

**GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION**

**Wednesday June 16, 2021- 9:00 AM**

**Via Zoom**

**Present**

|                                          |                                                |
|------------------------------------------|------------------------------------------------|
| Darrrel O’Shaughnessy, Chair             | Kaila Zamojski, Town of Arnprior, Deputy Clerk |
| Sandra Elliott, Secretary                | Karen Simpson, AFHT                            |
| Pamela LeMay, Arnprior                   | Graeme Ivory, Town of Arnprior Recreation      |
| Eleanor Hotchkiss, Arnprior              | Tracey Foster, Island View                     |
| Dana McCabe, SALC                        | Eric Hanna, ARH                                |
| Janyne Fraser, McNab-Braeside Recreation | Glenn Arthur, Arnprior                         |
| Judy Cobus, ARH                          | Cathy McCaig, Arnprior Ministerial             |
| Paul Helm, Arnprior                      | Marjorie Joly, Hospice Renfrew                 |
| Dennis Harrington, Seniors At Home       | Mandy Stinson, Seniors at Home                 |

**Absent**

|                                  |                                             |
|----------------------------------|---------------------------------------------|
| Ralph Chown, McNab-Braeside      | Geoff Patterson, McNab-Braeside, Recreation |
| Pierce Campbell, ADHS, Youth Rep | Rick Gwalchmai, Arnprior Recreation         |
| Lynn Russet, Island View         | Audrey Edwards, Dementia Society            |
| Brittany Harris, Arnprior Villa  |                                             |

**1. Call to Order**

The April meeting of the GASC was called to order at 9:05 am.

**2. Roll Call**

All members of the Greater Arnprior Seniors Council were present except as noted above. Sandra and Darrel welcomed Janyne Fraser, McNab-Braeside Recreation Programmer who is replacing Geoff Pattterson at this meeting.

**3. Adoption of Agenda**

The Agenda was adopted as presented with no additions.

**4. Approval of Records of Discussion from meeting of May 19, 2021**

The Records of Discussion were approved as reported.

**Program Updates**

**5.1 SALC – Dana McCabe**

- Exciting news – SALC is moving outdoors in order to continue in person programs with limited participation. They are preparing the lawn and at the back of the building and installing flower beds with the assistance of volunteers and lots of community support, particularly from Millikens and No Frills who have donated flowers

and soil. Millikens have also donated vegetables for the community gardens at Galilee as they are overstocked. SALC are very grateful for these donations. They will also utilize the concrete slab at the side of the building and have purchased canopies for both areas. They will move some of the existing chairs, tables and even coffee outside and hope to offer pilates, bridge and other programs that can be conducted safely outdoors. The yoga participants were surveyed about moving outdoors and they have indicated they would prefer to continue to participate virtually via Zoom. Both mat and chair yoga will again be offered starting the last week of June but classes will no longer be free of charge. The participants had no problem with this.

- Dana is also applying for a \$10,000 community grant for seniors which would be used to purchase 10 laptops and tablets and to offer technical services to members. They are seeing more traffic on their Facebook page and are also looking at Instagram. They would like to target members' kids and grandkids to become involved as well. Paul Helm expressed that SALC are making some very dynamic and exciting moves in this regard.

## **5.2 Men's Shed – Darrel O'Shaughnessy**

- Darrel advised that the Men's Shed delivered the last 20 Memory Boxes to the Grove Nursing Home this morning. Seven of the men have been involved in building these 96 Memory Boxes and a celebration is being planned. 42 boxes were adopted by individuals at \$175 each and 16 were sponsored at \$500 each. Sponsors included Gilks, Bosa Cabinets and McDonald Construction. 85% of their goal was reached with \$27,350 raised with \$31,000 pending.
- The Men's Shed is just waiting on final approval to re-open to members tomorrow morning.

## **5.3 Arnprior Regional Health**

### **The Grove Redevelopment**

- Eric reported that 95% of funds have been raised for redevelopment of the Grove.
- They are currently a couple of weeks behind schedule due to the availability of supplies.
- The site is spectacular and Eric shared a Powerpoint presentation of the progress.

- The next phase is focused on the additional 32 beds in the old Grove with 16 beds targeted for specialized programs such as dementia, respite and palliative care and physicians' offices.

#### **Ontario Health Team**

- Two weeks ago the Four Rivers team was interviewed by the Ministry of Health on their application and were questioned on "who all is engaged" and "what physicians were involved", etc. The session was challenging and some gaps were identified in our application. Four other municipalities were interviewed as well and everyone hopes to hear of approval by the end of June.
- The focus of this Health team will be on Addictions and Mental Health. Eric feels this focus is rather large and needs to be segmented as Addictions and Mental Health are vastly different for children, adults and seniors.
- There are many misconceptions in the Renfrew area due to the municipalities involved in the Four Rivers team. Arnprior's choice is focused on western Ottawa but that does not mean that services in Renfrew County will discontinue. Renfrew County will still be involved. They may need assistance from the GASC to help clarify and Darrel agreed that we will assist where required.

#### **5.4 Island View Activities - Tracey Foster**

- Tracy advised that the residents are all doing well and their spirits are being lifted with more activities both indoors and outdoors.
- June is Seniors Month and the Island View are planning a free Drive Thru BBQ on Friday, the 25<sup>th</sup> for all local Seniors. Posters will be forthcoming.
- Darrel asked if the residents were being disturbed by the construction and blasting next door but Tracey said they are actually enjoying the construction and those with balconies facing the site are having balcony parties to watch the excitement.

#### **5.5 The Villa Activities – Brittany Harris**

No report available.

**5.6 Hospice Renfrew Activities - Marjorie Joly.**

- Marjorie advised that all is well at Hospice with all getting their 2<sup>nd</sup> doses and they are at 90% capacity.
- Their annual Classic Golf fundraiser will be held on August 6 and they are also planning a draw for a Gazebo and a 50/50 Draw. Marjorie will send Posters to Sandra for distribution.
- Staffing is good and their nursing staff is full.

**5.7 Seniors at Home – Dennis Harrington**

- Dennis and Mandy reported that Seniors at Home has been very busy with transportation at capacity particularly due to only being able to transport single clients right now due to the Pandemic.
- The frozen and hot meal program has been seeing many bookings. They are applying for a grant to reduce the cost of meals.
- They have had 2 new vehicle replacements and their fleet now consists of 8 vehicles.
- Their phones have been ringing off the hook with requests for transportation to vaccinations and have had to refer callers to Public Health. They've applied for a Grant to help with these requests.
- All social programs have obviously been suspended. They hope to be able to reinstate in the Fall,
- Their Blue Envelope campaign for transportation will be sent out next week.
- The annual butterfly release is scheduled for August.
- They have been struggling a bit with staffing and had a Covid scare in the office. All staff have now been vaccinated.

**5.8 Arnprior Family Health Team – Karen Simpson**

- Karen has been busy with the vaccination clinics held every Thursday and some now are being held on Tuesdays.
- Vaccines will be ramping up in July and the clinics will be moving to ADHS on July 5 while the NSC parking lot is being paved. The 10,000th person was vaccinated last Tuesday.
- The number of people calling looking for a physician in Renfrew County is increasing. There is a serious lack of physicians in the County. The AFHT are serving over 15,000 patients.

**5.9 Seniors Affordable Housing – Pam Lemay**

- Pam advised that the collaboration between Galilee and Abbeyfield is continuing. Galilee have visited the Abbeyfield home in Ottawa and Abbeyfield execs visited Galilee yesterday. The role of this sub-committee is to facilitate activities between the two entities.
- The sub-committee had a presentation at our last meeting from Paul Kealey of EkoBuild who build passive housing systems in tiny home clusters. They currently have a Dandelion model of 400 sq.ft. being built in Ottawa and we will be offered a tour when completed.
- The sub-committee are working on a publicity campaign to inform the community what we are working on and in order to gather information as to preferences from seniors on congregate living vs the tiny home concept. We hope to prepare a report to Town Council to inform them of this campaign.
- Our next meeting is in September.

**5.10 Arnprior Recreation/Nick Smith Centre – Graeme Ivory**

- Graeme advised that they have received a \$10,000 JumpStart Grant which will be used to purchase 10 kayaks for use by youth in the community. They are dealing with supply chain issues right now but as soon as the kayaks are available seniors will also have access. They will be made available out of McLean Beach. The kayaks will also be available through the Lending Hub.
- We are dealing with crowd issues at Robert Simpson Park on weekends and new measures may be forthcoming. Lifeguards will be starting tomorrow.
- It is hoped that the NSC can re-open their programs in August. Fitness classes will be offered outdoors at the Gazebo in Robert Simpson Park and at McLean Beach.
- The paving at the NSC will have a huge impact on accessibility.
- Both arenas have been repainted and look very welcoming.
- The new gates at the Marina are looking good and are very secure.

**5.11 Town of Arnprior – Kaila Zamojski**

- June is Seniors Month and the Senior of the Year will receive her certificate at the end of the month.
- The Town Hall is now open again.
- A new Town website will be launched on Monday.

**5.12 McNab-Braeside – Janyne Fraser**

- Janyne is replacing Geoff who is unable to attend this meeting due to a conflict.
- The township are wrapping up their on-line yoga and boot camp. Yoga will commence again in July.
- They are celebrating bike month in June by starting group cycling events.
- Canada Day celebrations will take place virtually. Watch for their FB Events page. Vicki Brittle and 17 year old Kloe B. will provide musical entertainment and they are also putting together a virtual parade.
- The annual Herb Fest will also be taking place virtually with chefs providing recipes and other activities. Watch for the Herb Fest website.
- Eleven community gardens will be made available at Clay Bank Park and Millikens will also be offering free vegetables as they are over stocked.

**5.13 Dementia Society – Audrey Edwards**

No report available.

**5.14 Greater Arnprior Poverty and Homeless Committee – Paul Helm**

Paul missed the last meeting but advised that the different committees are proceeding along as planned

**5.15 Ministerial – Cathy McCaig**

- Cathy thanked Pam for her presentation at the last meeting of the Ministerial Group.
- Cathy thinks on-line church services will continue for a while yet.
- Cathy thinks the 10 tablets and computer training being offered by the SALC is a wonderful idea as so many seniors are computer illiterate and some regret not being able to access social media.
- Cathy brought up the recent disturbing news regarding residential schools and advised that she has worked with victims at First Nations in the past through the Anglican Church.

**6. New Business**

Darrel advised that he, Robin and Sandra are working on updating the GASC Work Plan and Activity Plan and will present them to Council at the June 28 Council Meeting.

**7. Other Business**

No Other Business was presented.

**8. Adjournment.**

This meeting was adjourned at 10:15 am

***THE NEXT MEETING OF THE GASC WILL BE HELD AT 9 AM  
ON WEDNESDAY, SEPTEMBER 15 AT 9 AM  
HOPEFULLY WE WILL BE ABLE TO MEET IN PERSON BY  
THEN.***

***HAPPY SUMMER EVERYONE!***