

GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION

Wednesday February 16, 2022- 9:00 AM

Galilee Centre

Present

Darrel O'Shaughnessy, Chair	Catharina van Es, Dementia Society
Sandra Elliott, Secretary	Megan Postin, Galilee Centre
Glenn Arthur, Vice-Chair	Karen Robertson, Arnprior
Eleanor Hotchkiss, Arnprior	Karen Bretzlaff
Ron Hanniman, Men's Shed	Lucas Power, Town of Arnprior Recreation
Dana McCabe, SALC	Andrea Lamontagne, McNab-Braeside Recreation
Judy Cobus, ARH	

Absent

Marjoie Joly, Hospice Renfrew	Leah Levesque, Arnprior Regional Health
Dennis Harrington, Seniors At Home	Tracey Foster, Island View
Lynn Russet, Island View	Dean Henderson, Dementia Society
Mandy Stinson, Seniors at Home	Brittany Harris, Arnprior Villa
Ralph Chown, McNab-Braeside	Pam LeMay, Arnprior
Kaila Zamojski, Town of Arnprior, Deputy Clerk	Paul Helm, Arnprior
Graeme Ivory, Town of Arnprior Recreation	Karen Simpson, AFHT
Janyne Fraser, McNab-Braeside Recreation	

1. Call to Order

The February meeting of the GASC was called to order at 9:00 am

2. Roll Call

All members of the Greater Arnprior Seniors Council were present except as noted above. Catharina van Es joined via Zoom video.

Adoption of Agenda

The agenda was adopted as presented.

3. Approval of Records of Discussion from meeting of January 19, 2022

The Records of Discussion were approved as reported with one correction under Item 5.3 last sentence. It was Karen Bretzlaff, not Karen Simpson who inquired about a Spring Show at the Men's Shed.

4. Program Updates

5.1 Dementia Society – Downtown Business Initiative

Catharina advised that Dementia Awareness Week has been confirmed in Arnprior May 9-14 and asked if anyone knew of any conflicts with other events scheduled that week. There is a conflict on May 14 so it was decided that it would run from Saturday, May 7 to May 13. May 7 will feature the

start of the week with politicians and the CEO of the Dementia Society attending. Darrel will issue an invitation to politicians, prepared by Cat. Media presence will hopefully capture the event and Catharina has a contact at the CBC. Sandra pointed out that CTV Ottawa has a journalist locally as well who reports on Ottawa Valley events. We reviewed the three main activities during the week – training businesses and individuals, reminiscing gardens and an information fair. The local newspaper and social media will be used to promote the week.

Training sessions will be held in April with local high school students, town employees, first responders and service clubs. Karen Robertson and Eleanor Hotchkiss will provide Cat with the names of the Principal and Vice Principal at ADHS and help Cat engage the school through their Student Council and parent-teacher groups. Cat will also need contact names for service Clubs. Training locations will also be required and could possibly take the form of breakfast meetings, Lunch and Learns, and an evening session with dinner. Megan offered the Galilee Centre and will also contact the CEC Centre and the UCW of Grace St. Andrews United Church to see if they would be interested in catering a session. Cat advised that there are budget limitations. The Dementia Society can provide drinks and snacks, but other meals may involve a charge or donations from local restaurants, etc. The NSC can also be used for training sessions and Judy Cobus offered the Adult Day program space at The Grove.

Reminiscing garden plots can be made available at the Grove Nursing Home, the Galilee Centre and Waba Cottage in McNab-Braeside. Volunteers to ready the grounds and assist with planting are needed. Donations of plant material and tools from local garden centres will be required. Dana offered to contact the SALC membership for volunteer gardeners and Cat is contacting McNab School to see if elementary students can assist.

The Information Fair would be held on Saturday May 7 to kick off the week and tables and chairs, internet access and a screen will be required. The National Ballet has offered workshops for seniors and The Men's Shed could have a workshop as well.

Passports will be made available for participants to test their knowledge about dementia and then certify they are dementia aware. Businesses participating will also be certified as being dementia friendly. At the conclusion of the week the Town of Arnprior will be Dementia Inclusive and can use this in promotions.

Darrel has offered the full support of the GASC and will need volunteers to form various groups and meet regularly. Judy Cobus will touch base with some retired teachers and nurse friends for volunteers.

5.2 Arnprior Regional Health

- There was no report available from The Grove or the Ontario Health Team.
- **SALC**
Dana reported that the SALC programs have been going well virtually with yoga and pilates but they are looking forward to in-person classes hopefully coming soon. They have introduced HEYGO, a UK program that offers live streaming tours of world cities and locations. It has been well received and is going well. They are hoping to launch a TechServe program for seniors, run out of Toronto. This program is run via phone calls and Zoom for groups and individuals.
- **Men's Shed**
Ron Hanniman reported that Dylan Dyson from CTV interviewed the Men's Shed and talked to all the participants. He was very impressed, but this segment hasn't been televised as yet. Ron will let us know when he hears from CTV.
The fellows have been very busy with various projects, butterfly houses, chicken and duck feeders, an instrument case custom ordered, picnic tables for children, raised planters and repairs, a couple of beautiful butternut benches, a wheelchair ramp for L'Arche, a jewelry display case for the OP Shop, as well as child friendly kits for children and Dementia patients.

A men's group from Bells Corners visited and spent a morning as they are interested in starting a similar Men's Shed. They made a beautiful plaque and the groups shared ideas.

There are currently 38 members of our Men's Shed and are always ready to welcome new members. Eleanor asked if they might be considering expanding the days which they are open and Darrel responded not at this time. They are currently open Tuesdays and Thursdays.

5.3 Seniors-at-Home

No report available although Darrel had heard from Dennis who advised that they were currently understaffed, making it difficult for them to attend but they will eventually get back on track

5.4 Island View Activities

No report available

5.5 The Villa Activities –Brittany Harris

Brittany was unable to attend but provided the following update read by Sandra.

The Villa is currently in a COVID outbreak so out of an abundance of caution for the other members, she would not be attending the meeting this month. It is public knowledge that they are in an outbreak which is described as 2 or more residents with a positive case and any time new positive cases are discovered, they extend their outbreak status by 10 days. Brittany advised that she is more than happy to go over the Villa's outbreak procedures with anyone who might be interested in how things are managed if they would like to set up a time with her directly.

5.6 Hospice Renfrew – Marjorie Joly

No report available.

5.7 Arnprior Family Health Team – Karen Simpson

Karen is currently on vacation so no report available. Darrel asked if an alternate could possibly be identified for future.

5.8 Town of Arnprior

Executive Summary

In Kaila's absence, Lucas provided an update.

- Council passed the 2022 Budget on Monday February 14, 2022
- Council has proclaimed February as Black History Month
- Council has proclaimed February 28th as Rare Disease Day

Recreation/Nick Smith Centre

Lucas provided the following.

- We are back open and have resumed programming and events.
- Numerous seniors programming in the pool and in the hall including seniors swim, seniors' strength, walk and talk, snowshoe adventure, kayaking program and more.
- The 2022 budget sees a \$418,000 commitment to capital investment in parkland. This includes
 - Mobi-mat and chair at the Robert Simpson Park Beach

- New playground and pathway at Legion Park (\$129) and playground at Caruso (\$59K)
 - Park Design
 - Fairview Park
 - Marshall's Bay Meadows
 - Waterfront Redevelopment
 - Pedestrian Ramp (RSP)
 - Waterfront Strategy
 - In addition to the investment above, there is \$75K budgeted for a new Recreation Master Plan
 - A new full time position has been created for Parks Maintenance
 - We've applied for two grants
 - Active Transportation Grant is federally funded and would benefit the waterfront pathway
 - Inclusive Community Grant for accessibility at RSP
 - Monday February 21st is FamFest at the Nick Smith Centre where we have a full day of free family activities planned and all are welcomed
 - We anticipate a summer that will be as close to normal as possible and we plan to start strategizing our summer events in the coming weeks.
 - We have begun planning the Volunteer Recruitment Fair on May 14th and will be in contact with organizations soon regarding the event.
- Megan noted that Galilee has offered to host a dinner for those involved.

5.9 Township of McNab-Braeside

- Andrea advised that the Winter Carnival in White Lake this Family Day weekend with many exciting activities.
- Their community halls are now open, and many programs are again available including a new indoor Walking Program at the Murray Yantha Centre.
- Herb Fest is being planned this year on July 31.
- Security cameras have been installed at JAG in Braeside due to some ongoing destructive activities.
- Snowshoe rentals are available and free for residents and there will be a guided snowshoe event on Sunday, February 20 at Alex Stewart park.

5.10 Seniors Affordable Housing Survey

Darrel read the following summary provided by Ralph Chown.

Booklets tabulated as of February 13: 40.

- Completed by: 25 Women and 15 Men
- Age group distribution
 - 55-64 3 %
 - 65-74 44 %

75-84 35 %

85-94 18 %

95+ 0 %

Results are early and could change but preferences are trending toward:

Location: Within 10-20 minutes walking to Downtown or Mall

:Senior Village received the highest score.

For Congregate Living 1 bedroom was preferred. Women or Men Only rated low.

For other lodging 2-bedroom, 1 bathroom scored highest.

Accessibility: All listed features scored high except Adjustable Counter Tops.

Supported Services:

Top preferences in order are Building Maintenance, Yard Maintenance and Transportation.

Activities: Exercise classes received the highest score particularly from women.

Security: Smoke, fire, carbon monoxide alarm scored highest followed by Outside Walkway Lighting, Emergency Call button and High Temperature Alarm.

Communications:

High Speed Internet scored highest followed by Cable TV. Land line phone scored the lowest.

Square footage:

To follow when more booklets entered.

Moving Year: listed from 2022 to 2035

Submitted by R. Chown, 2022-02-13

The Survey deadline is March 1 and it would be appreciated if everyone ensured that those booklets you have distributed are picked up and delivered to the SALC, NSC, Seniors at Home or to Darrel directly.

5.11

Galilee Centre

Megan advised that the Galilee Centre had bookings every weekend from February through June and unfortunately have been cancelled due to the various groups booking events feel that things are opening up too soon. This has resulted in Galilee having to lay off staff which is very disturbing.

The GASC might be interested in looking at the plaque that an individual has made from wood from the Oak Tree. It is displayed in the lobby and depicts a map of the route the Prince of Wales took when visiting Canada (and Arnprior) back in the 1800's.

Galilee has received a Grant to revitalize the Labyrinth found on the grounds. It will also be used to provide signage to instruct visitors on how to use the Labyrinth.

6. New Business

6.1 Community Welcome Initiative

Karen Bretzlaff advised that she and Karen Robertson met and have researched this initiative. Door to door contact with new residents is not feasible due to privacy and confidentiality issues as well as Covid concerns, and they are not comfortable reaching out to the community for donations when most are suffering already due to closures. Most of the information that we would provide regarding services offered by the Town are available on social media. Discussion was held on the need to provide Arnprior Life as a handout as well as on-line, and Glenn offered to bring this up with the Town. Perhaps developers and real estate agents could be provided with lists of services available to hand out to prospective new residents. The library is also a great source for providing information to new residents.

We will keep this initiative on the back burner at this time.

6.2 Youth Activities

Eleanor reported that she and Karen Robertson had talked and due to the stress teachers and students are experiencing with in-class and remote learning, that we should wait until after March break to contact ADHS for a student rep and involvement with Dementia Week. Darrel felt that this was too late and there was a need to contact the Principal or Vice President before March. Karen will provide Catharina with contact names, and she will be reaching out. Karen will also attempt to secure a student rep perhaps from the Student Council or other contacts she has.

7. Other Business

Darrel advised that he has been approached by a number of senior women who are feeling the stress exacerbated by the Truckers Convoy issues in Ottawa and area. They are feeling uncomfortable leaving their homes and have lost confidence in the police protecting them. They no longer feel safe and secure and are becoming more depressed and isolated. We felt that perhaps the AFHT could lead a support group. Dana and Judy Cobus will also get together to discuss how ARH can provide support.

8. Adjournment.

The meeting was adjourned at 10:30 am.

***THE NEXT MEETING OF THE GASC WILL BE HELD ON
WEDNESDAY, MARCH 16, 2022 AT 9 AM
THE LOCATION TO BE DETERMINED.***

KINDLY MARK YOUR CALENDARS ACCORDINGLY.