

GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION
Wednesday, June 19, 2019 – 9:00AM

Location: Arnprior Library

Present

Darrel O'Shaughnessy, Chair	Dennis Harrington, Seniors-at-Home
Laurel Reid, Vice-Chair	Mandy Stinson, Seniors-at-Home
Sandra Elliott, Secretary	Audrey Edwards, Dementia Society
Eleanor Hotchkiss, GASC Member	Graeme Ivory, Town of Arnprior Recreation
Ralph Chown, GASC Member, McNab-Braeside	Rick Gwalchmai, Town of Arnprior, Recreation
Pam LeMay, GASC Member	Karen Simpson, Arnprior Family Health Team
Glenn Arthur, SALC Co-ordinator	Eric Hanna, ARH
Robin Paquette, Town of Arnprior, Planner	Geoff Patterson, McNab-Braeside, Recreation

Regrets

Zander Abercrombie, Youth Representative	Karen DeLuca, Town of Arnprior, Library
Caroline McGee, Hospice Renfrew	Angie Heinz, ARH
Wendy Knechtel, Island View Retirement	

1. Call to Order

The meeting began with a photo shoot outside the library at 9 am and the meeting was called to order shortly after.

2. Roll Call

All members of the Greater Arnprior Seniors Council were present with the exception of those shown above.

3. Adoption of Agenda

The Agenda was adopted as presented. However due to a couple of members having to leave early, a number of agenda items will be moved forward.

4. Approval of Records of Discussion of May 15, 2019

The Records of Discussion from meeting of May 15 were approved with the following notations by Laurel Reid.

- Item 5.4 – The total to date fundraising efforts of \$3M is not definitive. Eric advised however that the current total is actually \$3.2M. Eric also advised that the Maritime Lobster dinner actually raised \$47,000.

5. Program Updates

5.1 SALC Update

Glenn Arthur advised that paid memberships now total 303.

- Bus trips have been booked and both members and non members are welcome.
- May 29, Brewery Tour was very successful.
- June 26, Upper Canada Playhouse – sold out
- 26 tickets have been secured for the NAC production of Come From Away on September 8.
- Glenn is looking ahead for Fall bus tours.
- New activities planned are horseshoes and pole walking.

- Shuffleboard at the JAG location in Braeside is very popular and will be expanded to include a 3rd event.
- It is expected that SALC will open another satellite facility at the new Municipal building on Russet Drive, which will expand SALC to 3 different locations. . A Grand Opening of this building is being planned, hopefully mid August.
- It is important to inform seniors of this new facility and promote all 3locations. SALC is on FB as well.
- An application has been sent for another annual Seniors Accessibility and Action Grant to expand programs at SALC.

5.2 Grand Parade – Seniors at Home.

Dennis reported that \$10,000 was raised at the Grand Parade on June 1

5.3 MTO Transportation Grant

No update forthcoming. Dennis and Robin have called but no response. We know the money is there, just not sure when it will be released and we are unable to purchase a vehicle until the money is in hand.

Dennis at this point added that there are 5 garden plots available at Galilee through Seniors at Home if we know of anyone interested. Sandra thought there was a request on the What's Up Arnprior FB page a while back from the Food Bank asking people to grow vegetables. Dennis will reach out to the Food Bank to see if they are interested in a garden plot.

Dennis also advised that the Yellow Care Coach fundraiser is underway. Watch for yellow envelopes being delivered to homes. Their goal is to raised \$30,000 which they have reached every year.

5.4 Men's Shed Update

The Men's Shed has been very busy with 20 members currently and 30 anticipated by year end.

- 3 accessible picnic tables completed and distributed with 3 more under construction and sold. One was donated to an ARH Fundraiser which sold for \$400.
- Two planter boxes completed and installed at the Arnprior Museum.
- Currently completing a new Equipment Shed for the Grove Nursing Home. Metal siding and roof almost finished.
- Have orders for 7 Bat Houses, 6 have already been constructed and sold. \$45.00 each.
- Have so far constructed 40 bird houses and sold 25. \$34 painted, \$29 unpainted.
- They have a potential order forthcoming from the Fish and Game Club for 40 wood pieces to be drawn for at their September Annual Meeting.
- Another potential order for Bird and Bat Houses for the McNab-Braeside Youth Program. They will send their youth, under supervision, to the Men's Shed for assembly.
- Constructed and sold 2 raised gardens.

- 4 Horseshoe pits for SALC
- Working with the Arnprior Library to help raise funds to construct 5 Little Lending Libraries which will be distributed throughout the greater Arnprior region.
- Other potential projects include refurbishing 5 stamped log ends which have been donated to the Township of McNab-Braeside from Log's End in Bristol Mines. Building a number of outdoor pond rinks for the Town of Arnprior and a Tri-folding privacy wall for the museum.
- Working with Lee Valley Tools and the Canadian Organic Growers to develop an Urban Organic Gardening Seminar, open to the public.
- First Annual Men's Shed BBQ will be held tomorrow at the Men's Shed. Spouses invited. Sponsored by Judi and John Guy Asselin.
- In just 5 months, a lot of men's lives have been changed.

5.5 Intergenerational High School Program

ADHS Grade 10 students interviewed three seniors last week and it went well. Tim Waterhouse, the History teacher is very committed to this program and his students very communicative and engaged. The Manager of the Waba Museum went to the school and gave the students some videotaping tips. Ralph Chown was one of the interviewees and he was very impressed with the quality of the questions asked and with the enthusiasm of the students. This was the second round of interviews conducted by the ADHS students and facilitated by Eleanor Hotchkiss.

At this point in the meeting Laurel made the announcement that Eleanor Hotchkiss has been named Senior of the Year by the Town of Arnprior. Eleanor will receive this award on July 1 at the Canada Day celebrations in Robert Simpson Park. Laurel congratulated Eleanor and presented her with a small give from all of us at the GASC.

Zander Abercrombie has been awarded Youth of the Year by the Town of Arnprior. Zander is not available on July 1 so he will be presented with his award on June 24 at Council meeting. Sandra will attend and give Zander a small gift from all of us at the GASC. Congratulations Zander!

Laurel thanked Robin Paquette for her ongoing work in updating the GASC Website. This is very much appreciated by all of us. Glenn was asked if he would make a referral to the GASC website when he sends out his weekly SALC newsletter updates.

Sandra was also thanked by Laurel for recording and distributing the Records of Discussion of our monthly meetings.

5.6 Age Friendly Training Programs-Dementia Friendly Training

Audrey hopes this program will roll out in September. She is still having difficulty reaching the Chamber of Commerce but is targeting local service clubs, churches, retailers and the SALC as well as other entities throughout Renfrew County. Audrey has decals available for the doors of retailers and businesses who complete this training to identify them as being age-friendly and cognizant of dementia and the disabilities of people entering their places of business.

Audrey will connect with Robin who has offered to help and Darrel has offered to share the OACA business plan which has sections pertinent to these issues.

5.7 Seniors Affordable Housing

This Sub-Committee is continuing their research into this issue. Abbeyfield Canada is one model that has been explored. Darrel is speaking with local developers and Laura Levine from the County of Renfrew Social Services will be meeting with this subcommittee next week. At her request, the Committee has forwarded a list of questions they would like answered on what is currently available in the Arnprior area for affordable housing.

5.8 AFHT Program Updates

Karen advised that the funding has not yet come through for the Falls Program they had hoped to introduce in June. Karen has met with Ardella who runs the current LHIN exercise program at the NSC and Ardella agrees that this Falls Program would complement other exercise programs currently being offered in the community. The AFHT walking program has been re-instated 2 mornings a week behind the High School.

A Mindfulness Program will be run at the Kenwood Centre on Wednesday afternoons in September. This is similar to Yoga breathing practices to provide health benefits for cancer patients and others dealing with chronic health issues.

Addiction Treatment and Smoking Cessation programs will also commence in September. The AFHT are partnering with the Phoenix Centre on Mental Health issues and with ARH to develop a program geared to transitioning care after release from hospital. A Diabetes Seminar is also being developed.

5.9 Ontario Association of Councils on Aging (OACA)

Darrel attended the 1st AGM of the OACA on May 13, 14 in Toronto and was elected as one of their Directors for a 3 year term. The other Directors represent Age-Friendly communities from Burlington, Cambridge, Frontenac-Kingston, Grand River, Grey-Bruce, Hamilton, Ottawa, Toronto and Windsor-Essex.

The OACA will strive to:

- Achieve the VISION of making Ontario the best Age-Friendly province in which to work, live and play
- Carry out the MISSION by being the collective voice through education and leadership, and,
- Practice its CORE VALUES of Social Justice, Integrity, Transparency, Evidence-informed, Responsiveness, Collaboration and Effectiveness.

In order to accomplish the Goals and Objectives:

- To be recognized as the demonstrated voice of lived experiences.
- To promote the development of Age-Friendly communities.
- To influence the direction of Government Policy and Funding, and

- To promote public understanding and awareness of the need for Age-Friendly planning.

It is recognized that Arnprior will be well represented by Darrel on this Council.

5.10 **Ontario Health Team (OHT)**

A key component of the Ford government's health-care restructuring will be called the Ontario Health Team, made up of a group of health care providers like hospitals, home care agencies and long term care facilities. Most of these teams will cover a population of 300,000 people with a single pot of funding and a mandate to provide the range of healthcare services to its population. Applications are being accepted now from communities, and it is expected that there will be 30-50 teams across the province. Further announcements are expected mid July. Our current geographic area covers Renfrew County but ARH rarely sends patients to Pembroke and it is expected that our geographic area may shift. Considerable discussion ensued on this topic. The structure is very complex and frustrating right now but it is hopeful that these changes will improve the quality of service.

5.11 **Seniors Games**

Ralph Chown reminded us that the AGM will be held this afternoon in Braeside. It is expected that new leadership may be developed. Geoff Patterson noted that there were 253 participants in the Seniors Games this year with participation down in the more urban areas but an increase was noted in smaller communities. The interest in Pickleball is pulling the numbers up. Cycling is also growing.

6. **New Business**

6.1 **Showcase in Arnprior**

This Home and Leisure Show is being held on June 22 and for the first time in Arnprior. It will be held Saturday and Sunday in the arena area. It is noted that SALC and the Men's Shed will be participating.

7. **Other Business**

- Graeme noted that a Grant is once again available to host a Seniors Fair, but as last year it must be held prior to March 31. Everyone agreed that September/October is a better time frame and that the Town could host this event without applying for the Grant.
- Robin advised that we have received a preliminary report from Trent University on the Rural Age-Friendly Research project that we participated in back in April. A short article was given by Trent to the local newspaper. Final publications from this Research project will be forwarded to Robin when completed.
- Karen Simpson advised that a new physician has been recruited and will start work at Arnprior Hospital in August. This physician is also an Anesthesiologist. Arnprior has been hosting student physicians and giving them a tour of the town and area communities and it is noted that we are currently high on the list of potential recruits.

8. Adjournment

The meeting was adjourned at 10:45.

***The next meeting of the GASC will be Wednesday, September 18.
Location to be advised.***