

**Greater Arnprior Seniors Council (GASC) Records of Discussion**  
**Wednesday, September 20, 2017**  
**Location: Arnprior Library**

**Present:**

Darrel O'Shaughnessy – GASC Member (Chair)  
Sandra Elliott – GASC Member, Secretary  
Pamela Lemay – GASC Member  
Ralph Chown – GASC Member  
Robin Paquette – Planner, Town of Arnprior  
Glenn Arthur- Town of Arnprior Recreation  
Karen DeLuca – Town of Arnprior Library  
Mandy Stinson – Arnprior-Braeside-McNab Seniors at Home  
Judy Cobus - Hospice Renfrew  
Katrin Spencer – Arnprior Regional Health

**Regrets:**

Eric Hanna – Arnprior Regional Health  
Susan Leach – Arnprior Regional Health  
Rick Gwalchmai – Town of Arnprior, Recreation  
Maureen Sullivan-Bentz- Hospice Renfrew  
Geoff Patterson – Recreation, McNab-Braeside  
Karla Blemkie – Township of McNab-Braeside, Recreation  
Dennis Harrington – Arnprior-Braeside-McNab Seniors at Home  
Kaila Zamojski – Town of Arnprior  
Janet Parry – GASC Member  
Jennifer Torode- Arnprior and District Family Health Team  
Caitlin Brydges – Dementia Society of Ottawa and Renfrew County

**1. Call to order**

Our meeting was called to order at 9:00 am

**2. Roll Call**

**3. Adoption of Agenda**

Adopted as presented.

**4. Approval of Records of Discussion from meeting of June 20, 2017**

Correction to Minutes of June 21, 2017

**5.1** The Council meeting to be held on ***Tuesday, June 26***

**5.2** 2<sup>nd</sup> sentence : “We are confident our application our application will meet the criteria for this provincial funding”.

**5.3** News articles for Chronicle Guide – Darrel suggested that Pam submit her article

to Health Matters. Not Dennis.  
Article numbering was corrected.

## **5. Matters for Discussion**

### **5.1 Grove Redevelopment and Seniors Village Update**

Katrin reported on the visit of Premier Wynne and the announcement of the Grove expansion which proved the success of our advocacy campaign. Arnprior was the first community to get bed licences. There are 300 homes in the province looking for licences. Of the 95 applications, 10 have been approved.

Arnprior Regional Health now has to step back and the Ministry will initiate the next steps which include a public consultation on October 12 on the Proposed Issuance of a Long-Term Care Home Licence. We are encouraged to attend this public consultation to be held at the Arnprior Library from 1-2 pm and to reach out to friends, family and community organizations to attend and show support for this project. This announcement was published in the local newspaper and Robin will upload on our website and will ensure the Mayor and Town Council are aware and hopefully be in attendance.

A Financial Review is ongoing and ARH is working on a fundraising strategy. ARH is also working with the Town on zoning, and on short term goals for the development of a Seniors Village hub model that we are certain will be viewed by other municipalities. Premier Wynne has made it known that intergenerational programming is a high priority on her agenda and Katrin has already been contacted by the Ministry of Education. The ministry prioritizes the establishment of daycares in Hub Models. Although we do not know what funding will be available or when the daycare could be built as part of the Seniors' Village, we have been told that funding for childcare centres remain a high priority. Katrin is also working with Arnprior-McNab- Braeside Seniors at Home to apply for an Active Seniors Living center (formerly called EPC) that would be a natural fit for the Seniors' Village. A task force committee is meeting to kick start the initiative.

### **5.2 Transportation Options For Seniors**

Mandy reported that our application has been sent to the Trillium Foundation for additional funding but no word has been received yet.

### **5.3 Website Status – ([www.agefriendlyarnprior.ca](http://www.agefriendlyarnprior.ca))**

The GASC website has been launched. We are able to track visitors to the site and some activity has been noted. It has been a positive experience working with Kelsey MacMillan on this project. She has been most helpful and knowledgeable. Robin will be monitoring the site monthly and will keep it updated. Pam has suggested that a link to our GASC site be put on the Town of Arnprior site and Robin will have this done. The annual weebly fee for the site is \$120.

### **5.4 Budget Update**

We have a balance of \$1,330 in our account. ARH has given the GASC \$1000 and ARH monitors our account. Darrel will send a note to Eric Hanna as to our status going forward.

### **5.5 GASC/Town of Arnprior Progress Report**

Robin provided a handout which showed the results of a survey on GASC Self-Evaluation and Progress Report. These reports will be forwarded to GASC members separately.

### **5.6 Educational Opportunities for Seniors**

Darrel attended the North Lanark Seniors Expo in Almonte and found it most interesting and educational. Of particular interest was meeting Sue Evans who spearheads the Creative Writing Program with the Centre for Creative Living in Almonte. It is sponsored by St. Paul's Anglican Church in Almonte. They work with seniors to help develop their stories, maybe developing a poem, then end up creating a narrative/story with the assistance of the Creative Writing Program team. Could we develop something similar with one of our local Church groups? Sue Evans has agreed to help us out.

Karen DeLuca has advised that the library would love to partner with this endeavor. She has been in touch with a group that does all sorts of creative workshops from Kingston and affiliated with the Kingston Writers' Fest. This group is willing to come to the Library to help them get started with local input. The Library conducts an annual survey in their newsletter asking for input from the community on various topics of interest and will include this creative writing initiative. Darrel will invite Sue Evans to our next meeting to give a presentation and discuss this topic.

### **5.7 Recreational Opportunities for Seniors**

Glenn Arthur distributed a handout outlining the various recreational programs offered for Seniors and Adults at the Nick Smith Centre. There are a wide variety of aquatic programs available from intense to more gentle and some to address those with limited

mobility or medical/surgical issues. The list is very impressive. There are also indoor walking programs, Pickleball, Social Dance, Line Dancing, Hatha Yoga. All these programs are outlined in Arnprior Life Magazine. We will be working with the Arnprior Curling Club to offer Stick Curling again this year. Renfrew County LHIN offers free chair exercises 2 days a week and there is a walking program available at the High School in the evenings.

The McNab Braeside Recreational Trail initiative falls under the responsibility of Councillor Heather Lang and an application for funding to upgrade the trail between Division Street and Campbell Drive has been submitted. The trail is not currently well maintained. It is important to emphasize “commuting” as a critical component for this grant. Robin advised that the Town of Arnprior has also applied for a grant.

### **5.8 Renfrew County Seniors Games**

Pam LeMay and Ralph Chown reached the Regional level for cycling but the event was cancelled as they were the only 2 participants. It was once again acknowledged that the Games are not well organized or attended and there is a push to return to the format of having the events hosted by one town rather than spread throughout the county and to having the Recreation Departments of each municipality organize the events. Carmen Gould is the Ministry Consultant for the Renfrew County Senior Games. Ralph Chown would like to talk to her. Glenn Arthur will help drive this initiative.

### **5.9 ROAR Update**

This event was cancelled this year. No reason was available.

### **5.10 McNab Relay 150**

Geoff Patterson was not available at this meeting to give us an update but has since forwarded a video link which we shared with all GASC members. The video was very impressive and shows the event was well attended by all ages including active seniors.

### **5.11 Accessibility for Ontarians with Disabilities Act (AODA)**

Pam Lemay attended this Seminar hosted by onTrac held August 24. This Act was introduced 5 years ago and has been gradually phased in. It is based mainly on employment standards to make hiring facilities more accessible and is more applicable to public spaces such as hospitals, etc. Robin advised that the Town is monitoring this.

It is good for business to make retail stores accessible but noting that retail does not fall under the public sector regulations.

#### **5.12 Monthly Newspaper Articles**

Glenn will ask Rick Gwalchmai to consider coordinating an article on local seniors who won medals at the Renfrew County Seniors Games.

Darrel will speak to Jennifer Torode about an article from the Family Health Team.

#### **5.13 GASC Member Recruitment**

Caitlin Brydges from the Dementia Society of Ottawa and Renfrew County will be joining the GASC and we welcome her participation.

Darrel has reached out to Julie Campbell of the Chamber of Commerce with a view to having one of their members join our team. We are awaiting a response.

Three seniors have shown interest in joining the GASC through our website. Robin will be sending them a letter asking them to outline their expression of interest.

#### **5.14 North Lanark Senior Expo**

As mentioned earlier Darrel attended this Expo in early September. This was the 7<sup>th</sup> Annual Expo and there were 76 vendors including Fire Department, Ministry of Senior Affairs, Real Estate Agents, Financial Advisors, Funeral Homes, Champlain LHIN, to name a few. The Expo was free and run by volunteers, all in identifiable T-Shirts. Is this something we could investigate for our area? Glen Arthur suggested Darrel contact Calvin Murphy for more information.

#### **5.15 Work Plan/Communication Strategy**

This was held in abeyance for our October meeting.

### **6. Correspondence**

**6.1** On July 10 Darrel presented to Rotary and was well received resulting in Rotary wanting to explore new opportunities for joint projects with the GASC. We will continue to keep Rotary informed of any new and exciting business opportunities moving forward.

Safety issues were raised by Rotary with downtown revitalization. Grey signage difficult to read. New sidewalks irregular and hard on knees and powered wheelchairs. Darrel passed these particular concerns raised, to Robin who responded very effectively to Rotary in writing on behalf of the Town of Arnprior.

## **7. Other Business**

**7.1** Arnprior Region and Ottawa West Health Link (AROW) – to be added to the Agenda for October meeting.

**7.2** A brochure was circulated dealing with Senior Abuse. [www.itsnotright.ca](http://www.itsnotright.ca)

We will ask Jennifer Torode if issues have been identified locally or at the Grove Nursing Home. Also, should we reach out and offer an Educational Program for Seniors addressing these issues? Perhaps the Arnprior and District Family Health Team may wish to drive this initiative? Elder Abuse Ontario is more than willing to assist us in this regard.

***NEXT MEETING WEDNESDAY, OCTOBER 18, 9 AM AT THE GROVE NURSING HOME***