

GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION
Wednesday November 17, 2021- 10:00 AM
The Galilee Centre

Present

Darrel O'Shaughnessy, Chair	Marjoie Joly, Hospice Renfrew
Sandra Elliott, Secretary	Megan Postin, Galilee Centre
Glenn Arthur, Vice-Chair	Graeme Ivory, Town of Arnprior Recreation
Eleanor Hotchkiss, Arnprior	Leah Levesque, Arnprior Regional Health
Dana McCabe, SALC	Brittany Harris, Arnprior Villa
Ralph Chown, McNab-Braeside	Paul Helm, Arnprior
Judy Cobus, ARH	Karen Bretzlaff
Pam LeMay, Arnprior	Dean Henderson, Dementia Society

Absent

Kaila Zamojski, Town of Arnprior, Deputy Clerk	Karen Simpson, AFHT
Dennis Harrington, Seniors At Home	Tracey Foster, Island View
Lynn Russet, Island View	Cathy McCaig, Arnprior Ministerial
Mandy Stinson, Seniors at Home	Karen Robertson, Arnprior

1. Call to Order

The November meeting of the GASC was called to order at 10:00.

2. Roll Call

All members of the Greater Arnprior Seniors Council were present except as noted above. Karen Bretzlaff was welcomed as a new community member of the GASC

3. Adoption of Agenda

The Agenda was adopted as presented.

4. Approval of Records of Discussion from meeting of October 20, 2021

The Records of Discussion were approved as reported.

5. Program Updates**5.1 Dementia Society**

Dean Henderson is Director of Client Experience, Education and Innovation of the Dementia Society of Ottawa and Renfrew County and joined us via Zoom this morning. Dean will replace Audrey Edwards on the GASC. Dean introduced Catherine van Es, Project Manager who joined the Dementia Society last week. Dean and Catherine gave us a presentation on their new initiative "Stronger Together". The Dementia Society received a 2 year grant from Health Canada to help make Ottawa and Renfrew County Dementia Inclusive. Their goal is to create dementia aware communities where all patients and caregivers feel valued, supported and included in order to reduce the stigma leading to social isolation and improve their quality of life.

They are hoping to partner with the GASC, SALC and businesses in the community to achieve this goal. In order to create awareness in the community a marketing campaign will be launched in order to train key sectors in the community. This will include financial institutions like banks, local retail establishments like Tim Horton's, pharmacies and even to tie in youth, many of whom work in these businesses or may have grandparents with dementia. Darrel promised full support of the GASC and likewise Dana offered the support of SALC. This is a very important initiative going forward and definitely is a goal and mandate of the GASC. Dean and Catherine were encouraged to hear that we would like to get started on this initiative as soon as possible and will schedule a call with Darrel to get a plan in place. *(Note: I will forward a copy of this Powerpoint presentation to all GASC members under separate cover.)*

5.2 SALC

- Dana reported a rise in membership with now over 700 members. This is a significant increase since 2018 when SALC was launched. SALC is committed to keep seniors active and connected.
- Some of the new programs offered were the community gardens at Galilee, fitness classes via zoon during the pandemic shutdown, new outdoor programming in the SALC garden area that was built behind the building with the help of local businesses, as well as outdoor bridge and knitting on the covered cement slab. In July indoor programming was once again offered with increased sanitation, masks, social distancing and limited capacity. All participants have now to show vaccine certificates. All members feel safe and secure in this environment.
- SALC was also able to partner with some local business who offer discounts with proof of membership. Jack and the Bean, The Mighty Fine Bakehouse and the Bookstore and Pines Rides offer these discounts.
- The seniors swim club at the NSC is once again active and two new book clubs in partnership with the library are full with a wait list.
- "Pay what you can" luncheons are being offered for seniors at Galilee. with one in October, November and another Christmas lunch in December.
- The AFHT is now also offering complimentary Fall Prevention exercise classes twice a week at the NSC and the Masonic Hall.
- Dana would very much like to work with Dean and Catherine to learn more about and offer a tech savvy program. The Dementia Society

has applied for a grant to offer this program and have complimentary tablets available for this digital training.

5.3 Men's Shed – Darrel O'Shaughnessy

- The Men's Shed is gearing up for their Christmas Craft Sale at the NSC on November 21 and will have lots of items for sale. They are putting together a tree with over 1000 lights and decorations on the tree will be for sale. They will have a couple of elves running around as well.
- Darrel presented a paper on our Men's Shed at the International Conference on Aging in Niagara Falls on November 10. His paper was very well received and focused on how the Men's Shed fits into age friendly communities. Darrel thanked ARH, the Township of McNab-Braeside and local service clubs and organizations for their support in allowing him to attend this Conference. The Arnprior, McNab-Braeside Men's Shed is one of the most successful in Canada along with Vernon, BC and Winnipeg. There were 400 attendees in person and 1000 attended virtually at this conference including countries from overseas and Ireland. One recommendation that came from the conference was that membership be open to the 30-40 age group as well.
- In the coming weeks Darrel will introduce the Tovertafel, a dementia care tool that uses interactive play to soothe people with Alzheimer's related diseases, to stimulate them cognitively and to create moments of joy to ARH, the ARH Foundation, and to the Dementia Society. This interactive console projects vivid and accurate images and engages the residents in such a way that they come out of their apathy, move around and have fun, which greatly contributes to improving their quality of life.

5.4 ARH – Leah Levesque

- **Grove Redevelopment**
The Grove residents have moved into two of the housing modules, are still getting settled and so far are loving it. The third module is almost ready to open and 32 more residents will be relocated, two at a time.
The old Grove is starting to launch the Seniors Village concept and 32 more LTC care beds will eventually be made available with connection to the new facility and they will partner with the Dementia Society.
- **Ontario Health Team**
Following consultation with the communities affected via a survey, the former Four Rivers Health Team has been renamed as The Ottawa

West Four Rivers Health Team and they are starting to brand this entity.

Leah is sitting on three committees connected to the OHT and all senior managers at ARH are involved and represented on the OHT.

5.5 Island View Activities

No report available

5.6 The Villa Activities –Brittany Harris

- The residents are happy to be able to go back into the community.
- Occupancy had dropped over the last few months but is now back up to 90% occupancy
- Visitors are being screened for vaccine certification and rapid testing has been scaled back.
- The Villa was once again allowed to offer trips to the residents and they went to view the Fall leaves in the Calabogie area. Plans are underway to view Christmas lights in the community and to visit the display at Wesley Clover Park.
- Darrel is going to give a presentation on the Men's Shed at the Villa. They are now seeing an increase in the male population so new programming will be directed to this demographic.

5.7 Hospice Renfrew – Marjorie Joly

Marjorie reported that Hospice has 6 palliative care and end of life beds, is currently at 90% capacity and services all of Renfrew County, including Arnprior. Staffing is good and they count on volunteers who make up 75% of the staff. Provincial funding is currently \$600,000/year so Hospice relies heavily on their fundraising efforts. Volunteers provide gardening, baking and residential care and they are currently looking at attracting younger volunteers. Dana offered to touch base with Marjorie re attracting volunteers.

5.8 Seniors at Home – Dennis Harrington

No report available

5.9 Arnprior Family Health Team – Karen Simpson

Karen was not present but had submitted a report which Sandra read.

The ADFHT:

- has once again partnered with ARH and the Renfrew County Paramedics to host COVID 19 Vaccination Clinics on Wednesdays at the Nick Smith Centre for individuals who are eligible for their

COVID-19 Booster shot, as well as those needing a first or second dose. In addition, we are offering flu shots to anyone coming for a COVID vaccine as well as running a separate Community Flu Clinic each Wednesday. The clinics are being run inside given weather constraints rather than as a drive through. People need an appointment and can book them by following the link on the Health Unit web site.

- is running is Cardio Pulmonary Rehab program – both in person and continuing to run a virtual program as well.
- is running two Falls Prevention Exercise Programs. One at the Nick Smith Centre – 2 x per week and one at the Masonic Hall 2 x per week
- will be working with ARH to host an Angel Tree to support the Arnprior McNab/Braeside Seniors Home Support program;
- Additionally, four of the ADFHT physicians have moved into new physician offices (the Tall Pines Clinic) in the new Grove space.

5.10 Seniors Affordable Housing Workbook Survey Draft – Ralph Chown

Copies of the Workbook had been provided prior to this meeting for review and additional copies were made available by Ralph. It is in Excel format. Ralph advised that the workbook has been reviewed by the AH Sub-Committee and is being distributed for your comments and suggestions as to how it can be improved. Ralph explained the purpose of the Workbook and how the results would be tabulated after discussion groups were held with seniors in our community. The purpose is to determine if seniors in our community would prefer to live in a Congregate Living Centre or in a Seniors Village or in either one. We are asking that GASC members review the Workbook and let us know by November 29 if there are any areas that might be better or more clearly explained. Darrel advised that this is part of our Age Friendly Community Plan. The sub Committee hope to finalize the Workbook at its December 3 meeting and then present the final document to GASC members. Graeme thought that perhaps Survey Monkey could be an alternate means of surveying the senior population. It was mentioned that in addition to reaching seniors with the survey through focus group discussions at the SALC and Seniors at Home that the AFHT and the Library were other sources to be considered.

5.11 Town of Arnprior

Executive Summary – Kaila Zamojski

Graeme read a report provided by Kaila.

Inclusivity & Diversity Advisory Committee

One item of note from the IDAC Meeting was the raising and lowering of the Town flags for Remembrance Day. The IDAC recommended that the Town raise the flags prior to Remembrance Day and then lower them on Remembrance Day, and keep them lowered until a more permanent fixture could be decided on to commemorate the children lost in the residential schools. Council discussed this at their last meeting, and decided to raise the flags and lower them on Remembrance Day and keep them lowered until such time a discussion could take place with Algonquin Chief Jocko, to ask their opinion and recommendation on the matter of the flags. The Mayor has reached out to Chief Jocko. The IDAC has begun the process of completing an environmental scan as the first step to the creation of an Action Plan.

- The IDAC also discussed looking at updating the fireworks by-law to include other event dates throughout the year where fireworks would be permitted; and are discussing options for celebrating other cultural events in Arnprior.

Accessibility Advisory Committee

- The Draft Annual Accessibility Status Report on the Town's Multi-Year Accessibility Plan will be presented to the Committee for recommendation to Council on December 1, 2021. The Town is currently in compliance with the regulations, with many ongoing items consistently under review.

Council

- Public Meeting for Planning Purposes was held on November 8, 2022 regarding the next 2 phases of the Marshalls Bay Meadows Subdivision.
- Two more Public Planning Meetings will be coming forward at the December 13, 2021 Council Meeting
- Marina Operations - Graeme jumped in here to report the boating slips were all sold out this year and the marina was 60% maintained by staff. The Town is suggesting an increase in fees for non residents for 2022 based on a similar model offered by the Library and NSC ice rentals, etc. A draft plan will be submitted to Council on November 22.
- Council also appointed Cory Nicholas as our new Deputy Fire Chief

Community Development Advisory Committee

- The Draft Updated Community Improvement Plan (CIP) was tabled at the last CDAC meeting – this document is on the Town's website for review by the public.
- The Marketing and Economic Development Officer also provided a presentation on the preliminary ideas for the creation of a Town Film Policy, as the Town has been receiving many requests for filming to take place Downtown and other places over the last couple years.

Operations Advisory Committee

Operations noted the finalization of various projects around Town, notably – Alicia Street Construction (which is completed with the base lift of asphalt and the top lift to be installed in the spring); The Nick Smith Centre Parking Lot (minor adjustments still being looked at); County of Renfrew project Elgin Street Construction (with minor adjustments to be made in the next couple weeks).

Other Items

- Lindsay is still looking for feedback on the outdoor sidewalk patio cafés that were installed this summer in the parking stalls downtown. You are able to provide this feedback through the survey link sent to Sandra to distribute to GASC Committee Members (Kaila sent the link again this morning).
- There will be a Municipal Election in 2022 and the Clerk's Office urges residents to look up their information through voterlookup.ca to ensure your contact information is accurate for receiving voting information and being able to vote in October of 2022. The earlier changes are made, the more accurate the voters list will be. Please have a look at voterlookup.ca and if you have any questions feel free to contact Kaila or Maureen at Town Hall.
- Council Remuneration Ad Hoc Committee has been working hard to review Council Remuneration prior to the next term of Council, they will be making a presentation of their recommendations to Council for consideration on December 13, 2021, at the Regular Council Meeting.

Recreation/Nick Smith Centre

- A new Fall Prevention Exercise program will be offered by the AFHT at the NSC two days per week. Graeme advised that this program will be welcomed as many are missing the program offered by the LHIN prior to the Covid shutdown.
- There are staffing changes at the NSC and they are currently recruiting for 2 positions.
- The parking lot paving is now complete and staff are certainly noticing a much decreased tracking in of mud by hockey players
- A Santa Claus drive-by parade in the NSC parking lot is being planned by the Legion who are actively seeking volunteers. If any GASC members are interested in putting together a float or dressing in costume please contact the Legion.
- Sandra asked if the Christmas Lights contest was still planned for this year and Graeme said yes, definitely, and details will be forthcoming to the community shortly.

5.12 Arnprior Ministerial

No report available.

6. New Business

The GASC are working with the Town to establish a Welcome initiative to welcome new residents and businesses to the Arnprior area. Karen Bretlaff and Karen Robertson have agreed to assist in developing this program and are looking to Almonte who have had 30

years' experience with this type of programming. There are a lot of new seniors moving to town.

7. Other Business

No other business was reported

8. Adjournment.

The meeting was adjourned at 11:30 am.

***THE NEXT MEETING OF THE GASC WILL BE HELD ON
WEDNESDAY, JANUARY 19, 2022 AT 9 AM
THE LOCATION TO BE DETERMINED.***

***MERRY CHRISTMAS TO ALL. ENJOY THE CHRISTMAS
SEASON WITH FAMILY AND FRIENDS USING ALL SAFETY
PRECAUTIONS.***

***THANKS TO ALL MEMBERS FOR YOUR CONTINUED
SUPPORT AND COMMITMENT TO THE GASC. WE ARE
CERTAINLY MAKING A DIFFERENCE FOR SENIORS IN OUR
COMMUNITY. IT WAS A GREAT YEAR FOR US.***