguards/aquatic instructors to ensure we have sufficient numbers especially as the flu season approaches.
- Please thank our pool staff for their work

##### **Programming Update**

- Pickleball is very busy and popular. It runs for 3 hours on Tuesday and Thursday afternoons and 90 minutes on Wednesday nights and is typically sold out. Badminton, which runs Monday and Tuesday nights, is also growing in popularity and is often sold out.
- Fitness Classes: There are plenty of fitness classes offered throughout the week to keep people active:
  - Falls Prevention (ARH Program): Monday and Friday mornings
  - Pilates: Monday afternoons
  - Chair Fitness: Tuesday mornings
  - Early Morning Strength: Wednesday mornings
  - Seniors Strength: Friday mornings
  - Lunchtime Strength: Friday afternoons

##### **Accessibility Update:**

- The Town is pleased to announce the launch of a sledge hockey program thanks to the receipt of a Community Development Grant through the Canadian Tire Jumpstart Program. The sledge hockey program will launch in November and is open to youth with a focus on those with disabilities and lower income. The program will also be available (space permitting) to all abilities. The grant allowed the Town to purchase equipment for this program and could be a program that we engage with seniors on as well!
- The Town has purchased an Access Mat that will provide ease of access from the waterfront trail to the water's edge at the beach of Robert Simpson Park. The mat is five-feet wide and will run approximately 130 from the trail into the water. This mat provide stability on the sand for any mobility device and will also benefit parents with strollers/wagons. The Town also purchased an Access Chair that will provide those with accessible needs the ability to get right into the water in this floating chair.
- The Town recently completed a Safety and Accessibility project at the Nick Smith Centre that has wayfinding signage throughout the facility (signage that meets AODA guidelines) along with braille signage. Also put in place were updates to the Fire, Life Safety and Emergency Response plans.

#### 5.8 Township of McNab-Braeside

- On September 20th, the Township unveiled its new logo and tag line.
- Public washrooms are now closed at our outdoor facilities (beaches, sports fields, and boat launches).
- Waba Museum & Gardens closed for the Season after Thanksgiving weekend.

McNab-Braeside launched their first Recreation Newsletter which also features the Townships new logo and tag line. (A copy will be sent in a separate email). Residents who have registered for programs through Book King, including those who have booked a rental, will receive this newsletter in their email inbox at 4 pm today. Print copies are available at the municipal office. Anyone wishing to be added to the distribution list can do so by emailing [programmer@mcnabbraeside.com](mailto:programmer@mcnabbraeside.com)

#### 5.9 Galilee Centre

The next few months are focused on community building events at Galilee Centre:

- November 9 Luncheon for SALC members
- November 10 Fundraiser Luncheon in support of the Arnprior & District Foodbank
- December 7 & 8 Christmas Luncheons and Silent Auction (December 8 Sold Out)
- December 16 & 17 Radio Show (Evening Event with Dinner, Matinee Event with

Dessert)

Programs are returning at full capacity and we are taking bookings from many hosted groups. We are looking forward to hosting athletes during the Ontario Winter Games in February, and to having a hot chocolate stand as part of the Arnprior Santa Claus Parade.

#### 5.10 **Renfrew County Seniors Games**

- There is a meeting on November 29 to start planning the summer games. Swimming, cycling, carpet bowling and pickleball will be popular.
- There was discussion on changing the model for the Seniors Games back to what it was in the past where each community hosted their games. Attendance was huge and seniors were much more engaged. It also brought many tourists to the area filling our motels and restaurants. Town Council, Recreation and Economic Development were involved. Glenn will address this at the Executive Committee.

#### 5.11 **Welcome Initiative**

Karen Bretzlaff submitted the following report.

1. The Town of Arnprior was approached in the spring by our committee to provide us a table at the Farmer's Market. We had also asked for some signage to advertise. We had proposed to attend the market every Sunday. The response from the Town was that they had done a study of the needs of the new residents to Arnprior and according to this report, they concluded that residents of Arnprior and newcomers to town, could access what they needed to know from the Town of Arnprior website. McNab-Braeside was not officially approached to contribute at this time, although they did provide some brochures. The Town did offer us a few dates at the Market at the Community Table that would be shared together with other Service Clubs and Community Groups. We chose 4 dates throughout the period of July to Sept.

2. Karen Robertson, Karen Bretzlaff, Darrel O'Shaughnessy along with a few other volunteers, sat at this table with a table full of brochures. From Karen and myself's experience, we felt like the busiest times were from 9 am - 11 am, mostly with younger couples and families walking through. From 11 - 12:30, there were some more people just walking through and browsing. From 12:30 - 2 pm, it was quiet. We might have engaged in conversation with between 20 - 25 people on any given Sunday. Some people were residents of Arnprior, some were visitors to the Town and a few were new to Arnprior. We had the feeling that many people did not approach our table because when they saw the Greater Arnprior Senior Council sign, and saw us Seniors sitting there, they assumed we were representing a Seniors population. We did try to make eye contact and engage in people, as well as inviting them to our table.

3. We had a wide range of brochures, from the Town, the Recreation Dept, GASC,

SALC, Seniors at Home, McNab-Braeside, Service Clubs, The Museum, The Library and the Churches. We also had some Tourist information as well. Very few brochures were actually picked up although we did invite people to take whatever they were interested in. We tried our best to answer their questions and direct them to the services that they were enquiring about. Some of our conversations were people just wanting to chat and talk about some personal issue.

4. In conclusion, Karen Robertson and I did not find that the initiative was particularly successful. For the time commitment, we felt that we could better spend our time with other community involvement. We do feel that people do get their information on the internet, the town website has been updated and provides much more information, thanks to the summer students organizing it and adding content. Those who do not have access to the internet could either ask family, friends or neighbours for information or could go to the library or museum.

**Recommendation:**

At this time, Karen and I have decided not to move forward with this Initiative. We can ask the Library and/or the Museum if they can take and display the brochures that we have. If someone else expresses an interest in taking this Initiative on, we would be most happy to share our experience, give advice and pass off the bin of material that we have.

Thank you for everyone's support in this project.

Discussion followed with a suggestion that Town consider hosting a Meet and Greet particularly for new families who have moved into the area. Robin Paquette will bring this initiative forward.

**5.12 Dementia Society**

- Karen welcomes and supports the Town's Recreation beach accessibility upgrades.
- There is an Age Tech room being set up in Ottawa by the Dementia Society featuring home support devices available to those with Dementia e.g. sensors in the home, med reminders. This will also be available in Renfrew County. Patients can see and try these various devices.
- Mickie Mackie advised that the Dementia Training offered at the Men's Shed was very helpful.
- Karen advised that there are Care Coaches available to assist spouses and caregivers with coping skills and that she can direct the Men's Shed to access this support.
- Carmen asked Darrel and Mickie to share their stories with her so she can report to the Ministry.

### 5.13 Youth Representative

Karen Robertson met with the ADHS Vice Principal with the intent to re-establish our previous relationship with having youth representation on the GASC. The VP was very supportive with having a male and female student involved and we hope to be able to identify these two students in a week or so.

### 5.14 Santa Clause Parade – Glenn Arthur

- 10 floats registered at present
- 2 bands registered at present
- The new route has been approved
- The Fire Dept and OPP are on board to help out
- We are seeking Sponsors to help defray costs incurred and have 6 at present
- The Food Bank will have a float and will be accepting food items along the route
- Advertising Flyers will be distributed to area merchants this week
- We have a Santa Claus Parade Facebook Page at Arnprior Santa Parade
- November 12, 2022 is the deadline to enter Float
- The Parade can be contacted at ‘ArnpriorSantaParade@gmail.com’ or by phone at (613) 862 4899

### 5.15 Succession Planning

- Darrel announced his resignation as Chair of the GASC effective following our November 16, 2022 meeting. Darrel would like to continue to serve on the GASC in the capacity of the Seniors Affordable Housing Sub-Committee.
- Considerable discussion ensued on a replacement for the Chair and Secretary positions. Robin said that we cannot lose this connection as it is part of the Town’s Age Friendly Community Plan. Robin Paquette (Town of Arnprior) and Leah Levesque (ARH) will meet to discuss future shared responsibility and roles.

## 6. New Business

No new business.

## 7. Adjournment

The meeting adjourned at 10:15 am

**The next meeting of the GASC will be held at 9 am on Wednesday,  
November 16, 2022 at the Galilee Centre.**

The Galilee Centre would like to provide us with a breakfast at 8:30 am by donation as this will be our last meeting before the new year. Reservations required so please let me know if you plan to attend the breakfast. Regular meeting will follow at approx. 9 AM.