

GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION
Wednesday, November 21, 2018 – 9:00AM

Location: Kenwood Centre, Room 102, 16 Edward ST. S, Arnprior

Present:

Darrel O’Shaughnessy (Chair)	Graeme Ivory-Town of Arnprior, Recreation
Sandra Elliott (Secretary)	Robin Paquette-Town of Arnprior, Planner
Eleanor Hotchkiss-GASC Member	Judy Cobus-Hospice Renfrew
Ralph Chown-GASC Member	Karen Simpson-Arnprior Family Health Team
Laurel Reid-GASC Member	Geoff Patterson-Township of McNab-Braeside
Zander Abercrombie-GASC Member, Youth Rep.	Caitlin Brydges- Dementia Society
Katrin Spencer-Arnprior Regional Health	Glenn Arthur-SALC Program Coordinator
Dennis Harrington-Seniors at Home	

Regrets

Pamela LeMay-GASC Member	Karen DeLuca-Town of Arnprior, Library
Eric Hanna-Arnprior Regional Health	Maureen Sullivan-Bentz-Hospice Renfrew
Mandy Stinson-Seniors at Home	Karla Blemkie-Township of McNab-Braeside
Rick Gwalchmai-Town of Arnprior ,Recreation	Michelle Reis-Amores-Galilee Centre
Kaila Zamojski-Town of Arnprior, Clerk	Wendy Knechtel-Island View Retirement

1. Call to Order

The meeting of the Greater Arnprior Seniors Council commenced at 9am.

2. Roll Call

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

3. Adoption of Agenda (Additions/Deletions)

The Agenda was adopted as presented.

4. Approval of Records of Discussion from meeting of October 17, 2018

The Records of Discussion from meeting of October 17, 2018 were approved as presented.

5. Program Updates

5.1 SALC Update

Glenn Arthur advised that as of this date there are 248 members signed up at SALC. The Centre is running 5 days a week. The 10am-2pm schedule is rapidly being replaced as the popularity of the Centre increases. Evening courses are being considered in the New Year. The Chair and Floor Yoga classes have approximately 30 participants with Yoga and Fitness being the most popular of the programs so far. Computer classes 40 attendees and Carpet Bowling approx. 20. Cards don’t seem to be as popular but it was noted there are a number of card clubs currently operating in the community. New programs slated for November and December are Creative Crafts, Jam Session and Expressive Dance. January programs will include Line Dancing and an Art Course. Glenn is planning on having a guest speaker once a month with the kick-off being a speaker from the Canadian Association of Retired Persons (CARP) in November with the December topic being driving and seniors Issues. It is noted that only 70% of

members have computers and hard copies of the monthly schedules are available for seniors to pick up. There are also 2 whiteboards at the Centre which show the most updated schedules for the current and upcoming months. It was also noted that so far only two members have asked for transportation through Seniors-at-Home.

Ralph Chown asked if equivalent programs will be available in McNab-Braeside and it is hoped that early in the New Year similar programs will be available in Braeside. Location is currently being worked out.

Overall the SALC has proven to be an overwhelming success. Glenn was thanked and then excused from the meeting as he had to open the doors at SALC.

Guest Speakers

Jason Moore – Project Manager, Arnprior Rural Health Hub, Arnprior Regional Health

Jason outlined the fact that rural communities such as the Arnprior and area face difficult challenges from those of urban communities in accessing health care services. There are higher incidents of chronic illnesses such as Diabetes and COPD and ARH is working to improve collaboration and planning with other health care organizations to meet the needs of our rural community. ARH recognized there was a gap in providing access to services available.

The Ontario 211 service was engaged and as we learned at the last GASC meeting in October, 211 is a phone and on-line portal offering free information and referrals to a database of local social, health and related services. 211 currently has an 82% satisfaction rate, 86% of callers who have been referred to services related to their concerns are called back and confidential records are kept on all calls.

Karen Simpson of the Arnprior Family Health Team is also partnering with the ARH and 211. She advised they are constantly planning and working to improving patient transitions and care following discharge from hospital by ensuring patients are connected to services available to them.

Gerhard Peters, attending this meeting on behalf of Rotary, said that if a supply of 211 postcards could be given to him within the next 24 hours, he will have them inserted in the Calendars that Rotary are selling with proceeds going to the Grove Fundraising initiative. Darrel will coordinate.

Gerhard Peters, Rotary Club of Arnprior

Gerhard gave us an overview of the Rotary Club and the volunteers who work locally and nationally to combat hunger, improve health, provide education, job training and promote peace internationally. Rotary International has more than 1.2 million members in 33,000 clubs worldwide. Initially they were one of the first organizations to help eradicate polio by lobbying for health grants to immunize against polio. Thanks in part to Rotary, polio has been reduced from 1000 patients a day to 21 cases worldwide, mainly now in the Pakistan, Afghanistan regions.

Locally, Rotary have initiated fundraisers such as bake sales, the annual Mad Duck Race, are currently selling Arnprior calendar to support the Grove Fundraising program, have early bird draws at craft fairs, collected food and clothing for Tornado victims, donate to food bank, assist in funding the Care van, support the reading program at the Arnprior Library, donated funds for the ADHS “Me to We” trip to Ecuador and have donated equipment for our local hospital.

Darrel asked Gerhard what the GASC could do to support the Rotary Club and Gerhard suggested we communicate our support and encourage assistance and participation in their fundraising initiatives. Darrel thanked Gerhard for a most informative overview of Rotary and pledged our support.

Dave Olmstead, President and Don Gougeon, Secretary, Arnprior Lions Club

Lions Clubs were founded in Chicago in 1917 with the Mission of “We Serve”. The Arnprior Lions Club was established in 1946. In 1925 at an international convention Helen Keller challenged Lions to become “Knights of the Blind” and since then Lions have been actively involved in service to the blind and visually impaired. In addition Lions are committed to providing services for youth, build homes for disabled, support diabetes education, hearing programs and provide disaster relief around the world.

Locally, Arnprior Lions support the annual Santa Claus parade, Christmas Cheer, provided an ice machine at NSC, Jaws of Life, provided \$25,000 to Arnprior Fire hall, pavilion at Robert Simpson Park, heart equipment at Arnprior hospital and sponsored a room at Hospice Renfrew. They also make wheel chairs, walkers, etc. available and are part of the eye glass recycling project worldwide. Arnprior Lions also provide educational scholarships and bursaries for students at the local high school and support a dog guide program out of Oakville, Ont. They have already donated \$10,000 to the Grove Fundraising campaign and have committed \$50,000 over the next 5 years. Currently they have a fundraising campaign in the works called “Chase the Ace” where participants could potentially win up to \$1,000.

They are committed to supporting Arnprior Seniors and are continuously looking for volunteers. Darrel thanked Dave and Don for providing us with a very informative presentation. The GASC would be happy to support the local Lion Arnprior Lions however possible.

5.2 Hospice Renfrew – Maureen Sullivan-Bentz

Darrel read a letter he received from Maureen Sullivan-Bentz, Executive Director of Hospice Renfrew, advising the GASC of her resignation from Hospice Renfrew. Maureen has been a driving force at Hospice and will certainly be missed. She will continue to be a board member at Hospice. On behalf of the GASC Darrel wished Maureen all the best as she pursues an exciting career change and thanked her for her involvement with the GASC. Judy Cobus, Clinical Service Director will act as Executive Director until a replacement is announced and Judy will continue to represent Hospice Renfrew on the GASC. Judy advised of a Christmas fundraiser December 1 on Valley Heritage Radio.

5.3 LOVE Program – Dennis Harrington, Sandra Elliott

Dennis advised that the reading program at John XXIII is progressing well with 8 volunteers. This is a pilot project until the end of the year at which time, Dennis will meet with the Principal and volunteers to assess the success of the program and decide whether to continue by involving more volunteers and other local schools. Sandra is one of the volunteers at John XXIII and finds the program well received by the teachers and very rewarding for the volunteers.

5.3 Grove Fundraising – Eric Hanna

In Eric's absence Katrin thanked the Rotary and Lions Clubs for their fundraising efforts on behalf of the Grove. As of November 18, cash and donations total \$1.8M. Pledges have been received from a number of local businesses and a formal announcement of the campaign is scheduled for January 16, 2019. More volunteers are needed and anyone interested is asked to contact Bruce Hill.

5.4 Men's Shed Progress – Darrel O'Shaughnessy

Darrel was very pleased to announce that a location for a Men's Shed has been found. It is an outbuilding donated by the Asselin family on Nieman Dr. off Russet Dr. just outside of Arnprior. Darrel, Eric and Katrin are in the process of discussion lease arrangements and it is hoped to be up and running in January. Darrel advised that this would be the 21st Men's Shed in Canada and a coup for Arnprior.

Zander has spoken with the Principal of ADHS and he is open to having students work with seniors at the Men's Shed. Graeme would also like to be able to offer programs through the recreation department for youth in the 6-12 age group in partnership with the Men's Shed.

As part of our intergenerational mandate, Eleanor Hotchkiss has been in touch with the History teacher at ADHS and they are hoping to continue having students interview seniors in the community during the January to May semester.

5.5 Seniors Expo – Graeme Ivory

Graeme has established a committee to assist in the organization of Arnprior's Seniors Expo to be held at the NSC March 30, 2019. Arnprior has received an Older Adult Centre Grant to proceed which outlines certain conditions that have to be met. Liz Wall has given Graeme an outline of the space setup when Seniors at Home had a similar seniors fair a number of years ago. We are limited to 30 vendors in the space available and are hoping to have a stage with ongoing Seminars and demonstrations. The vendors will be locally focused and there will be a fee of \$25-\$30 for profit vendors but no charge for non-profits. It was mentioned that having seminars or speakers might pose a challenge due to noise feedback from the hall as vendors would be discussing their products with guests who stop by their booths. Graeme will take this into consideration.

Ralph Chown asked Graeme to consider contacting the local Geological Group as a possible vendor as he thinks they would be most interested in participating.

5.6 Age Friendly Training Programs – Katrin Spencer, Karen Simpson

Katrin and Karen met to discuss this topic. Karen advised that the Arnprior Family Health Team is happy to work with the GASC to promote Arnprior as a Dementia and Age-Friendly community.

Karen outlined an experience she recently had with her elderly mother who was visiting Arnprior from Carleton Place and how she was met at the door by friendly and helpful staff as she walked into both Bonnie Jane's and the Lumbertown and offered assistance. She was most impressed. This is what we are trying to ensure. That staff in local retail establishments are trained to assist seniors and those with disabilities. What are the gaps and what do we need to focus on. Laurel Reid thought that a gap analysis would be an excellent idea and a start to developing a plan. Would it be advantageous to hire a student in the summer to survey businesses re senior's accessibility? Are there grants available? McNab-Braeside should also be included.

Sandra was asked to keep this item on the Agenda going forward.

5.7 McMaster Health Forum Webinar – Wendy Knechtel

This item was deferred to next meeting as Wendy was not available.

6. New Business

6.1 Supporting Better Connections – Creating New Volunteer Opportunities

It was identified that there is a need to create opportunities to solicit volunteers in the community. It was agreed that the FHT, SALC and the GASC work together to create and develop new volunteer programs and strategies going forward.

Judy Cobus suggested that Volunteer Ottawa could be a resource. They are a great organization and have developed standards for volunteers that could be useful.

6.2 2020 Men's & Women's Curling Championships – Arnprior's Bid – Darrel O'Shaughnessy, Graeme Ivory

The Arnprior Curling Club is in pursuit of holding the 2020 Curling Championships. They asked Darrel for a letter of support from the GASC to accompany their bid. This would be a 10 day event and would require the use of the NSC as well. Our competition for this bid is the City of Cornwall. We should know by Christmas if Arnprior is successful in their bid.

6.3 Pam's Seniors Snow Removal Process – Darrel O'Shaughnessy for Pam LeMay

A request has been received from the Health Link Coordinator asking for assistance with residence requiring snow removal. Dennis Harrington noted that most seniors require assistance in the mornings in order to get to appointments etc. Students and volunteers who work are not available in the mornings. How can we encourage residents to be on the lookout for neighbours needing assistance? Can we somehow promote a "Help Your Neighbour" initiative. Perhaps on our website?

Zander is willing to put posters around ADHS asking for snow shoveling volunteers to contact Seniors-at-Home. He will get contact information from Dennis and coordinate. Darrel will also provide Dennis with the request he received looking for assistance.

6.4 GASC Work Plan Update –Ideas, Considerations & Approval – Robin Paquette, Katrin Spencer

Darrel, Katrin, Robin and Sandra met to update the Work Plan. Katrin will update the plan in the next couple of weeks will and circulate a draft to all GASC members for input.

Sandra will add to the Agenda of our next meeting.

7. Other Business

There will be no meeting in December. The next meeting of the GASC will be at 9 AM Wednesday, January 21. Location to be advised.

8. Adjournment

The meeting was adjourned at 10:30