

**GREATER ARNPRIOR SENIORS COUNCIL (GASC) Records of Discussion**  
**Tuesday, October 17 2018 – 9:00AM**

**Location:** Island View Suites, 30 Jack Crescent, Arnprior

**Present:**

Darrel O'Shaughnessy (Chair)  
Sandra Elliott (Secretary)  
Pamela LeMay GASC Member  
Eleanor Hotchkiss, GASC Member  
Laurel Reid, GASC Member  
Alexander (Zander) Abercrombie, GASC Member, Youth Representative  
Katrin Spencer, Arnprior Regional Health  
Mandy Stinson, Arnprior-Braeside-McNab Seniors at Home  
Graham Ivory, Town of Arnprior Recreation  
Geoff Patterson, Township of Braeside-McNab Recreation  
Karen Simpson, Arnprior Family HealthTeam

**Regrets:**

Ralph Chown, GASC Member  
Eric Hanna, Arnprior Regional Health  
Glenn Arthur, Arnprior Regional Health, SALC Program Coordinator  
Dennis Harrington, Arnprior-Braeside-McNab Seniors at Home  
Rick Gwalchmai, Town of Arnprior Recreation  
Kaila Zamojski, Town of Arnprior Clerk  
Robin Paquette, Town of Arnprior, Planner  
Karen DeLuca, Town of Arnprior, Library  
Maureen Sullivan-Bentz, Hospice Renfrew  
Judy Cobus, Hospice Renfrew  
Caitlin Brydges, Dementia Society  
Michelle Reis-Amores, Galilee Centre

**Observers:** Frank Dugal, Councilor, Town of Arnprior  
Wendy Knechtel, Retirement Counsellor, Island View Retirement Residence.

**1. Call to Order**

The Greater Arnprior Seniors Council meeting commenced at 9 AM

**2. Roll Call**

All members of the Greater Arnprior Seniors Council were present with the exception of those shown under "regrets".

**3. Adoption of Agenda (Additions/Deletions)**

Additions under Other Business:

- Dementia Friendly Programs and Services
- Driving and Dementia Seminar

Addition under New Business

- McMaster Health Forum

#### 4. **Approval of Records of Discussion from meeting of September 19, 2018**

There Records of Discussion from meeting of September 19 were approved with the following:

- Glenn Arthur had sent Regrets
- Mandy Stinson was present
- Sandra questioned whether the Oblates “..are now known as the Board of Directors of the Galilee Centre...” and it was confirmed that the Board of Directors were made up of lay persons not Oblates however the Oblates owned the land and buildings.

#### ***Guest Speaker***

John Hoyles, Executive Director, Community Information Centre of Ottawa

#### **Subject: 211**

John handed out copies of a PowerPoint Presentation outlining 211 Services in Ontario. 211 is a phone service and online portal offering free information and referrals to a database of community, social, health and related government services in Ontario. It is a free multilingual helpline available 24/7. It is staffed by trained community navigators who connect callers with community, health, social and government services. It is currently available to 70% of Canadians. The service is Accredited by AIRS (Alliance of Information & Referral Systems) similar to ISO Standards in industry with over 60,000 records across the Province, data which is updated annually. 80% of calls are answered in 60 seconds and can be transferred to other provincial hubs that have the same training. In Renfrew County an average 672 referrals were made by month in 2017, 588 needs were identified and there were 32 unmet needs, which are traced and followed up on. The service is funded by Social Services, local municipalities and the United Way. The GASC were asked for help in spreading the word locally about this service, and if we are aware of any new services that become available in the community, contact John and he would be happy to add them to the database.

All agreed that 211 is a very worthwhile service that is not currently well known. Mandy Stinson and Karen Simpson asked John for posters and cards to distribute locally. Darrel suggested to Mandy that perhaps the cards could be inserted in the monthly Seniors at Home newsletter and Mandy agreed that this would be a good idea.

Darrel thanked John for a very informative presentation and assured him of the support of the GASC.

#### 5. **Program Updates**

##### 5.1 **Grove Fundraising Campaign**

In the absence of Eric and Glenn, Katrin provided a brief update. The kick-off has not met the target of 2 million by the original October deadline and the active Capital Campaign phase has now been pushed to January 2019. Updates are being sent out in water bills. They are also facing legal barriers right now that need to be addressed.

##### 5.2 **Hospice Renfrew**

Hospice Renfrew is currently actively seeking volunteers and Maureen had sent Application Forms to GASC members. Sandra will ask Robin to post this Form on our website.

### 5.3 **LOVE Program**

Pam and Sandra provided a brief update on this program, Let Older Volunteers Educate. This pilot project has been launched at John XXIII School in grades 1 and 2. Currently 8 LOVE ladies are participating. We have had an extremely positive and welcoming response from the Principal, Tina McGrath and the teachers involved. It is a very rewarding experience for the volunteers. We will all meet at the end of December/early January to evaluate the program and determine whether or not to call for more volunteers and expand to other schools.

### 5.4 **SALC Opening and Programs**

SALC had an overwhelming Opening that was covered by the media. There are currently 184 members signed up. Five students from ADHS assisted at the Opening and Certificates of Appreciation are being provided with a photo op.

The Yoga program has already added additional classes and the aerobics is very popular as well. As it is a drop-in centre, disturbances can be anticipated that are being worked out by the Creative Writing group. A photography program will be introduced in January and computer classes are scheduled for November. A form for the computer class is available on the SALC website where interested attendees can identify what assistance they are looking for so the program can be developed. On October 30<sup>th</sup> there will be a presentation from 10 -12am provided by CARP (Canadian Association of Retired Persons) followed by a light lunch. Interested persons are asked to sign up in advance so lunch can be ordered. GASC members are encouraged to direct people to the SALC website at [www.arnpriorregionalhealth.ca/salc](http://www.arnpriorregionalhealth.ca/salc)

### 5.5 **Men's Shed Program**

As part of Arnprior Regional Health and SALC, Darrel is working with Galilee to provide a Men's Shed in the barn on Galilee property. The mandate of the Men's Shed idea is to provide a space where men can gather for social activities to ward off loneliness, isolation and depression. There are currently 21 Men's Sheds across Canada but none in the Upper Ottawa Valley. Carleton Place currently has a successful program operating out of someone's garage. The challenge facing us is the amount of work required at the barn to make it habitable and the lack of funds. The barn requires roof repairs, heating system upgrades, electrical and plumbing work and an accessible washroom. Darrel is working with local contractors and suppliers and has had an overwhelming response. So far \$17,000 in parts and labour has been donated. The Town of Arnprior has offered to waive the building inspection and permit fees. To date there are 8 participants interested in the program, some of whom have offered to donate tools for a woodworking program. It is anticipated that the Men's Shed would initially be open 2 days/week using the downstairs of the barn only. Galilee is a registered charity and tax receipts can be provided for materials donated. We would be improving the capital assets of Galilee.

## **6. New Business**

### **6.1 Intergenerational Ideas**

Graham Ivory reported that the recent survey conducted by the Recreation Department identified a need for programs for youth in the 6-11/12 age group. He suggested that this might tie in with the Men's Shed where, for example, something like bird houses could be provided for the youth to paint. This then brought up the idea of older youth, (ADHS students) who could partner with the Men's Shed and the Technical courses, to offer wood working programs. These ideas would tie in with our Intergenerational mandate. It was noted that safety and liability issues would have to be addressed. Frank Dugal suggested that this could be a summer program. Darrel asked Zander if he would talk to the Principal and Tech teachers at ADHS to see if they would be interested in partnering with the Men's Shed on this idea. Sandra will add this to the Agenda for follow up at our November meeting.

Graham also advised that the Nick Smith Centre has had inquiries for help with yard work, etc. He is aware that this is offered by Seniors at Home and will refer requests to Nancy Peck. Darrel asked Zander if he would look into this at ADHS as well. Would students also be interested in assisting.

### **6.2 Seniors Expo**

Graham is in the process of putting together a Committee to plan a Seniors Expo. The date for this Expo is scheduled for March 30<sup>th</sup>, 2019. Sandra Elliott, Pam LeMay and Karen Simpson expressed an interest in joining a Committee. Graham noted and will be scheduling a meeting.

### **6.3 Age Friendly Training Programs**

A few months ago Darrel gave a presentation to Chamber of Commerce to ask for their support in developing an age-friendly training program directed towards service providers in the local community. Darrel sees an opportunity here for the GASC to partner with the GACC, The Town of Arnprior, the Twp of McNab-Braeside and Ontrac. It was thought that Ontrac could develop the tools to develop such a program. This would be a community initiative to promote the Age Friendly distinction that the Town of Arnprior currently holds provincially. It was thought that the Dementia Society could be interested in partnering with this group as well as the CNIB. Katrin Spencer on behalf of Arnprior Regional Health and Karen Simpson of the Arnprior Family Health Team offered to get together to set something up and develop a plan going forward.

### **6.4 McMaster Health Forum**

McMaster University is providing a webinar on navigating the health care system. Wendy Knechtel agreed to participate in the Webinar and report back to Council with her comments and suggestions. Darrel will continue to participate in his role of being a member of the Western Champlain Health Link Advisory Committee. It is noted that Arnprior Regional Health offers Health Care planning and follow-up upon discharge from the hospital.

## **7. Other Business**

### **7.1 Driving and Dementia**

Pam advised that this seminar is being held at the Grove Nursing Home this evening (October 17) from 6-7 pm sponsored by Arnprior Regional Health. She apologized for the delay and mix-up in getting this information out to the public.

### **7.2 Family Support Program – Caring for Caregivers**

Karen Simpson advised that the Arnprior Family Health Team is partnering with the Royal Ottawa hospital to provide free information sessions for caregivers of those with mental health issues. The sessions are available remotely by Telemedicine video conferencing from the Royal at the Out-Patient Teaching Room 250 in the Primary Health Care Centre as follows:

Medication Safety

November 6- 6-730 pm

Self-Care & Coping with the Holidays

December 4 6-7:30

## **8. Adjournment**

The meeting adjourned at 10:45.

**The next meeting of the GASC will be held November 21 at 9:00 am. Location to be advised.**