

**Greater Arnprior Seniors Council (GASC) Records of Discussion  
Wednesday, June 20, 2018**

**Location: Kenwood Corporate Centre, Suite 110  
16 Edward ST.S, Arnprior**

**Present:**

Darrel O'Shaughnessy – GASC Member (Chair)  
Sandra Elliott – GASC Member (Secretary)  
Eleanor Hotchkiss – GASC Member  
Laurel Reid, GASC Member  
Katrín Spencer, Arnprior Regional Health  
Geoff Patterson – Township of McNab/Braeside Recreation  
Robin Paquette – Town of Arnprior  
Glenn Arthur- Co-Chair, ARH Fundraising Campaign  
Graham Ivory, Town of Arnprior Recreation  
Rick Gwalchmai – Town of Arnprior Recreation  
Caitlin Brydges – Dementia Society of Ottawa and Renfrew County

**Regrets:**

Ralph Chown – GASC Member  
Pamela Lemay – GASC Member  
Zander Abercrombie – GASC Member, Youth Representative  
Dennis Harrington – Arnprior-Braeside-McNab Seniors at Home  
Mandy Stinson – Arnprior-Braeside-McNab Seniors at Home  
Karla Blemkie – Township of McNab-Braeside, Recreation  
Maureen Sullivan-Bentz – Hospice Renfrew  
Judy Cobus - Hospice Renfrew  
Karen DeLuca – Town of Arnprior, Library  
Eric Hanna – Arnprior Regional Health  
Jennifer Torode- Arnprior and District Family Health Team  
Kaila Zamojski – Town of Arnprior, Deputy Clerk  
Janet Parry – GASC Member  
**Observer:** Frank Dugal, Town Councillor, Arnprior, SALC Task Force

**1. Call to Order:**

The Greater Arnprior Seniors Council (hereinafter shown as GASC) meeting commenced at 9:00 AM.

**2. Roll Call**

All Members of the Greater Arnprior Seniors Council were present, with the exception of those shown above.

Sandra introduced and welcomed Laurel Reid, a new member of the GASC. Laurel provided us with a brief bio and advised that she was looking forward to working with us. She has already been working with Katrin Spencer providing marketing expertise for SALC.

### **3. Adoption of Agenda**

The agenda for the Greater Arnprior Senior Council of June 20 2018, was adopted as presented.

### **4. Approval of Records of Discussion from May 16, 2018**

Approved as presented.

#### **Guest Speaker: Bruce Hill, Executive Director ARH**

Bruce gave a presentation on the ARH Fundraising Campaign being launched in September. This is a 5-year community project, part of the \$27M to expand the Grove Nursing Home. \$5 million needs to be raised by the community and is the biggest campaign ever experienced by Arnprior. Of the \$5m raised, \$4m will support the Grove nursing home expansion with \$1 m providing medical equipment for the Arnprior hospital. A feasibility study has been completed which indicated such a fundraising campaign would be successful in the community. Glenn Arthur and Ed Reid are co-chairs of the Fundraising Campaign. All local businesses will be approached for support and they will be knocking on a lot of doors in the next 5 years. Already, commitments have been made for a golf tournament at Sand Point Golf Club and Valley Roots has offered to have a BBQ every Friday with proceeds directed towards the campaign. They also will be looking for current and/or legacy donations which will be duly recognized. Volunteers are currently being recruited.

Darrel pledged the ongoing support of the GASC wherever assistance is required.

### **5. Matters for Discussion**

#### **5.1 Senior Transportation Options – Community Transportation Grant Program**

As previously reported the Town of Arnprior and Arnprior, Braeside-McNab Seniors-at-Home Program has received a \$500,000 Grant over the next 5 years to pay for a new accessible vehicle, a driver and training. Robin reported that the Town of Arnprior will handle this funding but haven't yet received the Agreement which should be forthcoming shortly.

### **5.2 Community Anti-Ageism Program**

Eleanor Hotchkiss met with the Principal, History teacher and students of ADHS to present the Certificates of Recognition for their involvement in the interviewing and videotaping of seniors in our community. The youth were enthused with this project which is ongoing but will be on hold until the fall. We have identified more seniors to participate. Eleanor also provided a newspaper article from Owen Sound, a community which is conducting a similar project through the Alzheimer's Society.

### **5.3 Seniors Games Update**

Glenn reported that the Games went well. There were 252 competitors participating in 357 events throughout Renfrew County. Arnprior hosted carpet bowling and the AGM and Banquet held on June 14 where awards were handed out. Braeside-McNab hosted Horseshoes, there were 10 competitors. Glenn Arthur and Recreation Department will be looking at ways to put more life into these seniors' games. Seniors are becoming more active and staying fit longer. The popularity of pickleball is an example. Darrel advised that the GASC would do whatever is required to accelerate and promote these Games in future.

### **5.4 Seniors Month - June**

The Town has declared June as Senior's Month. Darrel has submitted an article on GASC Successes to Arnprior Chronicle-Guide.

It was noted that a number of communities in the area are holding a Seniors Expo. The GASC will bring this item forward on our January/February 2019 Agenda with a view to hosting such an event in June 2019.

### **5.5 Seniors Active Living Centre – SALC**

A location has been acquired at 77 Madawaska Street, formerly Lorne's Electric. The landlord has been most cooperative in agreeing to make the facility accessible and to donate upgraded flooring. Parking and utilities are included in the rent and the landlord will receive in-kind recognition. The Task Force is currently identifying what programs will be initiated and a capital grant has been applied for to help with funding of instructors. Creative Writing is high on the list of programs to be offered and there is a meeting scheduled next week with a possible instructor from Almonte.

Laurel is assisting in marketing a community outreach program.

Darrel provided a handout identifying the history, purpose and expectations of a Men's Shed, which was founded in Winnipeg in 2011. This program would provide a meeting place for men to engage in activities such as woodworking, bike repairs, cooking, televised sports playoffs and discussion groups. He is still actively pursuing a location.

### **5.6 Dragon Boat Festival – July 21**

21 teams have registered and the festival will include three 400 metre races. The waterfront has been taken care of, there will be a Lions Dance, Tai Chai demos and lots of vendors. Zander is still recruiting youth to participate in a “Mixed Assets” team and will work with Darrel once exams are finished. Glenn advised that the Arnprior Packers are interested in registering a team.

### **5.7 Let Older Volunteer Educate (LOVE) Reading in Schools Program**

Sandra reported that she, Pam LeMay and Dennis Harrington met with Tina Brown-McGrath, Principal of John XX111 Catholic School. Tina was very enthusiastic about running this program in her school as they are always looking for volunteers to read with/to the children. We will run the program as a 3 month trial starting the 3<sup>rd</sup> week of September through to the Christmas break. Dennis will contact the ladies identified as wanting to volunteer for this program to initiate the police check process over the summer months. Sandra has reached out to her contact at the OttawaReads program through the Ottawa Network for Education who has provided training materials that she will pass on to Tina in order to provide some guidelines and training for our volunteers.

## **6 . New Business**

### **6.1 Annual Report to Town Council**

Robin prepared an annual report on the GASC activities to be presented to Town Council at their June 25th Council meeting. She will forward a copy of her report to all members.

Robin will also send each of us an annual self-evaluation and progress report survey for GASC members to kindly complete and return to her by end July.

### **6.2 LHIN**

Darrel attended the Western Health Link Steering Committee meeting on May 18 on behalf of the GASC. Health Link’s mandate is to link formal and informal resources to meet individual patients’ care goals. Jennifer Kennedy, the Health Link Implementation Manager has introduced Darrel to Deanna Kerr, a nurse and Health Link Care Coordinator working in Arnprior and Renfrew. She is employed by the LHIN Home and Community Care and works with Health Link patients receiving homecare services. Jennifer also introduced Darrel to Deb Quintal a dietician and Certified Diabetes Educator, an employee of ARH. Darrel has offered these ladies GASC support in connecting with seniors in the greater Arnprior region and has invited them to make a presentation to the GASC at a future meeting.

## **7 Other Business**

### **7.1 New Horizons Grant**

The New Horizons for Seniors Program (An Ontario Age-Friendly Communities Outreach Program) helps to ensure that seniors are able to benefit and contribute to the quality of life in their communities. Grant Application deadline was June 15

Darrel saw an opportunity here for the GASC to partner with the Greater Arnprior Chamber of Commerce (GACC), the Town of Arnprior, the Twp of McNab-Braeside and Ontrac to develop an Age-Friendly Training Program directed towards service providers in the Arnprior area. He suggested that perhaps Ontrac could develop and deliver such a training and development program.

Darrel presented these thoughts to the GACC when he attended their meeting in May and they and Ontrac expressed interest in helping to develop such a program. He has since received no feedback from Ontrac or the GACC. Although it is recognized that such training should be in their hiring policies, Darrel feels there is an opportunity here to train and educate local business and store owners to offer assistance to citizens with developmental disabilities, dementia, sight impairment, etc.

Darrel proposed that we continue to follow up in the fall and all approved.

## **8 Adjournment and Next Meeting**

The meeting adjourned at 10:30 AM

**The next meeting of the GASC will be held on Wednesday, September 19, at 9:00 am  
Kenwood Corporate Centre, Suite 110, 16 Edward Street S, Arnprior**