

GREATER ARNPRIOR SENIORS COUNCIL – RECORDS OF DISCUSSION

Wednesday, September 18, 2019 – 9:00 AM

Arnprior Library – Main Floor Meeting Room

Present

Darrel O'Shaughnessy, Chair	Angie Heinz, Arnprior Regional Health
Laurel Reid, Vice-Chair	Dennis Harrington, Seniors-at-Home
Sandra Elliott, Secretary	Mandy Stinson, Seniors-at-Home
Eleanor Hotchkiss, GASC Member	Graeme Ivory, Town of Arnprior Recreation
Pam LeMay, GASC Member	Rick Gwalchmai, Town of Arnprior, Recreation
Ralph Chown, GASC Member, McNab-Braeside	Geoff Patterson, Township of McNab-Braeside
Zander Abercrombie, Youth Representative	Tracey Foster, Island View Retirement
Eric Hanna, Arnprior Regional Health	

Regrets

Glenn Arthur, ARH/SALC	Caroline McGee, Hospice Renfrew
Robin Paquette, Town of Arnprior, Planner	Karen Simpson, Arnprior Family Health Team
Karen DeLuca, Town of Arnprior, Library	Audrey Edwards, Dementia Society

Guest Speakers/Representatives

Donna Leroux and Brenda Macrillo - SALC

Alexandra St James, Retirement Councilor, Island View Retirement

Catherine Schwartz-Mendez, Health Promotor, Renfrew County & District Health Unit, Pembroke

Raili Quathammer, Renfrew County & District Health Unit, Pembroke

1. Call to Order

The September meeting of the GASC was called to order at 9:00 am.

2. Roll Call

All members of the Greater Arnprior Seniors Council were present except as noted above. A number of guests and guest speakers were present and welcomed. Each member and guests identified themselves and their role, around the table.

3. Adoption of Agenda

The Agenda was adopted as presented.

4. Approval of Records of Discussion from meeting of June 19, 2019

The Records of Discussion were approved as previously presented.

5. Program Updates

5.1 SALC

In the absence of Glenn Arthur, Donna Leroux gave an update on SALC activities. Many Guest Speakers and Programs have been lined up as follows:

- Lee Valley Tools at the Men's Shed – Growing Food From Scraps – September 26 from 9-11 am and 12-2 pm.
- Boxing and Parkinson's Disease – September 30
- Sr. Residence Presentations, Island View, the Villa, Carp Commons – Sept. 23
- Pole Walking
- Walking Exercise – Heart Healthy October 4 – 10-11 am.
- Computer Program – 26 attendees
- Fall Prevention – AFHT – 22 attendees
- Camera Club – Restarting at month end
- Ukelele – Fridays – Looking for an instructor but group meeting regardless
- Yoga –Chair Yoga split into 2 classes on Tuesdays and Thursdays due to numbers followed by mat yoga with one class on Tuesdays and Thursdays- \$2drop in fee now applies.
- Tai Chai – under consideration
- Shuffleboard offered at JAG in Braeside
- A piano recital featuring 3 young brothers in Grade 4 is being scheduled.

There are currently 408 members registered at SALC. Some programs are now charging a nominal fee to offset those paid to instructors. Geoff Patterson advised that the Murray Yantha Centre on Russett Drive is due to open by October and SALC will expand the programming there as well.

SALC's one year anniversary is October 1 and a BBQ with live music is scheduled from 1-4 pm. Kindly advise of your attendance so food can be ordered.

5.2 Seniors Fair

The Seniors Fair is being held this Saturday, September 21 with 30 exhibitors. Set up will begin on Friday at 2pm. Volunteers are all lined up to greet at entrance and the Jr. B Packers will be available to assist vendors with their setups on Saturday morning. There is a visible sign board at the LCBO parking lot, local radio stations are promoting and free transportation will be provided by Seniors at Home.

5.3 Men's Shed

Darrel reported that the members of the Men's Shed have been productive and happily engaged for the last 4 months.

In conjunction with the Arnprior Library they are currently building 6 lending libraries which will be placed in locations throughout Arnprior and Braeside-McNab. \$1,000 has been raised to build these libraries with \$400 provided by the Optimist Club.

In addition they have built and/or have orders to build: 42 accessible picnic tables, 39 bird houses, 8 bat houses, folding doors for the Arnprior Museum, 2 raised gardens, horseshoe pits for SALC, Terry Fox poster board, cutting boards, benches for the MacNamara Trail, a wheelchair ramp for a MS patient and boards for local outdoor skating rinks.

A pot luck lunch is scheduled for tomorrow for spouses and guests. Everyone is invited to drop by the Men's Shed at any time to see what's going on. A very busy and productive environment.

5.4 Arnprior Regional Health

a) The Grove Redevelopment

Eric Hanna reported that the Grove development is currently out to tender to 6 pre-authorized firms. Tender will be closed at the end of September with a completion date of June 2021. \$20-\$23M of the \$30M budget is allotted to building. Local trades and sub-trades will be involved as building progresses. There is a long process of approvals required before shovels hit the ground: Board of Directors review tenders, lowest bid approval, Queen's Park approval, mobilization of contractors, removal of dead trees at site, to name a few. \$3.3M of the \$4M Capital campaign has been raised.

Laurel asked if any thought currently being given to plans for the current building. Eric advised that the location could possibly accommodate 30 apartments for seniors but it's a 40 year old building on an earthquake zone. Lots of issues with bringing to code, removing walls, what grants might be available, etc.

Discussion ensued on affordable seniors housing with the Abbeyfield co-housing model being discussed and the visit to the Ottawa Parkdale location by Laurel, Pam and Sandra. Eric referred to a not-for-profit prefab housing model currently in Peterborough where 3 unit modular apartments are being built for \$95,000. There are many options to be considered and much research to be done to address the senior housing needs of our community.

b) Ontario Health Team

As previously discussed there is a new health care model being undertaken across the province in collaboration with other groups of health care providers. 170 Applications were submitted from communities across Ontario. Of these applications 31 are moving forward immediately, 41 were close to being accepted and would be moving forward in the near future, and 80 didn't correctly understand the process. Arnprior is not in the 31 group. The three rivers application of which ARH is leading, is in the group 41. Of the 31 accepted groups, 3 are in Ottawa. Questions that must be answered prior to moving to implementation include: Where does the community of Arnprior/Braeside-McNab go for health care services? Where do local doctors refer us to? Renfrew County want their own team, Lanark want their own team. We need to collaborate with providers who are close to our community in order to reduce costs and provide better health care experiences. It is thought the Queensway Carleton Hospital Board were wanting to align with our healthcare team. Do we align with West Ottawa? Almonte/Carleton Place? Renfrew County? The Ministry of Health will more than likely chose who our partners are. It is hoped that this will be resolved before December.

5.5 Age Friendly Training

No update was provided.

5.6 MTO Transportation Grant

The \$500,000 funds to provide a new vehicle and driver for Seniors-at-Home has been approved by provincial government but not yet received. Latest update was the funds could be released by November 6. Seniors-at-Home are hoping for earlier but a vehicle can be delivered within a month after receipt of funds.

5.7 Seniors Affordable Housing Sub-Committee

Laurel handed out a list of current accomplishments of this sub-committee. The mandate is to advocate for Seniors affordable housing and although the sub-committee felt they were spinning their wheels, the list is encouraging. Laurel noted that the Peterborough model previously outlined by Eric is innovative, can certainly be affordable and is worthy of further review. The sub-committee feel strongly that a proper needs assessment is required. In order to do this properly, a consultant needs to be hired. Who pays? ARH did a study 4-5 years ago and at that time 60-70 additional housing units were thought to be required in Arnprior. Deep River did their own survey a few years ago which did not properly capture the needs of the community. Eric asked what other issues, etc do we need to support seniors housing? If a senior is living alone in their own

home, what would attract them to leave their home? We need a professional to develop a need assessment survey, develop focus groups. Laura Lepine of Renfrew County Housing has been a great resource and is keeping us abreast of the happenings in the County and the numbers currently waiting for affordable housing. Tracey Foster of the Island View Retirement would like to be involved with this sub-committee and Laurel will connect with her. The sub-committee is meeting next week with the Arnprior Ad Hoc Committee on Poverty and Homelessness.

5.8 AFHT Fall Prevention

Catherine Schwartz-Mendez and Raili Quathammer from Renfrew County Health Unit provided an update on this Fall Prevention campaign being rolled out throughout Renfrew County in conjunction with pharmacists, paramedics, Champlain LHIN and other health care providers. They are working through rural health hubs and locally with Seniors-At-Home, Arnprior Regional Health and the Arnprior Family Health team to provide clinics and exercise programs. They are developing risk factors and providing tools to mitigate falls in homes and retirement homes such as proper lighting, grab bars, slip preventative measures. The AFHT did a presentation at SALC outlining services available and a 12 week exercise program is currently being offered at SALC. November is Falls Prevention month and their services will be promoted.

6. New Business

Tracey Foster and Alexandra St. James from the Island View Retirement home provided us with an update on their activities.

Chili Fest on Thursday, September 26, 12 noon. All welcome. Proceeds to Seniors-at-Home. In future the Island View are hoping to reach out to the wider community with their Chili Fest.

Light the Path is a series of events to benefit the Men's Shed. It will consist of a Pumpkin carving contest. Pumpkins can be purchased by donation of \$10 with delivery October 24 for pick-up on October 28. Pumpkin judging October 31 at Island View with Trick or Treats for the kiddies. All are encouraged to participate. A poster is attached.

7. Other Business

There was no other business.

8. Adjournment

The meeting was adjourned at 10:25 am

The next meeting of the GASC will be held at 9:00 am on Wednesday, October 16 at the Island View Retirement Home in the lower level entertainment space. Parking is available on the street or in their parking lot. Please do not park in reserved spots.