

GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION

Wednesday October 20, 2021- 9:00 AM

Via Zoom

Present

Darrrel O'Shaughnessy, Chair	Kaila Zamojski, Town of Arnprior, Deputy Clerk
Sandra Elliott, Secretary	Megan Postin, Galilee Centre
Glenn Arthur, Arnprior	Graeme Ivory, Town of Arnprior Recreation
Eleanor Hotchkiss, Arnprior	Leah Levesque, Arnprior Regional Health
Dana McCabe, SALC	Dennis Harrington, Seniors At Home
Ralph Chown, McNab-Braeside	Paul Helm, Arnprior
Judy Cobus, ARH	

Absent

Marjorie Joly, Hospice Renfrew	Pam LeMay, Arnprior
Pierce Campbell, ADHS, Youth Rep	Tracey Foster, Island View
Lynn Russet, Island View	Audrey Edwards, Dementia Society
Brittany Harris, Arnprior Villa	Cathy McCaig, Arnprior Ministerial

1. Call to Order

The April meeting of the GASC was called to order at 9:20 am due to a brief delay signing in.

2. Roll Call

All members of the Greater Arnprior Seniors Council were present except as noted above.

- Darrel welcomed Leah Levesque, the new President and CEO of ARH, replacing Eric Hanna who has retired.
- Darrel also advised that Glenn Arthur has accepted the role of Vice Chair of the GASC, which received a positive response from members.
- Sandra welcomed Megan Postin, the new Executive Director of the Galilee Centre and Karen Robertson, who is joining us as a community member.
- Sandra had received an email from Rick Gwalchmai who is giving up his seat on the GASC as he is retiring from the Recreation Dept of the Town of Arnprior effective Nov. 5 after 33 years. On behalf of the GASC, Sandra wished him well in his retirement and thanked him for his contribution to our Council.

3. Adoption of Agenda

The Agenda was adopted as presented with the addition of Megan Postin under New Business. Megan will give us an update on the activities at the Galilee Centre.

4. Approval of Records of Discussion from meeting of June 16, 2021

The Records of Discussion were approved as reported.

Program Updates

5.1 SALC – Dana McCabe

- There has been an increase in membership during the Fall sessions and Dana has been getting great feedback on the programs being offered. November and December yoga and fitness sessions are filling up.
- The Arnprior Library is hosting a Book Club starting in November offered to SALC members. There is a limit of 10 participants and two separate sessions are offered.
- Dana is partnering with Megan in offering luncheons for SALC members at Galilee. The Thanksgiving luncheon on October 6 was a great success and another is currently scheduled for November 17 with two seatings at 11 and 1:30.
- Future Bus Trips are currently on hold due to Covid.
- Overall, programs are going well however limited capacity is proving to be challenging.
- The SALC is short staffed at the moment as Kyle has broken his ankle. Everyone is missing him and are wishing him a speedy recovery. A student placement from Algonquin College and volunteers are filling the gaps.

5.2 Men's Shed – Darrel O'Shaughnessy

- The Men's Shed continues to be busy with 15-16 members scattered through the morning and afternoons on Tuesday and Thursdays.
- Their Christmas Craft Sale will be held at the NSC on Sunday, November 21 from 9am – 2 pm. There will be lots of items made by the men for sale.
- A new project being undertaken and which is becoming popular throughout Canada is old fashioned flax processing tools, wherein flax is processed into thread. The Men's Shed will be having media coverage on this new initiative.
- Darrel will be presenting a paper November 10 in Niagara Falls on the **Arnprior McNab-Braeside Men's Shed** at the 15th Global Conference on Aging presented by The International Federation on Aging (IFA). This is a huge coup for our Men's Shed and will no doubt result in a lot of interest internationally. Darrel thanks ARH for assisting him to attend this Conference.

5.3 Arnprior Regional Health

The Grove Redevelopment

- Leah reported that the Grand Opening of the new 96 bed Grove took place at end of September and currently 60 residents have moved into their new home.
- Work is continuing in developing a Seniors Village in the old Grove where 32 additional LTC beds will be made available (total of 128 LTC beds at the home).

Ontario Health Team

- Currently over 1000 respondents from teams across Ontario have been received and more details are expected in the next few days.
- A Collective Agreement is being developed on how partners will work together on these new teams.
- The teams will initially focus on Mental Health and Addiction. ARH is well represented on the Four Rivers team.

5.4 Island View Activities - Tracey Foster

No report currently available

5.5 The Villa Activities – Brittany Harris

No report currently available.

5.6 Hospice Renfrew Activities - Marjorie Joly.

No report currently available

5.7 Seniors at Home – Dennis Harrington

- Dennis reported that there has been an uptake in the request for transportation and Seniors-at-Home are working hard to fill the needs.
- The Blue envelope transportation fundraiser is going well.
- In person programs are slowly starting up again. Dining with Friends luncheons at Jim's restaurant are proceeding.
- Their next big event is the Annual Christmas Craft Sale at the NSC on November 27 from 10-4pm.
- They are experiencing a few staffing issues due to sickness.

5.8 Arnprior Family Health Team – Karen Simpson

No report available

5.9 Seniors Affordable Housing

- In the absence of Pam LeMay, Ralph Chown reported on a questionnaire this sub-committee has drafted in order to survey seniors in our community on their housing preferences going forward.
- The Questionnaire is divided into several pages of housing options from apartments, to tiny homes, to seniors villages, to co-housing, but does not include condos. Within each group there is a wish list of amenities one might prefer to have.
- The draft has been circulated to Sub-Committee members for review at their next meeting on November 10 . then to GASC members for their input
- As Paul re-iterated the purpose is to ask seniors what they are looking for in affordable housing.
- The Questionnaire once completed and approved will be distributed through the SALC and Seniors at Home for feedback. We would also eventually be looking for input from caregivers and professionals.
- In developing this Questionnaire, a similar study was reviewed from Peterborough.

5.10 Town of Arnprior

Arnprior Recreation/Nick Smith Centre – Graeme Ivory

- The NSC is currently going through staff changes with Rick and Jay leaving and there are job opportunities available.
- The parking lot paving is almost complete and is already proving to be a great improvement and benefit to the Centre.
- A Federal COVID Resiliency Grant has been received to redo the play structure at Caruso Street and for an accessibility play structure at the Legion Park.

Executive Summary – Kaila Zamojski

- Kaila apologized for the late start to this meeting.
- The Town is currently holding a contest for students in Grades 1, 5 and 10 asking “what is it like to be a good citizen”.
- This week is Small Business Week and the Chamber of Commerce is hosting their Fall Fest on Thursday, Friday and Saturday with businesses open until 8 pm on Thursday and Friday. Friday is Date Night at the Movies at the O’Brien Theatre and Saturday is Family Day with music and special events offered by local stores.
- There are a couple of new businesses in town with a new jewelry store on John St and Lincoln Mae Interiors, a home décor shop, behind the CIBC.

- The Planning Committee has been very busy with the new subdivisions.
- The patio pilot project which has been using parking spots outside some local restaurants is wrapping up and the Town will be gathering feedback as to its success and popularity.
- A new film policy is being developed in order better manage the various film companies wanting to film movies in and around the town.
- A report is forthcoming with background on a Welcome Wagon initiative targeting new residents to the area that has the full support of the GASC. Dana has offered support as well from the SALC with marketing and distribution. Dennis Harrington thinks this is a great idea that Seniors at Home has also been advocating for and they would like to be involved.

5.11 GASC Report to Council June 28- Darrel O'Shaughnessy

Darrel submitted a report to Council outlining the activities of the GASC for 2019-2020. Included were:

- Continued support of the expansion at the Grove Nursing Home.
- The addition of LTC beds at the Grove Nursing Home
- Support of the Come Home to Great Care fundraising efforts of ARH.
- Advocating for the SALC, one of the fastest growing Centres in Ontario
- Development of a Men's Shed.
- Increased efforts to explore Affordable Seniors Housing options.
- A Work Flow Plan was presented for the next 5 years, also worked on with Robin and Sandra.

5.12 McNab-Braeside

Darrel advised that there are changes at McNab-Braeside and Geoff Patterson is no longer there. Another representative on the GASC will be forthcoming next month.

5.13 Dementia Society

There is currently no rep from the Dementia Society on the GASC but Darrel advised that the GASC is still anxious to continue with an Action Plan to raise awareness of Dementia with local businesses and retail outlets. He would like to progress with this asap. Judy Cobus advised that she is meeting with Dean Henderson and will follow up.

5.14 Arnprior Ministerial – Cathy McCaig

No report available but Megan Postin noted that she is part of this group and they met last week.

6. New Business

Galilee Centre

- Megan Postin the new Executive Director started with them in July. They are getting very busy and all of their programs are beginning to open fully. They were happy to welcome SALC in October and are looking forward to once again host their Christmas luncheons.
- A massive undertaking was completed in redoing the Labrynth with the help of staff and volunteers.
- On October 27 from 1-3 pm a prayer walk will be held in support of the United Nations Climate Change Conference and to dedicate the revitalized Labrynth.
- On November 1 from 3-6 pm they are hosting a Grief and Storytelling event which includes a light dinner prior to a candle light Memorial Walk in the evening which is open to the public.
- Galilee is trying to outreach more to the community and will be hosting Food Bank Cooking classes, along with SALC.
- Galilee is open now for overnight accommodations and programming and are back to full staff.

7. Other Business

Glenn advised that the Jr A hockey team is doing well and at Saturday night's game he and Ed Reid will be dying their hair. One red and one blue as promised at the Grove Opening.

Kaila advised there is a new Calendar feature on the Town's website which will allow the public to upload events they are hosting. It's a Do it Yourself feature.

Sandra will follow up with Pierce Campbell and Audrey Edwards as to their attendance at the GASC meetings.

8. Adjournment.

This meeting was adjourned at 10:10 am

**THE NEXT MEETING OF THE GASC WILL BE HELD AT 9 AM
ON WEDNESDAY, NOVEMBER 17
AT THE GALILEE CENTRE
A PAY WHAT YOU CAN LUNCHEON WILL FOLLOW WITH 2
SEATINGS AT 11:30 AND 1:00 PM. RESERVATIONS
REQUIRED THROUGH SALC OR THE GALILEE CENTRE.**