

GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION
Wednesday, January 15, 2020 – 9:00 AM
Island View Retirement Sites

Present

Darrel O'Shaughnessy, Chair	Angie Heinz, Arnprior Regional Health
Laurel Reid, Vice-Chair	Dennis Harrington, Seniors-at-Home
Sandra Elliott, Secretary	Rick Gwalchmaj, Town of Arnprior, Recreation
Ralph Chown, GASC Member, McNab-Braeside	Mandy Stinson, Seniors-at-Home
Karen Simpson, Arnprior Family Health Team	Tracey Foster, Island View Retirement
Eleanor Hotchkiss, GASC Member	Audrey Edwards, Dementia Society
Zander Abercrombie, Youth Representative	Eric Hanna, Arnprior Regional Health
Donna Leroux, SALC	Cathy McCaig, Arnprior Ministerial

Regrets

Glenn Arthur, ARH/SALC	Alexandra St. James, Island View Retirement
Robin Paquette, Town of Arnprior, Planner	Caroline McGee, Hospice Renfrew
Pam LeMay, GASC Member	Graeme Ivory, Town of Arnprior Recreation
Karen DeLuca, Town of Arnprior, Library	Andrew Love, Arnprior Ministerial
Geoff Patterson, Township of McNab-Braeside	

1. Call to Order

The October meeting of the GASC was called to order at 9:10 am.

2. Roll Call

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

Donna Leroux was present, replacing Glenn Arthur on behalf of the SALC.

Sandra welcomed Cathy McCaig to the GASC. Cathy is Minister of Emmanuel Anglican Church in Arnprior. She, along with Andrew Love, Minister of Grace St. Andrews United Church will jointly represent the Arnprior Ministerial Group. Cathy advised that the Arnprior Ministerial group consists of 13 local churches, including, Riverstone, 3 Baptist, Presbyterian, Pentecostal, and a Deacon of the Catholic church.

3. Adoption of Agenda

The Agenda was adopted as presented with additional item of Seniors Affordable Housing being addressed under New Business.

Renfrew County 55+ Competitive Swim Meet now comes under the banner of SALC and will be moved forward on the agenda.

4. Approval of Records of Discussion from meeting of November 20, 2019

The Records of Discussion were approved as previously presented.

5. Program Updates

5.1 SALC

Donna Leroux gave an update on the events at SALC.

Guest Speakers: January 20, Cory Nicholas and Rick Desarmia from Arnprior Fire Department. February 3, Stephanie Cadieux re Elder Abuse 101 Wellness and Prevention

Bus Trips: February 20, Diefenbunker. March 10, Algonquin College to see Yesterday.

Programs:

- Salsa – Saturdays 9-10:30 started January 11 for 8 weeks
- Jam Sessions – every second Thursday from 1-3 pm.
- Square Dancing – Still hoping to offer.
- Boxing – A Grant received for a 12 week program starting January 22, 6:30-7:30 with a qualified instructor. A proven program for those with Parkinson's or Dementia.
- Camera Club – Next meeting Friday, January 31 10:15-12 noon.
- Computer Course – starting January 13 10-12 noon. A 6 session program happening every 2nd Monday. Includes laptops, telephone, tablets, etc.
- Belly Dancing – Customized by a qualified instructor for mature bodies, If enough interest a "Try It" session will be offered.
- Card Making starting Tuesday, February 11 for 4 weeks.
- Walking Program – Mondays and Wednesdays from 1-3. Different route each week.

Special Notices:

- Yoga Drop in fee has increased to \$5 beginning Monday, January 20.
- HST – programs will now have to include an HST charge.
- 2020 Calendars – Some still available for \$20.
- Cooking Baking Assistance at JAG. Looking for volunteers to help younger generation bake cookies on Wednesday, March 18 during March Break. If interested contact Karla Blemkie at kblemkie@mcnabbraeside.com

Eric Hanna noted that two patients have been moved from the Adult Day Program at the Grove Nursing Home to programs at the SALC which is a huge endorsement as to how the SALC is meeting the needs of the community and relieving some of the pressure on ARH.

55+ Swim Meet

This program which originally fell under the auspices of the Renfrew County Seniors Games is now being administered under the SALC banner. Many of the swim events being run are not offered by the SGA however if any events overlap,

the Renfrew County Seniors Games Association has agreed to recognize those times. Ralph Chown and Glenn Arthur are the administrators. Fourteen swim events will be offered on May 24th over 4 hours. There is a computer program used by swim clubs that replicate various swim events and the Arnprior Special Olympics are giving Ralph and Glenn access to their computer program in order to sort out information for swim times etc. Ralph and Glenn hope to have an information pamphlet available for this swim meet in early February and are visiting other pools in Renfrew and Lanark County to promote interest. They will also be developing a website where payments can be made for participants of the swim events.

5.2 Men's Shed

The Men's Shed will be celebrating their first anniversary on March 12 and currently has 29 members. There are many projects completed over the past year from accessible picnic tables, bird/bat houses and feeders, cutting boards, youth sized picnic tables and muskoka chairs, planter boxes and puddle rinks for the Town, furniture repairs, door prizes for various community events. The list is extensive and mind boggling. They are currently working on Memory Boxes for residents of the Grove Nursing Home, Aids for special needs children, lending libraries in partnership with the Arnprior Library, a proposed dance floor for Robert Simpson Park, cottage staircases for a Youth campground and wooden duck boxes.

Positive and heartwarming testimonials from members range from giving a sense of purpose, camaraderie, fellowship, quality of life to, "you have changed my husband's life". It is essentially a "Social Health Care Innovation" created in partnership with ARH, the Town of Arnprior, the Townships of McNab/Braeside and the Province of Ontario.

5.3 Arnprior Regional Health

a) The Grove Redevelopment

Site preparation is 95% completed with the ground being levelled and trees removed. They hope to be pouring concrete early March. \$3.3M-\$3.4m has been raised so far in the campaign.

Sandra reported on a Grove Fundraiser of Homemade Soup and Sandwich Lunches being provided by the women of Grace St. Andrews United Church on January 15, February 5 and March 4.

b) Ontario Health Team

Eric advised that Three Rivers are working on the elements of their Report to the Ministry which will be submitted on Monday but we don't expect to hear any feedback until at least March. There will not likely be any decisions

made until October. In the meantime Dr. Shriver, Chief of Staff and other entities such as AFHT etc. are seeking positive and active engagement between other health entities in the area. To this end a group of Family Physicians from Arnprior, Kanata, Ottawa, Stittsville, etc. are meeting for a dinner on January 28 at the Holiday Inn, Kanata. It is recognized however that Arnprior's needs are not the same as Kanata and Stittsville.

5.4 Investing in Canada Infrastructure Program Grant Application (ICIP)

Rick reported that this \$1.9 M Grant application to upgrade accessibility and improve infrastructure at the Nick Smith Centre reported on at our November meeting is still in process and no input has been received to date.

The Town Recreation has also applied for a \$500,000 Jump Start Accessibility Grant which is youth focused but with a view to making the Robert Simpson Park more accessible with a portable sidewalk type mat to allow access from the edge of the beach areas to the water edge for walkers and wheelchairs or any mobility device etc. Also this sidewalk mat would provide a pathway from the roadway across the lawn to the gazebo and splash pad.

5.5 GASC Municipal Grant Application

Darrel advised that the GASC has decided not to pursue this \$1,000 Grant from the Town as we still have \$1100 in our bank account which should be sufficient to maintain our website, and provide travel funds for Darrel to attend OCOA meetings in his role as a Director. Darrel has been asked to present a paper on the Men's Shed at an International Conference in Niagara Falls in June. We have confidence also that the Town will help if required.

5.6 Island View

Tracey advised that the Island View are continuing their focus on reaching out to the community. Slaters Bakery are providing them with various bread choices and Mel's Flowers are providing floral arrangements. They are also opening up their exercise and yoga programs to the public. There is a Fashion Show being presented today by Alia and Tan Jay and on January 22 they are celebrating Robbie Burns Day with a musical and visual tour through Scotland. They will also be presenting a Winter Safety Awareness program and are hosting a Valentine's Day Dinner for Seniors on February 21. Transportation will be provided. Tracey will send Sandra a poster on the Valentine's dinner. The Island View has also made a contribution to the Men's Shed.

5.7 Seniors at Home

- Dennis is pleased to announce that the Promaster vehicle was delivered last Friday and will be on the road within a week. This is the third wheelchair accessible vehicle in operation by Seniors at Home.
- Shred It Day will be open to businesses and residents of the community on April 25th from 9-12. \$10 per Bankers box. All proceeds to Seniors At Home.
- The LOVE reading program (Let Older Volunteers Educate) is well into another successful semester. There are currently 10 volunteer readers in both John XXIII and St. Joseph's schools. These volunteers assist teachers in JK to Grade 3-4 by having students read to them from groups of assigned grade appropriate stories. The teachers and principals of these 2 schools are most appreciative and thrilled with this program. New volunteers are always welcome and can apply through Seniors-at-Home.
- Dennis is celebrating his 25th year as Executive Director of Arnprior-Braeside-McNab Seniors at Home and is now taking on additional responsibilities as Executive Director of Renfrew and Area Seniors Home Support Inc. which will include their Golden Age Centre. We all congratulated Dennis on his new role and wish him continued success as he leads these two important community programs into the next decade.

5.8 Succession Planning

- So far we have been unsuccessful in attempting to recruit new members interested in taking on the roles of Chair and Vice Chair of the GASC. Darrel has reached out to a few individuals but time commitments are an issue. All member are asked to be on the lookout for potential new members.
- Zander has reached out to ADHS Grade 10 students with a view to finding a youth replacement for him when he leaves for post-secondary education next semester. He has received a resume from an interested student, Pierce Campbell and he will invite Pierce to our next meeting. Sandra will also send Pierce the notes from this meeting and an Agenda for our next meeting.

5.9 Student/Senior Interviews

Eleanor has again tried to reach out to the new Grade 10 History teacher with a view to continuing with another round of student/senior interviews but has had no response. She will go to ADHS in person to attempt contact and if unsuccessful, Darrel will intervene with Tom Havey the Principal. The gentleman

from the Waba Museum, Jim ? has put a lot of work into editing the last round of interviews and loading them onto a memory stick. Eleanor will have this loaded onto the library archives. Jim is very enthusiastic about this program and has offered to train the ADHS students in interview techniques using their cell phones.

5.10 Dementia Society

- Audrey reported that dementia awareness training has been completed at Scotiabank and is ongoing with local businesses. There is a new Chair of the local Chamber of Commerce so hopefully we can make some inroads there.
- There is a new online support group geared to caregivers at home.
- A new tracking device is in the planning stages
- An expressive dance program Keep Your Body Moving, introduced at SALC is known to be helpful for dementia patients.
- Audrey will send the Dementia newsletter to Glenn and to ARH.

6. New Business

Seniors Affordable Housing Sub Committee

- The Arnprior Poverty and Homelessness Report consultations are completed with 15 recommendations. Cathy McCaig asked if we were familiar with the Town's Ad Hoc Committee on Affordable Housing and Laurel advised that we have met with them.
- This subcommittee is meeting on January 24th with Abbeyfield Canada and Mayor Walter Stack to take another look at this co-housing initiative with a view to seeing if it could be implemented in Arnprior. Cathy McCaig told of a colleague who is repurposing a parish in Winnipeg into affordable housing. Laurel will be in touch with Cathy for more details on this approach.

7. Other Business

Darrel once again thanked Tracey Foster and the Island View for hosting this meeting and providing refreshments.

8. Adjournment

The meeting was adjourned at 10:30 am.

The next meeting of the GASC will be held on Wednesday, February 19, 2020 at 9:00 am. Location to be advised.